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# I WANT her body

Even the world's top beauties have diet and exercise regimes to keep their perfect shapes. Here personal trainer and nutrition expert Gemma Brass shows you how to get an A-list body

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***TIP: Exercise to music. It gives you a speed to work to, gets the heart rate up for a better cardio workout and makes the time go quicker***

**Get a tummy like MYLEENE KLASS**

*I'm A Celebrity...* star Myleene, 28, became this year's queen of the bikini when she flaunted her flat tum in a sexy two-piece.

**Myleene's secret weapon:**  
Myleene hates the gym and prefers to skip for 10 minutes three times a week. And she always climbs the stairs to her third-floor flat.

**The treatment:**  
A combination of diet and exercise is the only way to get a flat tum. Gemma Brass says: 'Eat food that won't leave you bloated.' Go easy on bread, pasta and salt, and choose high-protein food such as chicken, fish and eggs instead.

**The crunch is a good tummy toner.**  
Lie on your back, feet on the floor, knees bent, hands behind your head, tummy pulled in. Exhale as you take your head and shoulders off the floor and inhale as you return to the start. Do 10 repetitions, building up to 40.

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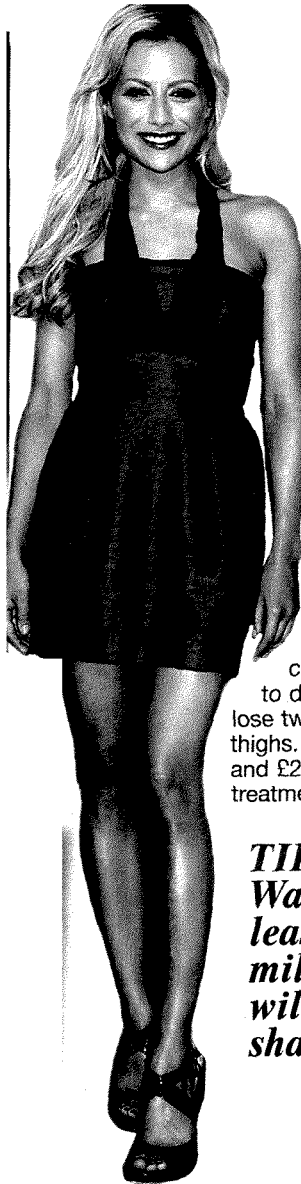
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**Get legs like**  
**BRITTANY MURPHY**

*Happy Feet* babe Brittany, 29, loves showing off her cellulite-free pins.

**Brittany's secret weapon:** As a trained dancer she knows that dancing is perfect for strong, svelte legs.

**The treatment:** Anti-cellulite guru Jo Heptinstall says: 'Cellulite is congested tissue. A bad diet is usually to blame.'

The Guam Body Wrap contains seaweed and clay to draw out toxins. You can lose two to three inches off your thighs. It costs £55 in salons and £29.95 for the home treatment (0870 058 9661).

**TIP:**  
*Walking at least two miles a day will give you shapely legs*



**Get slim like**  
**SOPHIE ANDERTON**

*Love Island* star Sophie, 29, always looks trim.

**Sophie's secret weapon:** Sophie swears by Oxy-Powder, a supplement of vitamin C and magnesium that flushes out the small intestine.

**The treatment:** Similar to colonic irrigation, the supplement breaks up impacted waste which causes bloating. It's popular with models who want a flatter tum. Available through Chrisbar Health ([www.chrisbar.com](http://www.chrisbar.com)), £31.

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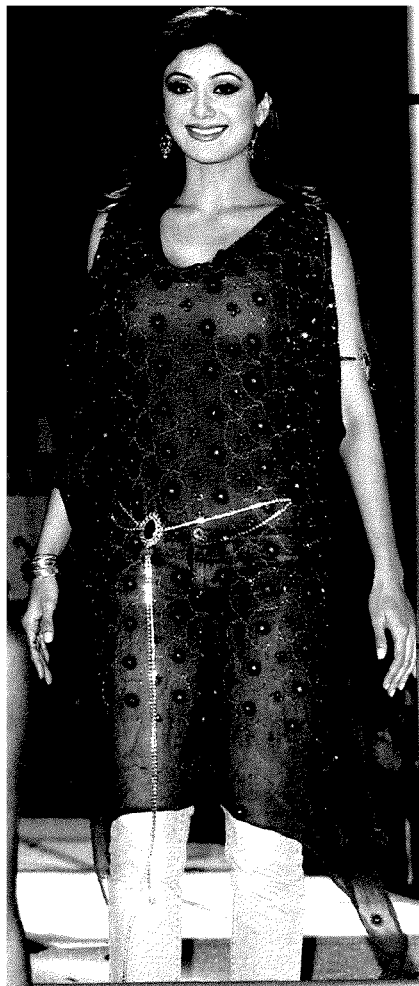
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**Get a figure like**  
**SHILPA SHETTY**

*Big Brother* winner and Bollywood actress Shilpa, 31, has never-ending legs and an enviable hourglass figure.

**Shilpa's secret weapon:**

Although she says she is 'genetically blessed', Shilpa never misses her workouts and is a black belt in karate.

**The treatment:**

Karate offers a good cardio workout, demanding both physical and mental strength. Like kick-boxing and tae kwan do, it involves moving a lot of muscle mass and is excellent for toning legs and arms. Find out more at [www.karateengland.org.uk](http://www.karateengland.org.uk).

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**Get arms like**  
**SCARLETT**  
**JOHANSSON**

Curvy Scarlett, 22, shows off her toned arms in this sleeveless gown.

**Scarlett's secret weapon:**

A devotion to yoga and a low-carb diet helps Scarlett stay in shape.

**The treatment:**

'To avoid bingo wings, work your triceps,' says Gemma Brass. Stand with your tum pulled in, holding a weight with both hands. Raise your arms to the ceiling, bend your elbows and let your arms drop behind your head. Lower the weight until you feel a pull. Repeat 15-20 times.



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**Get shoulders like CAT DEELEY**

Gorgeous Cat, 30, has had the LA treatment on her enviable figure.

**Cat's secret weapon:**

Portion control. Cat says: 'If I fancy a chip, I'll have a chip. I just won't have a huge bowl.'

**The treatment:**

Gemma Brass recommends shoulder presses to target your deltoids (shoulder muscles). Holding weights, stand with your arms held forward, level with your shoulders. Raise your arms, keeping your elbows slightly bent, and press the weights inwards until they almost touch over your head. Repeat 10 times, building up to 20 times.