

REBECCA ROMIJN

THE ACTION FIGURE

STATS

33, 5'11"

She may be a former model, but Romijn doesn't obsess about her weight. "I never step on the scale. I don't even own one," the star of *X-Men: The Last Stand* (out May 26) has said. Instead, the actress focuses on *feeling* healthy through Pilates, which helped her with her scoliosis.

PRE-WORKOUT FUEL

"Sushi."

FOOD I CAN'T LIVE WITHOUT

"Cheeseburgers and Butterfingers."

BEST TIP FOR SHAPING UP

"Eating only clean food, no salt or preservatives, and lots of cardio."

FAVE PART OF MY BODY

"My feet."

FAVORITE WORKOUT SONG

"Shirley Bassey's remix of 'Goldfinger.'"

HOT BODY THAT INSPIRES ME

"[My fiancé] Jerry O'Connell."

EVA LONGORIA

THE HOT HOUSEWIFE

STATS

31, 5'2"

The *Desperate Housewife's* best tip for getting in shape fast? "Consistency," says the *Sentinel* star, who swears by four weekly workouts (think jumping rope, squats and walking lunges) four times a week with her trainer, Patrick Murphy. "He kicks my ass!" Longoria tells *Us*.

FAVORITE PART

OF MY BODY

"My legs."

BEST BODY MOMENT

"I used to be an aerobics instructor in college. . . . I taught a low-impact abs class for senior citizens, six classes a day. I was in the best shape ever!"

BEAUTY TREAT

"I get a facial every two weeks at a spa."

GUILTY PLEASURE

"Chips Ahoy cookies."

30s

STAY SEXY TIPS

■ **Start lifting** "If you haven't started weight training, do it now," Jennifer Garner's trainer, Valerie Waters, tells *Us*. "You lose muscle mass every year as you progress into your thirties, and if you don't address it, you're slowing your metabolism. . . . Add lean muscle and you'll burn calories while you sleep!"

■ **Eat smart** "As females begin to age, in their mid-thirties, they start to lose bone density," says Mandy Moore's nutritionist, Matt Mahowald. "So calcium (one cup of skim milk per day) is very important." Incorporate B vitamins in your diet to up energy and fight stress, adds Diet Designs' Carrie Wiatt.



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