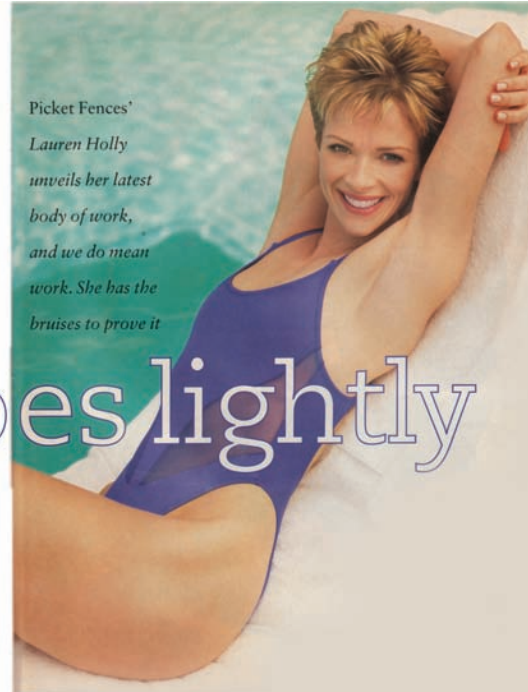


Tell Lauren Holly that she looks better than ever and she'll attribute it to her new movie, *Turbulence*, described as *Speed* on a plane. "I've always been into working out and staying fit, but I definitely stepped it up a bit for this part." Preparing for the role of a flight attendant caught in a life-or-death situation has resulted in rippled abdominal muscles and sculpted arms; the former her favorite body part and easiest to shape up with 200 daily sit-ups, the latter "really hard to get definition or give any shape to. And



## holly goes lightly

I'm always working on my butt... bum squeezes, squats and lunges." In addition, Holly works on two body parts for 20 minutes, six days a week. Then there's a 30-minute cardio warm-up-treadmill, Stairmaster, walking or running. Holly assumed she had arrived the day she signed for this film: "They agreed to a personal trainer and



a masseuse. Boy, I thought I was a big movie star then," she laughs, doing her best Norma Desmond impression. "But I realized afterward, it was purely out of necessity that they gave them to me." - She reveals a black-and-blue mark on her upper thigh the size of a Susan B. Anthony dollar. "Last week we did 20 takes of this struggle between me and Ray Liotta. He tackled me and we went flying and overshot the mark. I got bruised all over-right knee, upper thigh, hip and spine. And tomorrow we're going in a rotisserie gimbal to simulate a 747 turning over. I'll take some Dramamine before." Holly's athletic look was something she once only dreamed of. She confesses to being a "really skinny" high school cheerleader. "All the other girls had pretty good-size breasts and hips; that was the figure the boys liked. They

called me Knobby Knees. I would go home and eat three grilled cheese sandwiches and a milk shake, trying to gain weight." By the time she was a senior, she says, "I was chubby, but really popular." Although her current approach to food is almost boringly sensible, she does have a penchant for junk food: "I love potato chips, cheese and crackers ... the salty naughty things." Otherwise it's three meals a day "and a few healthy snacks, because it keeps your metabolism up." Nearly every morning, Lauren will fix yogurt and whole-wheat toast. Lunch might be chicken, potatoes, vegetables; dinner, more of the same. Lauren also keeps fit by enjoying the outdoors: She bikes, hikes, plays tennis, does a great cannonball in the pool, and rides her horse, Whiskey. "Riding him is strictly for pleasure. It's a form of stress management. When I go into the mountains, it clears my mind," she explains. Can she live with her six-day-a-week routine forever? "I'll probably go back to a three-day schedule after the movie but stay with my trainer, Valerie Waters. I like her energy. Yesterday I took the day off, got a manicure and a pedicure, watched TV and ate pizza. And today I'm not working out either-so there!"

"Valerie asked me to put more protein into my diet, eat more meat. I eat more food now than before- I thought it would put weight on me, but it hasn't. It acts as fuel. But I still have Twizzlers and Triscuits in my trailer." Holly's focus on health also includes "vitamins C, B6, E, beta-carotene, folic acid, EFA, multi and omega something."