

8 SHORTCUTS TO A superstar body

Cheat your way slim with these sneaky shape-up secrets

Ever wondered how celebs manage to look so effortlessly trim and toned? Their flawless figures aren't the result of good genes, but a behind-the-scenes army of nutritionists and personal trainers who are responsible for transforming their figures from flabby to flawless. We've tracked down the brains behind some of the best bodies in showbiz and asked them for their slim-down secrets. Shh...



1 CUT CARBS AT NIGHT

Want washboard abs, and fast? David Kirsch, the fitness guru credited with sculpting the likes of Heidi Klum, says: 'You should get most of the calories your body needs earlier in the day.'

TOP TIP Eat your complex carbs (bread and rice) by lunchtime and combine them with protein (eggs and fish) to keep you feeling fuller for longer.



2 GO GREEN

If you're panicking over your sticky-out paunch, load up on green foods to transform your tum in record time. Nutritionist Martin MacDonald, who helped Jennifer Ellison snap into shape, says: 'Eating green leaves increases the size of your meal with minimal extra calories.'

TOP TIP Ditch the salad dressing for a squeeze of lemon, which will add cleansing benefits.



Work it, girls



3 KEEP A DIARY

Charlie Brooks sported perfect pins and enviably flat abs when she was crowned queen of the ballroom last year. Her secret weapon? A food diary. Fitness expert Dee Thresher, who worked with her, says: 'I gave Charlie a red cross for naughty days and a tick for good days!'

TOP TIP Keep a notepad and pen in your handbag and scribble down every morsel that passes your lips. Too old-school? Then why not download a calorie-counting app, such as myfitnesspal.com to track your daily intake.



4 MIX IT UP

To get the most out of each workout, train smarter, not harder, says celeb trainer Harley Pasternak, whose clients include Eva Mendes. 'Combine cardiovascular and resistance training and hit two birds with one stone,' he says.

TOP TIP Warm up with five minutes of cardio, followed by 20 minutes of resistance training and a five-minute cool down to boost your after-burn.