

BIKINI-BODY COUNTDOWN

10-WEEK SUMMER SLIM-DOWN SPECIAL

WEEK 3

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



STAR BODY OF THE WEEK: HOLLY MADISON

"I always eat out because I live in a hotel," says Holly. "But I just bought a house, so I'm excited to start cooking."

Bikini
Melissa Odabash
\$70, odabash.com

Top
Melissa Odabash
\$59, Melissa.com

Shoes
Guy and Eva
\$31, guyandeva.com

Swimsuit
Melissa Odabash
\$120, odabash.com

Swimsuit
Melissa Odabash
\$120, odabash.com

DIET

BUST BLOAT

"Alcohol causes bloat, so give it up — other than an occasional glass of red wine, which is heart-healthy and speeds up your metabolism," says nutritionist Oz Garcia, who's worked with Heidi Klum. Also down this natural diuretic before meals: 4 oz. cranberry juice with 6 oz. water.

WORKOUT

PERK UP YOUR POSTURE

"Slouching means your back is weak," says David Barton, owner of DavidBartonGym, where Pink works out. "Strength and good posture lift the rib cage and chest for a beautiful upper body." Do moves that involve rowing, either on a machine or with weights.

SMART IDEA

DRINK LO-CAL

Holly's World star **Holly Madison** loves coffee, but skips blended versions with fat and sugar and sticks with caffè Americano (espresso with water). "If I drink my calories, I blow up like a balloon!" she tells OK!

Q: How did you do it?



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