



"I eat superhealthy," 5-foot-3 vegan Dewan Tatum, 35 (Feb. 25), tells *Us*.



"My core is pretty strong," Hough (Feb. 3) tells *Us*. She does planks to achieve chiseled abs.

HOLLYWOOD'S Secret DIET Tips

Before bikini season kicks off, try slimming tricks from **Carrie, Julianne** and **Jenna** on for size **BY SARAH GROSSBART**

Julianne Hough has trouble committing. To keep her figure fit, the 27-year-old triple threat fills her schedule with CorePower Yoga classes . . . and dance-based Body by Simone workouts, weight-training sessions with Los Angeles-based pro Astrid Swan and the occasional Zumba class. "I was just in Utah and my sister was teaching a class," she told *Us* during a March 24 phone interview. "So I did that. It was really fun!" And effective. Hough's varied routine means she's toning every inch of her 5-foot-3 physique. "I try to mix it up because I get bored pretty easily," explains the star, engaged to pro hockey player Brooks Laich, 32. As she attacks each new challenge, she focuses on thinking positive. "I used to hate working out," Hough, who just launched her Jules Julianne Hough athleisure line with MPG Sport, told *Us* last year, "but I was like, If I have that mentality, I'm going to constantly hate working out for the rest of my life. So I'm going to actually pretend that I love it." Now, says Hough, "it's become my favorite thing!" Consider that your first lesson in Getting Fit 101. With just weeks to go until beach season, *Us* rounded up a group of worthy advisers — from Hough to Carrie Underwood and the pros who sculpt them. Study up!



The 5-foot-3 Underwood, 33 (April 3), advises sipping water with lemon to "flush out your system." She showed off her abs April 1 (inset).



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.

"It's important to break a sweat every day," says 5-foot-10 Pilates fan Ambrosio, 35 (Jan. 5).

Khloé Kardashian, 31 (March 2), uses a rotating StairMaster. The 5-foot-10 star says, "After 15 minutes, I'm panting like a dog."

Salad with chicken and asparagus is a favorite of 5-foot-9 Lawrence, 25 (March 5).

The 5-foot-5 Goulding, 29 (Feb. 9), has finished four half-marathons.

sweats. "It will be the first thing you think about in the morning," explains the NYC-based pro, "and will encourage you to work out when you'd rather sleep in!"

8 BEEF UP YOUR PROTEIN INTAKE A study in *The American Journal of Clinical Nutrition* showed those who ate more of the nutrient (found in eggs and avocado) had an increase in lean body mass and a decrease in fat mass after four weeks. Kim Kardashian is piling on protein to shed the 60 pounds she gained with 4-month-old son Saint. "I'm doing the Atkins diet," she says of her low-carb, lean meat-heavy plan. "I'm so militant about it."

9 SIP SMART Jenna Dewan Tatum's trainer Jennifer "JJ Dancer" Johnson tells her clients to replace all of their liquids with still water. (A 12-ounce can of cola is 140 calories, while a cup of orange juice costs you 112!) "The first two days suck," admits the L.A. pro, "but after a while, you're craving water." The calorie-free sip will fill you up and flush extra fluid from your system. The proof is in the six-pack. After one trainee made this part of her diet for a week, says Johnson, "her abs were like a whole different stomach!"

10 ENLIST A FITNESS SQUAD According to research from Stanford University, people who received social support for working out were one-and-a-half times more likely to exercise at least five hours a week. You can increase your sweat sessions with Yaye, a free app touted by Tyra Banks (yayeapp.com). Create a group and set a personal fitness or diet goal (say, logging three runs a week). To prove you've met your mark, send photos of your jogs to your group and score extra motivation in return.

11 LEAP INTO LEAN LEGS Shakira tones her curves with NYC-based AKT InMotion trainer Anna Kaiser, who dreamed up this cardio and sculpting move. Start by standing with your feet slightly wider than shoulder-distance apart, toes pointed forward. Bending your knees, jump up into the air and click your heels. Land back with feet parallel and knees bent. Repeat 10 times.

12 START SMALL Kate Hudson's Pilates pro Nicole Stuart swears committing to just five minutes of cardio (try jumping rope!) will kick-start a healthy journey. "It won't change your body, but it will make you feel better," says the L.A.-based trainer. Soon, she says, you'll crave those healthy endorphins: "It becomes a muscle in your mind and you go, 'I have to go do this.'"

13 JOURNAL WORKOUTS Studies tout the benefits of jotting down your meals. Barry's Bootcamp CEO Joey Gonzalez (Ellie Goulding and Alessandra Ambrosio hit the treadmills at his studios) suggests doing the same thing with your workouts. Record the weights you lifted, reps you did or how fast you ran, he says, "and track improvements week by week."

14 BOOST THE BOOTY Gunnar Peterson sculpts Khloé Kardashian's famed rear with moves such as the single dumbbell sumo squat. Stand with feet slightly wider than shoulder-width apart, toes turned out, a 20-pound dumbbell in the right hand. Keeping the upper body tall, lower the hips into a deep squat with the dumbbell hanging naturally between the legs. Hold for a second, then drive through the heels to return to start. Do six to 12 reps,



15 SEEK OUT AN AFTER-BURN When Britney Spears craves a hardcore workout, she signs up for the hourlong Totally Drenched class at Drenched Fitness near L.A. (\$30, drenchedfitness.com). The 650-calorie torching treadmill and weight-lifting session uses high-intensity interval training, says founder Julie Kennington. "You work hard to get your heart rate high, then you recover, then you get your heart rate high again," she says. (You can mimic the workout with sprint intervals.) The method, says Kennington, "revs up your metabolism not only during class, but also after."

16 WALK THE WALK Jessica Simpson gets a steady calorie burn by remaining active all day. With her

pedometer strapped on, the mom of two takes Maxwell, 3, and Ace, 2, on long walks through their L.A. neighborhood and finds ways to squeeze in extra steps. Says a Simpson pal, "She aims to get 12,000 steps daily!"

17 GO WHOLE At the grocery store, Jessica Alba reaches for organic produce and other fresh fare. "I don't eat a lot of processed foods," she tells *Us*. A wise move, says NYC dietitian Rachel Berman, who notes packaged snacks can lead to weight gain. She says, "They're often lacking in fiber and protein, while full of added sugar and salt."

18 DITCH DAIRY Yogurt and milk can be hard to digest, leading to belly bloat, says L.A. nutritionist Kimberly Snyder. For cheese addict Khloé Kardashian, cutting out the high-calorie food led to a smaller shape: "I lost, like, 13 pounds!"

19 SKIP THE CLEAN-PLATE CLUB Even healthy foods can sabotage your diet if you eat too much, warns Dalton Wong, who's trained Jennifer Lawrence. "Once you're full, put your food in a Tupperware container and seal it up for another day," advises the London-based author of *The Feelgood Plan*. "Don't be in the habit of eating it because it's there."

20 SLIDE INTO TAUT ABS Johnson tones Dewan Tatum's middle with a move she dubs the abs slide. Start in a plank position with forearms on the floor, and small hand towels beneath each foot. Using your abs, draw your knees to your chest, lifting your butt toward the ceiling. Inhale and move your legs back into a plank position. Do 15 reps, then start shopping for new bikinis! **US**