



PEOPLE The Secrets To A Celebrity Body: How to Look Great and Feel Confident

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Everything You Need to Get Fit for Summer!

The editors of *PEOPLE* bring you an insider's guide to how your favorite Hollywood stars stay in shape. With interviews and inspiration from Jennifer Lopez, Kate Hudson, Jennifer Aniston, Khloe Kardashian, Carrie Underwood, Jennifer Hudson and many more, you'll be ready for the beach and the pool in no time.

Inside *The Secrets to a Celebrity Body* you'll find fun step-by-step workout routines from fitness experts Jillian Michaels, Jenna Wolfe and celebrity yoga instructor Mandy Ingber. You'll see what stars really eat in a day: 10 famously fit women open up their food diaries. And, you'll find easy, tasty and healthy recipes including breakfast, entrees, snacks, and sweet treats. Feel fit and fabulous and get a peek into the lives of your favorite celebrities in this all-new Special Edition.

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Lois Maestas:

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