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Meet the Trainer Kacy Duke

"People ask how I get such drastic results," says Duke, celebrity trainer and co-founder of Equinox Fitness Clubs. "It's about giving your body love. And the secret of celebrity fitness is a strong sense of self. Stars are ready to do the work because the world is watching. Forget about walking on a treadmill with your headphones on—be present in your workouts. To look your best, you want to do cardio-sculpting moves that give you lean muscle and great lines."



Stars trained:
Gwen Stefani,
Julianne Moore,
Tyra Banks.
Go to kacydukefitness.com for
more info.

The Diet

It's all about detox. And yes, it's very strict. Duke's go-to nutrition pro, **Jeffrey A. Morrison**, dishes.

When to eat Small meals every three hours.

What to eat A ½ cup fruit (grapefruit, berries, apple, papaya, melon, pear) for breakfast, a salad for lunch; plus a shake using Dr. Morrison's Daily Detox non-allergenic rice protein powder (\$73; 32.6 oz.; shop.themorrisoncenter.com) at both these meals. At dinner, 4 to 6 oz. of lean protein (chicken, turkey, organic eggs, fish) and vegetables. Unlimited steamed, grilled, or raw vegetables anytime.

What to avoid The detox diet excludes some surprising foods—such as raw fish and certain produce, including tomatoes, white potato, eggplant, and peppers, which can slow weight loss, as well as the usual culprits: coffee, soda, alcohol, high-sugar fruits (bananas, grapes, oranges), and allergen-prone foods such as dairy, seeds, nuts, soy, corn and grains. Our staffer Crum, being so physically active, was allotted up to ½ cup brown rice or quinoa as needed (no more than once per day).

The Workout

Duke advises sculpting exercises four times a week and 45 minutes of cardio six days a week. Here, her favorite lean-muscle moves. Do three sets of each.

Warrior 1 Stand in power position—feet apart, soft knees, navel pulled in. Place left hand on left hip. Hold a broomstick in right hand, with one end resting on floor for balance. Lift right leg 90 degrees until knee is even with the hip. Keeping left foot in place on floor, swing right leg back into a lunge (ball of foot on the ground, heel lifted), bending left leg 90 degrees (knee parallel to the ankle). Do 12 reps per side.

Lift It, Love It Balancing on right leg, hold a medicine ball overhead. Take a big step with left leg, lunging to the left, bringing ball in front of left foot. Swing left leg behind and to the right. Sweep ball across body toward left foot. Repeat 12 times per side.

N.Y. Booty Lift In power position, hold 8 to 15 lb. weights down at sides. Step left leg back, bending right knee. Keep back leg straight, dropping hips till thigh is parallel to floor. Bend, lowering weights to foot. Squeeze glutes; return to a lunge and do 12 reps per side.

Keep It Going

Duke explains how to stick with the program

- 1 LOOK IN THE MIRROR** "It sounds crazy, but talk to your reflection. Remind yourself, We are on this journey together. Let's do it!" says Duke.
- 2 STOCK YOUR FRIDGE** "Keep sliced smoked salmon, romaine lettuce leaves, olives, and capers around to make roll-ups in a pinch," Duke says. "You can eat five or six of them as a meal without worrying about overdoing it on calories."
- 3 START DANCING** In addition to being fun, "dance teaches women grace as well as how to maintain power from a strong core," Duke says.
- 4 SERVE YOURSELF** Instead of hovering over the takeout carton, "treat yourself like you would a guest, serving a smaller portion on a nice plate," Duke says. "You'll eat less."

Meggan Crum

InStyle Accessories Director

Age: 32

Height: 5'4"

Before

History: "I'm into healthy eating Monday through Friday, but on the weekend I treat myself to whatever I want. I run 3 miles three times a week, but it doesn't burn up what I eat. I have PCOS (Polycystic Ovary Syndrome), a hormonal imbalance that makes it harder to lose weight."

Goals: "I'd like to look long and lean with defined shoulders and arms. My thighs always seem to hold onto weight, so I want to tone them. The timing of this is perfect; I have to be in a bikini two days after this program for a friend's destination wedding in the Dominican Republic!"

After

Biggest challenge: "For the first month, the detox diet left me exhausted after workouts. I was a zombie until I added whole grains a few times a week. Fitting exercise in six days a week was very hard. It stressed me out. I'd wake up, go to the office an hour earlier, drink a protein shake at my desk for lunch, and train after work. I'd get home at 9 P.M."

Best part: "I've always been interested in fitness and health, but Kacy and Dr. Morrison took it to the next level. I succeeded and learned that I can control my hormones—to an extent—with diet. I'm going on vacation feeling comfortable in my cute retro-inspired Eres bikini! But I'll remember and respect how hard I worked to shed these pounds. I don't want to throw it all away."

—MEIRAV DEVASH



BEFORE



AFTER

	Before	After	Loss
Arm	11"	10.5"	-0.5"
Bust	34.5"	32.5"	-2"
Waist	27.5"	26.5"	-1"
Hips	37"	33"	-4"
Thigh	23.5"	22"	-1.5"
Calf	14"	14"	-0"
Body fat	24%	17%	-7%
Weight	130 lbs	124 lbs	-6 lbs