

Getting slim by Memorial Day

Celeb trainer Valerie Waters reveals her beach-body secrets!

Spring has barely begun, but the unofficial start of summer, Memorial Day, is just around the corner – which means the start of swimsuit season. “Most people have winter weight they want to lose before the clothes come off,” Valerie Waters, trainer to the stars and author of *Red Carpet Ready*, tells *Life & Style*. “I think every woman panics just a little about putting on a bikini. Even for the most disciplined of us, this is the time of year to kick it up a notch.” Waters, who has helped Jennifer Garner maintain a famously fab figure, says her plan makes it possible for



people to shed about 2 pounds per week—which could make followers about 15 pounds lighter by the time they hit the beach!

Waters’ go-to regimen is based on principles that can fit into anyone’s lifestyle. She suggests combining sensible eating (portion control, no counting calories) with a moderate workout. Of course, she has some golden rules for best results, like drinking lots of water.

FUELING AN A-LIST BEACH BODY

“The key to losing weight is to decide that you *must!*” insists Waters, who says the first step is committing to a plan. She recommends a regimen of three snacks a day. Each should be built around a portion (4 ounces per meal and 1 1/2 to 2 ounces per snack) along with “good” carbs such as veggies, fruits and whole grains.

And those carbs should contain the 26 to 35 grams of fiber the body needs each day.

So what’s on the menu? Foods like an omelet made of 1/3 cup liquid egg whites and stuffed with mushrooms, onions and spinach for breakfast; a chicken fajita stir-fry (hold the tortilla!) for lunch; and salmon with 1/3 cup of brown rice and asparagus for dinner. Snacks like low-fat yogurt with berries, 1/3 cup of hummus and carrots and 1/3 cup of a nut and raisin mix round out the day. It’s a moderate carbohydrate plan with emphasis on clean eating,” says Waters. “That means choosing foods close to their natural state and not dressed up with additional fats or sauces.” By controlling carbs and eating frequently, it’s possible to control blood-sugar levels and reduce the production of insulin, a fat storage hormone. “Within just a few days, everyone starts to feel better” Waters says.



STEPPING IT UP

Diet aside, Waters recommends both strength-training exercises and 30 to 40 minutes of cardio three to five times a week. “I believe in full-body strength workouts,” says Waters. “You’ll get results fastest if you spend more time in the weight room and less time on the treadmill.” But nutrition still comes first because, Waters insists, the best exercise plan *cannot* overcome a lousy diet.” So to be sizzling by summer, now is the best time to get cooking with a new diet!



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TRAINER VALERIE WATERS' GET-SET-FOR-SUMMER GOLDEN RULES



1 PACK IN PROTEIN
Eat a palm’s size of protein at meals and two fingers’ worth at snack time. Round out the plate with fiber-filled carbs like brown rice and green beans.



2 LIMIT BOOZE
Save the strawberry daiquiris for the beach. Waters advises prepping for bathing suit season by limiting alcoholic drinks to a maximum of two a week.



3 NIX JUNK
Avoid processed foods like pasta, cookies and chips. Giving up starchy carbs could help flush 5 pounds of water from the body in just one week!



4 EAT OFTEN
Set an alarm to ensure the body gets its fuel every three to four hours. Eating regularly prevents the body from wanting to binge on junk later.



5 CURB SUGAR
Waters suggests taking all-natural CUUR supplements (cuur.com) with meals to help curb sugar cravings and prevent fat absorption.



6 DRINK PLENTY
Waters advises sipping 80 to 100 ounces of H₂O each day (the equivalent of two large bottles of water). It will help you look better—and feel fuller.



7 BURN THE FAT
Strength training may be a better fat blaster than cardio, explains Waters, because building muscle ups the metabolism, helping to burn more fat and calories.