

BODY

HOW STARS

work out!

Hollywood's hottest bodies find all kinds of ways to stay in shape

WEEKLY

Stars

NEW!
\$1.99

Desperate Kevin

RUNNING

THE WORKOUT:

Good old-fashioned jogging is still the go-to workout for endorphin addicts like Hilary Swank and Janet Jackson. Ryno suggests running at a moderate pace (an eight-minute mile is ideal) three to five days a week for 30 to 45 minutes.

BODY RESULTS: Fast fat burning and killer legs.

WHY IT WORKS: "It develops stamina and lifts your spirits while making you leaner," says NYC-based nutritionist Oz Garcia, who has worked with Hilary.

HILARY SWANK, 31, traded in her boxing gloves for sneakers. "I love to run and feel my lungs burn," says the million-dollar baby.

CALORIES BURNED
About
560
an hour