

Model Behaviour

HOW TO GET IN **SUPERMODEL SHAPE** FOR SUMMER!

Yes, they're blessed with amazing genes. But when it comes to health and fitness, Supermodels still have to work hard to stay looking even better than nature intended.

One Elle Of A Bod

She hasn't earned the nickname "The Body" for nothing! Forty-six-year old Elle Macpherson's knockout figure is the result of years of hardcore, out-of-breath workouts with her longtime personal trainer, James Duigan. And according to James, Elle is obsessed with popping Omega 3 fish oil supplements – "They're great for helping your body burn fat," he explains. "Especially around your stomach and waist."

Also a sports fanatic, when she's not doing lengths in the pool, Elle's pedalling her way around the streets of London.

"I try to put aside an hour a day, five days a week, to do some sort of exercise, whether it's Pilates or running in the park," she says. And when it comes to watching her diet, the Australian super swears by eating sensibly over crazy food regimes, insisting, "It's far better to eat well and move around a bit instead of messing with your metabolism."

Kick-Boxing Babe

Leonardo DiCaprio's gorgeous supermodel girlfriend Bar Refaeli, keeps her impossibly long legs lean and lovely with Angelina Jolie's favourite sport, Krav Maga – a gruelling kick-fighting martial art that leaves you super-fit and flexible, with ultra-toned pins.

Her perfect posture is down to a love of horse riding – which, aside from making her look taller, is fab for strengthening core muscles, working the back, thighs and calves and burning around 400 calories an hour.

And when Bar needed to whip herself into shape for her *Sports Illustrated* cover, she trained solidly for four weeks beforehand.

"I watch what I eat, but I don't starve myself," she says. "I bike all the time in New York City. I bike for hours." And her top fat-busting exercises? "A lot of crunches with rubber bands around my ankles, and an awful lot of cardio."

Fruity Beauty

Thirty-eight-year old Claudia Schiffer has clearly been blessed with astonishing genes, but the German super admits she monitors her diet religiously to stop the scales from tipping. Avoiding caffeine, she doesn't touch alcohol, and tries not to snack between meals.

Keeping her calorie count down by eating only fruit and veg before noon and quelling hunger pangs with tomato juice and grapes, lunch is salad or soup and carbs are banned after dark. When it comes to workouts, Claudia runs and revs up her fitness regime with Power Plate sessions – "It helps me do a really intensive workout in less time."

Super strict!
Claudia is uber-disciplined when it comes to dieting.

On your bike
Elle's a big fan of pedal power.

ELLE MACPHERSON

WORDS: LOUISE PYNE. PICTURES: FAMOUS, GETTY, WENN.



Beauty Bar
Want a body like Bar's? Stop taking taxis and buy a bike instead!