

WEEK

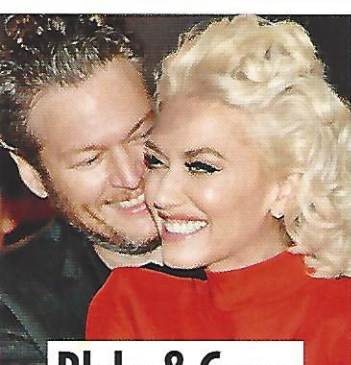
The 20 best fat-burning
tricks and food swaps
that will work for you!

STARS' SECRET DIET TIPS



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1 SLEEP IT OFF Hough makes it a priority to get eight to 10 hours a night. (A 2016 University of Chicago study concluded those who didn't get enough shut-eye were more likely to cave to cravings.) To ensure she's snoozing enough, Hough tracks patterns on her Fitbit Alta and uses a sound machine. "It gives me that white noise so I'm not thinking about things," she says. "It's been a huge help."

2 TURN UP THE BEET Beet juice is the perfect pre-workout snack. According to research in the *American Journal of Physiology*, the high concentration of nitrates in the drink lowers blood pressure. This means your heart doesn't have to work as hard, oxygen reaches your muscles quicker and you can sweat longer. Emily Ratajkowski favors a variety mixed with ginger.

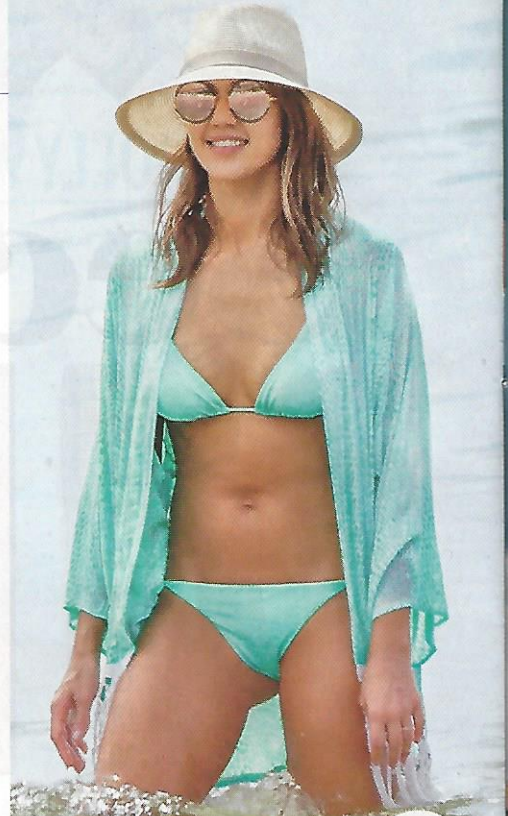
3 GET YOUR OM ON You can relax your way to a healthier body. A 2015 French study revealed that regular meditation slashes the chance of gaining weight by half. (That's good news for Jennifer Lopez, who logs 20 minutes a day.) The practice helps decrease stress, explains Bob Roth of the David Lynch Foundation, which funds the teaching of Transcendental Meditation. Cutting down on anxiety, he adds, lowers cortisol levels, "which are associated with the accumulation of fat."

4 MAKE IT QUICK Underwood credits her idolized physique to tabata sessions with Nashville pro Erin Oprea. "I choose seven different exercises, like squats, lunges or pushups," says Underwood, "and do eight rounds of each — 20 seconds on, 10 seconds off." In just 28 minutes, says the mom of Isaiah, 13 months, the intense routine "really revs up my metabolism."

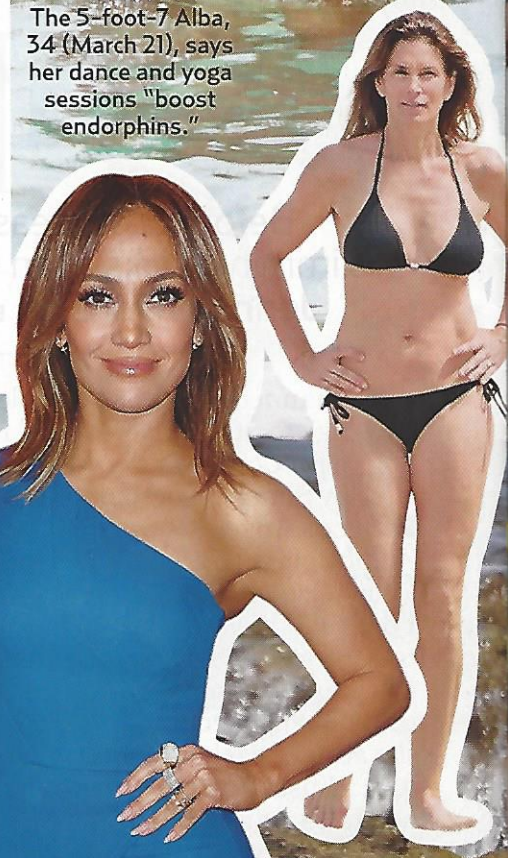
5 BYPASS BOOZE Breaking up with happy hour can help you drop pounds, according to a 2016 *Appetite* study. The method works for Hilary Duff, who told *Shape*, "I love my wine, but when I'm really trying to lose weight, that's got to go. Alcohol is a trigger to make bad choices, just like when I get too hungry."

6 WAKE UP TO FIBER The substance found in berries, beans and whole grains leaves you feeling full longer. But getting the recommended 25 to 35 grams per day can be a challenge. Sheryl Crow's L.A.-based dietitian Rachel Beller advocates consuming at least a third of the quota at breakfast "so you're not trying to catch up all day." Her satiating pick: steel-cut oats topped with apple, chia seeds and hemp seeds.

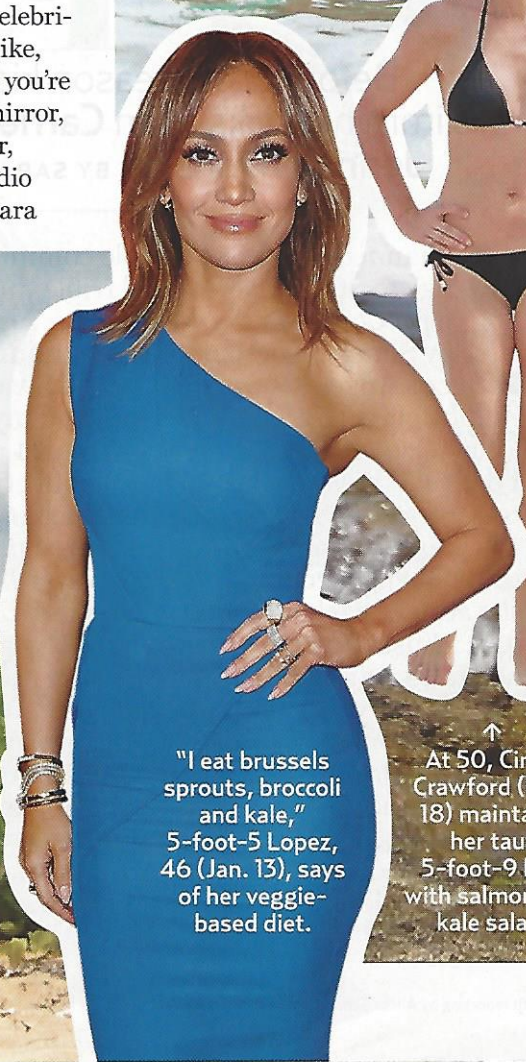
7 SEE YOURSELF BETTER Tape a picture of a celebrity you want to look like, or that curve-hugging dress you're eyeing, to your bathroom mirror, recommends Holly Rilinger, an instructor at cycling studio Flywheel, where Sofia Vergara



The 5-foot-7 Alba, 34 (March 21), says her dance and yoga sessions "boost endorphins."



Spears, 34 (March 29), does treadmill sprints to get her 5-foot-4 frame bikini ready.



"I eat brussels sprouts, broccoli and kale," 5-foot-5 Lopez, 46 (Jan. 13), says of her veggie-based diet.

↑ At 50, Cindy Crawford (Feb. 18) maintains her taut 5-foot-9 bod with salmon and kale salad.