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STAR SECRET SLIM THROU

With more high-calorie temptations than ever

1 SET A GOAL

The best way to prevent weight gain during the holiday season? Keep focused on fitting into your favorite New Year's Eve party dress—and looking amazing in it like CAMERON DIAZ!



2 STAY HYDRATED

Ramona Braganza, celeb trainer and member of Gold's Gym Fitness Institute, recommends drinking 2 liters of water a day. "A lot of my clients drink flavored water, like Vitaminwater [as MEL B does]; it's low in calories but tastes sweet." Plus, H₂O helps keep the metabolism revved.

3 MAKE YOUR WORKOUTS MORE EFFICIENT

Try to stick to your regular exercise schedule, advises Braganza. "If you can't do an hour, do 30 minutes of interval training instead." Alternate short bursts (30 to 60 seconds) of intense intervals (like running) with a lower-intensity activity (like walking or jogging).



4 BEWARE OF FOOD PUSHERS

Don't feel guilty about telling the host that while you love what she's serving, you're full. BROOKE SHIELDS looks like she's taking a cookie to go rather than adding to the calories she's already consumed.