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BODY & SOUL

EXPECTING MOM JENNIFER GARNER EXPLAINS HOW SHE'S WORKING OUT RIGHT UP TO HER DUE DATE

Jen and Violet working out.

8 MONTHS PREGNANT ...AND STILL AT THE GYM!

Hot mom Jen Garner, expecting her second child with hubby Ben Affleck in December, is keeping up her workout routine to maintain a healthy pregnancy. "Right now, I just want to feel good and strong the whole way through this pregnancy and be able to bounce back quickly," says Jen, 36.

Helping her along the way is her longtime trainer Valerie Waters, who has trained Jen for eight years. Jen explains, "Fitness changed for me when I met Valerie." Valerie encouraged Jen to stop dreading workouts and start enjoying them. Being heavily pregnant hasn't slowed her down one bit!

THE WORKOUTS

Even with 2-year old Violet at home, Jen tries to get workouts in four or five days a week. Sounds tough! "The only thing you can do is do it before the day starts," explains Jen. "I know that it's brutal, but believe me, I am pregnant and I am a tired mama. But you have to do it" She adds, "I have different goals for myself at different times. Right now I really want to feel great so I'm trying to work out four to five days a week. I get motivated by saying, "Okay, I've done three at the beginning of the week, I'm just going to get these is so I can take the weekend off." With the Red Carpet Ready program, detailed in Valerie's new book, Red Carpet Ready, the workouts are never the same, which Jen loves. Since not everyone can have Valerie on hand five days a week, Valerie suggests a six-day program that you can follow to have a killer body in just six weeks. The program alternates a day of cardio and a day of strength training. The best part is that the workouts are only 30 minutes and they work your entire body, Jen says, "The program is actually what we've done a million times to be ready for events, movie premieres and the Oscars."

A HEALTHY DIET

Jen is the first to admit that she can't always stick to the Red Carpet Ready diet detailed in Valerie's book because she's pregnant and craving sweets. Jen says, "At every meal I pretty much have dessert, but not a lot, just one little square of chocolate," the diet focused on eating lots of small meals with protein throughout the day, avoiding processed foods and controlling portions. "I pretty much follow what Valerie says (about food), she has so much to teach," says Jen. She adds, "I want to feel great after my workout, not like I need to lie down. I don't want to get super skinny like the chicks in L.A. do – but to feel like myself. So far so good!"

– Karen Berg



JEN'S FOOD TIPS

- **Give in to cravings** "It took me years to learn to just have a couple of bites," admits Jen. "Once I started I would gobble it all up. Now I can open a tub of ice cream and just have a bite."
- **Don't deprive** "I can't not have carbs. If I'm going to have potatoes, I'll have sweet potatoes, and I won't fry them."
- **Her favorite snack** "Bananas and peanut butter. I got that from [ex-boyfriend] Michael Vartan."
- **Stay in control** "Ben keeps me really strict," says Jen of her actor husband. "But I cook a lot, and I control what we eat."
- **Smaller portions** "If I have to have pasta, I'll have a big salad at a restaurant and then an appetizer size of pasta for dinner, never with cream."

