

→ NO GYM? NO PROBLEM!

Whether Gwyneth Paltrow is off promoting a movie or traveling with her family, she always manages to squeeze in a workout with or without a gym. "There have been countless times where I've worked out with my kids crawling around all over the place," Gwyneth, 38, has said. Her trainer, Tracy Anderson (tracyandersonmethod.com), encourages clients to bring an iPod or DVD — like her *Dance Cardio* workout video — with them on every trip. "Wherever you go, find a way to exercise — make it a priority," Anderson tells *In Touch*. "Consistency and dedication are a must. Life isn't an excuse to miss your workouts."



TRACY ANDERSON

"Sleep in your workout gear"

— 50 Cents' trainer, Jay Cardiello, cardiellofitness.com



→ ALWAYS KEEP HEALTHY SNACKS ON HAND

When you're always on the go like Jessica Alba, nutritious snacks are a must. Her trainer and creator of the 321 Method, Ramona Braganza (ramonabraganza.com), tells *In Touch* that almonds and a pear or mozzarella cheese and an apple are great options, but they don't always cut it. "To change things up, I recommend healthy, baked, all-natural snacks like Pirate's Booty, which has just 130 calories per ounce," she says. For bigger meals, Jessica, 29, follows Braganza's philosophy of sticking to lean meats and avoiding heavy dressings or buttery sauces.



RAMONA BRAGANZA



TRAVEL SMART

"It's so freeing to keep seeing results, so even if Gwyneth travels, she always fits in an exercise session," her trainer tells *In Touch*.