

# BIKINI-BODY COUNTDOWN

10-WEEK  
SUMMER  
SLIM-DOWN  
SPECIAL

## WEEK 6

Follow *OK!* every week as we reveal the stars' best tips for getting swimsuit-ready



**STAR BODY OF THE WEEK: CARRIE UNDERWOOD**

The sexy singer has a treadmill on her tour bus so she can exercise anytime, anywhere. It's working!

### DIET

#### SNACK SMART

"Choose the right snacks, like nuts," says nutritionist Oz Garcia, who works with celebs like **Kim Cattrall**. "They're full of protein and healthy fat to help control hunger between meals." Good choices include almonds, which are high in calcium, — or pistachios, which are relatively low-cal.

### WORKOUT

#### TIME TO TARGET

"Start to zero in on specific areas," says DavidBartonGym owner David Barton (members include **Pink**). For a great behind, try deep lunges. Step forward with right foot, lower left knee until one inch above floor; rise and switch sides. Try completing three sets of 10 per side.

### SMART IDEA

#### PLAN AHEAD

Carrie looks amazing, despite not being naturally skinny, thanks to preparation. "I have a refrigerator on the [tour] bus," she says. "When we're in a town with a decent grocery store, I stock up."

Q: How did you do it?



Lose up to

25 lbs

\*In a multi-centered double blind clinical study, women consuming a key component in the SLIMQUICK Ultra formula twice daily lost an average of three times the weight as placebo (24.6 lbs vs. 8.1 lbs) in only 90 days. Both groups consumed a reduced calorie diet of 1350 Calories per day. Regular exercise and a reduced calorie diet are essential for achieving your weight loss goals. Read the entire label before use and follow directions. The logos and marks presented including SLIMQUICK® are protected by trademark law and may not be used without written consent. ©2010. All rights reserved.