



OK! BUZZ

DIET CONFESSIONS

CANDACE CAMERON BURE
GIVES OK! THE DISH

"My Diet Is One Word: 'Moderation.'"

Healthiest Thing I've Eaten All Week
"Roasted vegetables. They taste puny, and my body feels good."

Least-Healthy Thing I've Eaten All Week
"Jen's Brown Butter Almond Brittle ice cream. Because a girl needs her ice cream."

My Go-To Comfort Food
"Frozen Greek Yogurt bars. When I'm stressed, emotional."

HOT-BODY SECRETS
TRAINERS SHARE SUPERMODELS' WORKOUT TIPS

ADRIANA LIMA

1 Hit the gym in the AM Adriana hits Barry's Bootcamp for intense interval training first thing in the morning — especially effective, "because it gives your metabolism that extra kick start," says Barry's trainer Joey Gonzalez.

2 Go for the combo Choose moves that target several areas of the body at once to maximize calorie burn, says Joey. "A plank followed by mountain climbers and push-ups will hit arms, core, back and the legs."

3 Take a risk "She pushes herself to improve with each session," Joey says. "If you think you can't run faster, pump up the treadmill [a small interval]."

ALESSANDRA AMBROSIO

1 Mix it up "We did a combo of Pilates, TRX and Barre to get her ready for the 2014 Victoria's Secret Fashion Show," says trainer Jenn Seracuse. "She showed off not only her killer backside but a toned midsection too."

2 Go beyond crunches Don't forget to add a few 360-degree core moves, like twists with a medicine ball, Jenn says, "to target the deeper layers of the abdominals too."

3 Add some instability "Balancing is one of the best ways to build your abs," says Jenn. "Try standing on a Bosu ball or just one leg while doing arm exercises."

"Alessandra loves Pilates," says Jenn, Director of Pilates at Flex Studios, where the model works out.



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