



Let's admit it, when we pore over photos of stars posing on the red carpet, we can't help but wonder how they manage to maintain such fantastic figures. Is it down to the work of a personal glam squad armed and ready to attack those post-vacation pounds at the click of a manicured finger or are celebrities simply super-human? The answer is they are just like you and me, but their jobs require that they look good 24/7.

CELEBRITY MUMS

Very few directors will give an actress six to eight months to lose her baby weight. However, it's still shocking to see Hollywood's newest mothers back to their pre-baby shape within weeks. Jessica Alba, Katie Holmes, Denise Richards and Jennifer Lopez all shed their baby weight in no time. J. Lo completed the Malibu Triathlon to help her blast those extra pounds, while Denise Richards did 10 days of Pilates, a cardio routine and a few days on a cleansing diet.

SUPER-SKINNY VERSUS CURVY

In the world of Hollywood glamour, skinny girls look like they are here to stay. Mary-Kate Olsen, Nicole Richie and Paris Hilton all fit into this category. And let's not also forget the Queen of Skinny, Victoria Beckham. In fact, the book *Skinny Bitch* became a bestseller once Posh Spice was photographed carrying it. Many of these super skinny stars actually have body measurements similar to those of a little boy. On camera they might look good (as we

know the lens adds on pounds) but in the flesh they don't necessarily look healthy.

Maintaining a healthy, consistent body weight is the key to your long-term health. Fluctuating weight can be damaging to your body – that's why experts never recommend yo-yo dieting. And remember, changing your body isn't always about weight loss; you can also shift your focus to body fat loss – this leads to a more defined look. Some girls fit into the "skinny fat" category. These are women who are thin but have cellulite and/or no tone or definition.

AVOID EXTREME DIETS

You are what you eat, and if you see clear skin and eyes, an ability to focus and energy to work out, this is vitality. Going on extreme diets will only leave you feeling cranky. There is such a huge connection



Rania Batayneh

between food and mood and depriving your body of vital nutrients will not only make you a skinny b*tch, but also a moody one!

Some celebrities go to great lengths physically and mentally to keep themselves well under their natural body weight, and this can pose serious health risks. Hair loses shine and may even fall out, plus your complexion will look dull and more seriously you could well end up with heart problems.

MEN FIND CURVY SEXY

When you ask men what they want in a woman, most of them will not say they fancy an anorexic little boy body. The top 10 sexiest women always have curves in the right places, lustrous hair, and glowing skin – think Scarlett Johansson and Dita Von Teese. Athletic women are also attractive. If we ignore her overly muscular arms, Madonna is 50 and yet has the body of a 35-year-old. Admittedly, the Queen of Pop's fitness regime is probably slightly extreme (she works out almost every day for two hours) and she also has an entire entourage to help her look good, but working out certainly gives dramatic results.

So who follows a healthy, balanced fitness regime? Jennifer Aniston jumps to the top of the

list. She recently turned 40 and clearly she has discovered a formula for looking maintaining her femininity and tone in her body. She doesn't follow any faddish diets and simply eats in moderation and works out regularly. Jennifer says that her diet consists of 40% carbohydrates, 30% fat and 30% protein and she enjoys a glass of wine with dinner.

GET A GREAT BODY

Though most of us can't afford the luxury of an entourage consisting of a chef, nutritionist, personal trainer, life coach and Pilates instructor, we all possess the resources to live healthily. If you have a gym membership, use it. Eating well also makes a big difference to your looks. Looking like a star may be worth millions but feeling good about how you look and staying healthy is priceless.

Rania Batayneh is currently writing her first book *Confessions of a Nutritionist*. For more information log on to www.essentialnutritionforyou.com or follow her on www.twitter.com/nutritionist77.

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A-LIST BODIES



CELEBRITY NUTRITIONIST RANIA BATAYNEH DISCUSSES STARS WHO ARE SUPER-SKINNY VERSUS THOSE WHO ARE TONED, CURVACEOUS AND MUSCULAR



RANIA'S TOP TIPS

- Start your morning with a high-fibre, sugar-free cereal. Fibre lowers your cholesterol levels and keeps you fuller for longer.
- Coffee is an anti-oxidant so enjoy your morning latte, but if you need a jolt in the afternoon go for cup of green tea, which is high in anti-oxidants and calorie-free.
- Berries are full of anti-oxidants and give you great anti-ageing benefits.
- Opt for organic foods. You don't want bad hormones coming into your system and offsetting your fat-burning hormones.
- Read the food labels carefully. Look for hidden sugars and stay away from artificial sweeteners.
- Seasonings are really important. I always add lemon and ground black pepper to my food.
- Check out this link for two super tasty anti-ageing salads: www.katu.com
- Exercise is key. If you eat more than you burn you will gain weight. The only way to achieve a toned celebrity-style figure is to work out!
- Weight-loss pills don't work in the long-term, and neither do fad diets.
- Whole grains are very important carbohydrates. They are full of vitamins including vitamin B, which gives us natural energy. They also help boost our mood.

TREAT YOURSELF WEEK



Review by Sarah Bladen

What is it?

One of the salon's hair consultants will do a full analysis of your hair before deciding which customised deep conditioning treatment is suitable for you. Unlike some hair salons in Dubai, the philosophy at the Ted Morgan Hair Group is that the customer comes first. All the hair products here are from Redken, the New York brand favoured by catwalk models and celebrities. My stylist Elaine prescribed the Real Control mask for my hair type (dry and distressed) plus a chemistry shot to repair my damage. With the sun, humidity and fierce air conditioning we sometimes forget to give our tresses that much-needed extra TLC. "Ideally, you should be giving your hair a deep conditioning treatment at least once a fortnight," Elaine advised.

What are the highlights?

While the hair mask was soaking into my hair cuticles, I experienced a blissful 30-minute head massage. Of course leaving the salon with super sleek, glossy locks was also a great feeling!

How much is it?

Dhs100 for the conditioning treatment.

Where can I try it?

Ted Morgan Hair Group, Al Nafura Clubhouse 1, Palm Jumeirah, Dubai. Call 04 430 8190 or go to www.tedmorganhair.com.

