

Become Your Personal Best



Birthdays, reunions, weddings and anniversaries- it seems there's always an event on the horizon that you want to look your absolute best for. Now's the time to get your star power shining with celebrity trainer Valerie Waters' workout and nutrition plan. Feel fit and confident in just six weeks.



in shape fast. My other signature is that I help women create long, lean and toned muscles - no bulky mass here! My Red Carpet Ready plan is not a quick fix - though you will experience dramatic results in about six weeks. I like to think of it as a jump-start to a lifelong affair with fitness.

Valerie Waters has a client list that includes Cindy Crawford, Jennifer Garner, Jessica Biel, Kate Beckinsale, Richard Gere and Jim Carrey.

No matter how large or small the event in your life, being red carpet ready is possible, which means ultimately feeling your personal best. This includes not only getting lean and toned, but also increasing your energy and improving your self-confidence. But just so we're clear, by following my plan, you can meet your goals! One thing I'm known for is getting my celebrity clients

Red Carpet Ready Exercise Plan

DAY ONE:	Fat-burning circuit
DAY TWO:	Cardio at moderate intensity for 30 minutes (walking, jogging, swimming, etc.)
DAY THREE:	Interval cardio for 30 minutes (5-minute warm-up; 2 minutes easy; then 2 minutes hard: repeat each sequence, shooting for three circuits, and then end with a 3-minute cool down)
DAY FOUR:	Fat-burning circuit
DAY FIVE:	Cardio at moderate intensity for 30 minutes (walking, jogging, swimming, etc.)
DAY SIX:	Rest
DAY SEVEN:	Rest or active rest (yoga, walking, stretching, etc.)

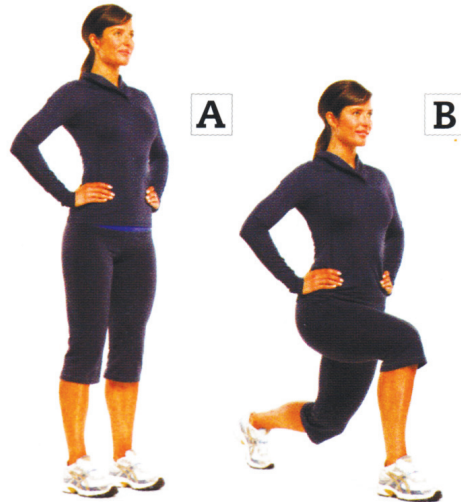
Fat-Burning Circuit

Life can get really busy, especially during the holiday season, but that doesn't mean you should give up your body. Take 15 to 20 minutes just a couple times a week with some moderate cardio on alternating days, and you'll see and feel a difference almost immediately. Beginners, do the circuit once. Intermediate and advanced exercisers, do the circuit two or three times.

Food for Thought

If you really want to see results, you need to learn how to eat. The right foods help you lose weight, of course, but they will also give you more energy, boost your immune system, improve your skin and help you sleep better. Here are my top tips:

- Eat five or six small meals a day
- Eat a portion of protein and healthy carbs at every meal
- Avoid processed foods and fast foods
- Get enough fiber (fruits and vegetables are best)
- Plan and prepare your food in advance
- Drink 80 to 100 ounces of water per day

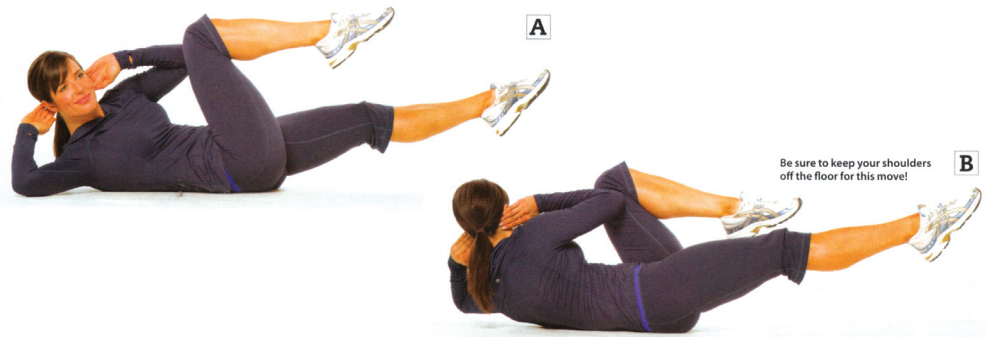


FORWARD LUNGES TO SCULPT YOUR BOTTOM HALF

Muscles worked: glutes, quads and hamstrings
SET-UP: Start with your feet hip-width apart [A].
ACTION: Step forward with one leg and bend your back knee, lowering it toward the floor without touching. Make sure your front knee stays over your heel, not toes, creating a perfect 90-degree angle [B]. Press back up to starting position. Complete all reps before switching sides. Perform 10 reps for each leg.

BICYCLE CRUNCHES TO TRIM YOUR WAISTLINE

Muscles worked: abs, with special emphasis on the obliques
SET-UP: Begin by lying flat on your back with hands placed behind your ears. Bring your knees up to a 45-degree angle and slowly go through the motions of pedaling a bicycle. Keep your knees bent and feet lifted so your lower leg is parallel to the floor [A].
ACTION: Twist from side to side, touching your right elbow to your left knee and then alternating with the opposite elbow and knee [B]. Strive to keep your shoulder blades up off the floor for maximum intensity. Complete 20 reps (each twist counts as one rep).



PUSH-UPS TO TONE YOUR UPPER HALF

Muscles worked: chest, shoulders, triceps and core
SET-UP: Start on your knees with your hands shoulder-width apart. Keep your abs tight to avoid slouching in your low back [A].
ACTION: Lower yourself to the floor with control, resisting the pull of gravity [B]. Push back up, keeping your core engaged. Beginners, keep your knees on the floor. Do 8 to 10 reps.

