

SPRING
BEAUTY
SPECIAL!

WEEKLY

JESSE'S DAUGHTER
BEGS SANDRA:
**MOMMY
COME
HOME!**



APRIL 5, 2010
ISSUE #14

**BIKINI BODY
COUNTDOWN**

DIETS THAT WORK

Get your
best body ever
Easy, delicious
recipes
Sexy butt & flat
tummy by summer

KIM:
Mixes her
own tasty
shakes

BRITNEY:
Loves her
fun dance
workouts

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14



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BIKINI BODY COUNTDOWN

WEEK 10

10-WEEK
SUMMER
SLIM-DOWN
SPECIAL

Follow OK! Every Week as We Reveal the Stars' Best Tips for Getting Swimsuit Ready

DIET

CUT OUT COFFEE

"Start on the right track by replacing coffee with green tea," suggests nutritionist Oz Garcia, who has worked with **Hilary Swank** and **Heidi Klum**. "Coffee elevates stress and increases cravings. Green tea does the opposite – it improves mood and cognition and increases your resting metabolism. Other small changes that will make a big difference: Cut out artificial sweeteners, which also cause cravings; use honey or agave, a natural sweetener; and hydrate – thirst can be mistaken for hunger."

WORKOUT

START STRENGTH TRAINING

Think you need to spend hours on the treadmill to look hot? Think again! To work toward beach-body status, David Barton of DavidBartonGym, whose clients include A-listers like **Gwen Stefani**, recommends starting with two days a week of total-body strength training. "Weight training is the best way to get lean and sexy. Building muscle increases the metabolism, burning more calories post exercise."

MOTIVATION

SET A REALISTIC GOAL

Don't be hard on yourself! Ten weeks is plenty of time to implement small lifestyle changes that will lead to a noticeable difference. Remember that healthy weight loss is key to keeping it off. David says "plan to lose a pound a week."



Britney Spears looking svelte in Marina del Rey, Calif.

CELEB INSPIRATION OF THE WEEK: BRITNEY!

After some ups and downs, Brit's body is back! What's working for her now? Weights and cardio; lots of time rehearsing high-energy dance moves.

Q: How did you do it?



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