

Flat tummy tricks of the stars!

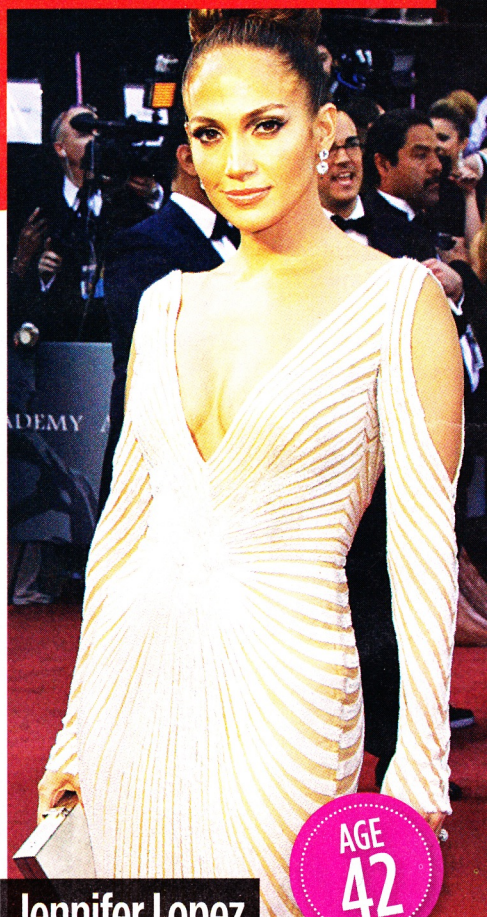
We reveal the celebs' secrets to fab abs that you can steal – whatever your age...



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Rita Simons

The soap star mother of twins puts in the hours to maintain her toned tum and has said in the past: 'I'm hardcore! I've walked out of aerobic classes because the teacher wasn't giving it enough welly.' She also tries to eat well, dining on stir-fries and snacking on nuts, bananas and yogurts. Despite her svelte shape, the *EastEnders* star has her hang-ups and admits, 'The muffin top I've had since having my children is the bane of my existence!'



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Jennifer Lopez

If you've got it flaunt it, and mum-of-two Jen shows off her great body in this curve-enhancing dress! The *American Idol* judge keeps her waist in check by eating in moderation and working out with one of LA's hottest trainers, Tracy Anderson. The 90-min sessions include dance aerobics and La Lopez reportedly gets her groove on five times a week. Give it a try with the *Tracy Anderson Method: Triple Workout* DVD, £12.55, amazon.co.uk



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Lorraine Kelly

She's trekked deserts, climbed mountains and run many a marathon but, when it comes to a mini midriff, Lorraine OBE says dieting does not pay: 'If you go on a diet, you're denying yourself but I somehow manage to fit in watching *Corrie*, so surely I can fit in some exercise!' The TV legend says power walking is the key. 'The highlight of my week is often walking my dog,' she reveals.



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Helen Mirren

When the *Prime Suspect* star was snapped in *that* bikini on holiday in Italy in 2008 she proved that you really can rock a two-piece at any age, and left many younger women wondering how she kept her stomach so slim. Her secret? Suck that belly in. 'Holding your tummy in is another trick for making you look and feel good', she says. 'I don't know why, but I do, by nature, hold my tummy in.'



Tone that tum!

Pilates Instructor and Personal Trainer Charlene Hutsebaut shares her tips for fab abs...



- Switch constant ab crunches and sit-ups for moves that use your whole body – it's a lot more effective than trying to spot train. Pilates and yoga moves are ideal.
- Try putting your free hand on your belly while brushing your teeth. It will encourage you to pull your belly gently back towards your spine, engaging your abs.
- In the shower carefully lean to one side, like a ballerina, as you wash each underarm. It pulls up the abdominal fibres on each side.
- Grab five minutes in the day to stand with your back, shoulders and pelvis to a wall, with your feet six inches away. Keeping your shoulders back and down draw your stomach back into the spine. Focus on your breathing once stabilised.
- Get in the yoga cat stretch (Drop to your hands and knees, reverse arch your back, chin upwards). Then lift up one hand and thread it underneath and through the other arm – this is great for tightening your core.

For more info visit charlenehutsebaut.com

Holly Willoughby

With her classic hour-glass figure and smooth, slim stomach, Holly's figure has to be one of TV's most coveted. The 31-year-old host of BBC One's *The Voice* has owned up to wearing tummy-flattering control pants in the past and didn't diet to lose her baby belly after giving birth to daughter, Belle. 'You need a bit of you-time and you want to get back into your jeans. But as for diets, no. I just sort of went back into work and I watch what I eat, mainly because I'm too lazy to go to the gym.'

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Alesha Dixon

The *Britain's Got Talent* judge keeps her tummy trim by sticking to three hour-long workouts a week. Her pure dedication is hardly surprising – this is the same woman who put in 10-hour days of dancing to waltz off with the *Strictly* crown back in 2007. With all that hard work she can afford to be slightly more relaxed when it comes to food. 'I eat what I want. I've never been on a diet,' reveals the singer.

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