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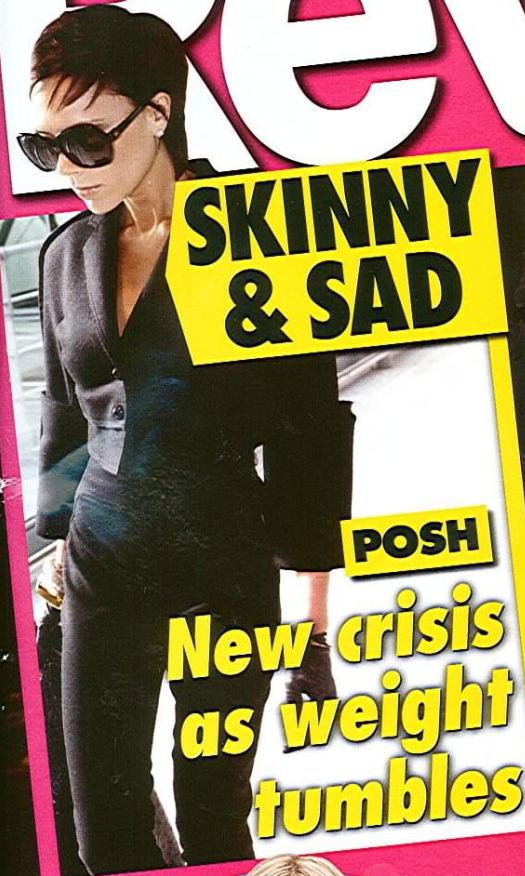
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# Reveal



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**New crisis**  
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**EXCLUSIVE PHOTO**



**BEAUTY SPECIAL**

**Oscar-winning beauty**  
**secrets of the stars** from 97p

ISSUE 07



**Gerri tells her fella:**  
**'I want to be a**  
**pregnant bride'**



21 - 27 FEB 2009

# The Red Carpe

## Celeb personal trainers Tracy Anderson and Matt Roberts reveal how to get an A-list body in just TWO weeks!

**A**s the Oscars fast approach, you can be sure that your favourite celebs are working hard on their diet and fitness routines to make sure they steal the headlines on the red carpet.

'The secret is hard, hard work,' says celebrity trainer Tracy Anderson, who trains Madonna and Gwyneth Paltrow. 'Madonna and Gwyneth have such amazing work ethics and they're such hard workers, but that's half the battle because you have to work the right way or you won't get the results.'

'The trick is to think like a celebrity,' adds Matt Roberts, who's worked with Naomi Campbell and Spice Girl Melanie Chisholm. 'If you think of the end goal where you want to look fabulous, you can start to work towards achieving amazing changes.'

By rethinking your diet and putting yourself through a serious fat burning and toning regime, it really is possible to see results in just two weeks.

'I have a two-week red carpet programme,' says Matt. 'It's very intensive and means working out six days a week. You have to stick to same basic fundamentals, which include giving up alcohol, all refined sugars and anything fried. Then increase your water intake and drink no more than one cup of coffee per day.'

It's not forever, but Matt also advises swapping bread, pasta and other refined carbs for lentils, brown rice and porridge, and limiting the amounts you eat.

It's not easy, but trainers like Matt and Tracy have to work their clients hard in order to get great results.

'I work with Madonna and Gwyneth six days a week,' says Tracy, 'but luckily they're A+ students. If they weren't, I'd drop them!' **R**

Words Nicole Carmichael



From The Red Carpet Workout by Joe Fournier (Headline, £7.99). The Tracy Anderson Method: Dance Cardio Workout! (now on TV DVD. For more on Matt Roberts, visit mattroberts.co.uk/giftguide). Photos: Media Images, Rex Features, WireImage.com

Drink lots of water to get Jen's shapely arms

### JENNIFER ANISTON'S ARMS

'There isn't one specific thing that you should eat to improve your arms,' says Matt. 'It's more about flushing out your system with lots of water. The best kind of exercise would be doing dips leaning on the back of a chair which works the back of the arms.'

Get a tum worthy of Madonna with some simple crunches

### MADONNA'S FLAT TUMMY

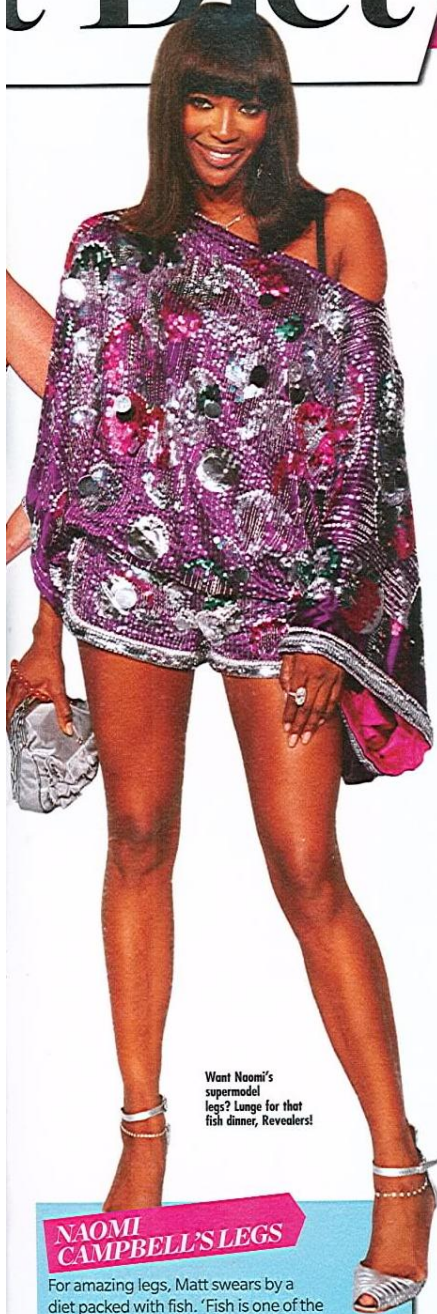
'Doing crunches with your legs straight out in front of you and your toes pointed are really good for toning your stomach,' says Tracy 'because it really works your lower abdominal muscles.'

Press-up your way to Kate's famous curves

### KATE WINSLET'S CURVES

Matt says: 'A really good exercise for toning up the area around your chest is a half press-up using a bench rather than the floor to lift yourself up.'

# t Diet



Want Naomi's supermodel legs? Lunge for that fish dinner, Revealers!

## NAOMI CAMPBELL'S LEGS

For amazing legs, Matt swears by a diet packed with fish. 'Fish is one of the best foods for skin because of the oils it contains. And doing lunges where you step forward and spring back on alternating legs is one of the best exercises.'

## DIET RULES

- LEAN MEAT, FISH, EGGS**
- STILL WATER**
- FRESH VEG (NOT POTATOES)**
- BROWN RICE**
- LENTILS, PORRIDGE**
- OILS AND DRESSINGS**
- ALCOHOL**
- BREAD, PASTA, PASTRY**
- DAIRY PRODUCTS**
- REFINED SUGAR**

## The 3-day Red Carpet Diet

### DAY 1



**BREAKFAST**  
Muesli with skimmed or semi-skimmed milk

**SNACK**  
1 pear



**LUNCH**  
Small bowl leek and potato soup

**SNACK**  
1 pot low-fat yogurt

**DINNER**  
Grilled fish fillet with steamed spinach

### DAY 2

**BREAKFAST**  
Red pepper, onion and mushroom omelette

**SNACK**  
Small handful blueberries

**LUNCH**  
Prawn salad (no mayo)



**SNACK**  
1 pot low-fat yogurt

**DINNER**  
Grilled chicken breast with steamed vegetables (no potatoes or carrots)



### DAY 3



**BREAKFAST**  
2 scrambled eggs with small tin baked beans

**SNACK**  
1 pot low-fat yogurt



**LUNCH**  
Roast beef, lamb or chicken with mixed steamed vegetables (not potatoes)

**SNACK**  
Small handful grapes

**DINNER**  
Small bowl tomato soup

## THE REVEAL DIET PLEDGE

We promise to tell you if any celebrity, whose diet we feature, has had any of the following:

- › A history of eating disorders
- › Slimming surgery
- › A personal trainer



