

# fitr mind, body & spirit SS

Radiant skin  
all winter p. 44

## Banish Belly Fat

Tone, tighten, trim  
in just 7 moves

## Start losing weight today!

The sneaky reason  
the scale won't  
budge—solved

plus  
5 ways to make  
it permanent

## AGE-PROOF YOUR LIFE

20 foods,  
tips, moves  
you need  
p. 114

★ BONUS HANDBOOK ★

## Your 21-day total-body makeover

- Drop 5 lb. fast
- Firm up every trouble zone

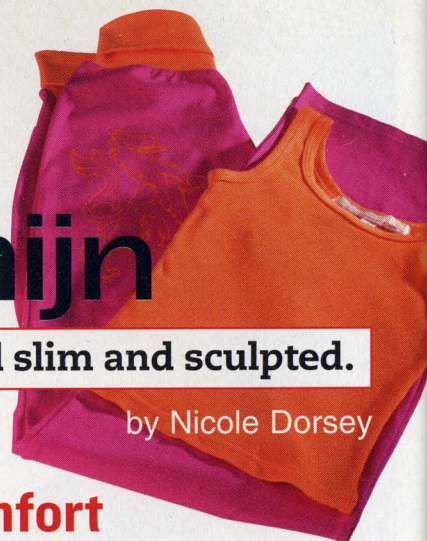
Leaner legs  
in 12 minutes  
(no squats!)  
p. 28

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## Fit Forecast

# Working Out With: Rebecca Romijn



by Nicole Dorsey

Pilates and strength training keep this supermodel slim and sculpted.

**The Workout** Rebecca Romijn takes an hour-long class two or three mornings a week with Sebastien Lagree at his Pilates Plus studio in Los Angeles. She starts with a warm-up on Pilates machines, then does both Pilates and strength moves.

## Comfort Queen

When she's working out, Rebecca typically wears comfy über-soft cotton and terry cloth pants and tops by Juicy Couture.

## Star-Powered Pilates

Sebastien also counts Elizabeth Hurley, *CSI: Miami*'s Emily Procter and volleyball phenom Gabrielle Reece as clients.



**The Breakfast of Champions** Because she exercises in the morning, Rebecca trains on an empty stomach and goes out for breakfast afterward. She opts for an egg-white omelet with veggies and dry toast.

## Reps Galore

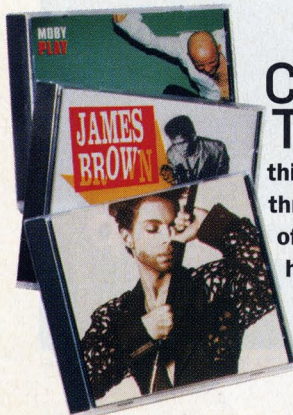
While doing traditional Pilates work, Sebastien leads Rebecca through weight-lifting moves including curls and presses—as many as 100 reps at a time—using a 12- to 15-pound body bar.

## Try Rebecca's Routine!

Once a month, Sebastien teaches a 90-minute "Pilates Beach Workout" in Malibu that's open to the public. The routine includes power walking and sprinting on soft sand with a 12- to 15-pound body bar, classical Pilates mat work and stretching. Log on to pilatesplusla.com for a list of upcoming classes.

## Custom Tunes

"The first thing my clients do is pick through a huge selection of CDs they want to hear," Sebastien says. "Rebecca's favorites include Moby, Prince and James Brown."



## Trainer Tip

"In any kind of weight training, go slower on the downward motion. It uses more muscle fibers, so you'll see faster results," says Sebastien.

## Sebastien Lagree

