

HOW I STAY STRONG

CHRISSY TEIGEN

"You have to give yourself time," the 5-foot-9 beauty tells *Us* of dropping the pounds she gained with 8-month-old daughter Luna. "It's not going to peel right off, and that's OK." When she plateaued, ModelFit toning classes and a protein-heavy diet (she cooks eggs in coconut oil) helped her push through, as did support from John Legend. Notes the *Cravings* scribe, 31, "It's nice to have a husband who appreciates the new elements of your body."

MARIAH CAREY

In Mariah's world, the daily menu rarely changes. "I try to stick with the proteins," the five-time Grammy winner and E! personality says of her go-to meal — a mix of Norwegian smoked salmon and capers. (A pal adds that the mom of 5-year-old twins "eats a variety of things, like salads or burgers.") But while the 5-foot-8 singer, 46, bemoans her "really hard" diet, exercise is fun, thanks to her workout buddy, choreographer turned boyfriend Bryan Tanaka. Quips an insider, "They log a lot of rehearsal time!"

Hard-bodied beauties (Chrissy! Carrie! Jessica!) tell *Us* their confidence-boosting food and fitness secrets

BY SARAH GROSSBART
& JENNIFER HALPER

KOURTNEY KARDASHIAN

The mom of three has mastered the word *no*. Post-pregnancies, the E! star cut out gluten and dairy to slim her 5-foot frame. Marvels little sis Khloé, "She's totally turned her diet around." While the 37-year-old, who tones with L.A. pro Don Brooks, says she indulges "now and then," she mainly sticks to clean meals such as chicken, rice and steamed veggies: "I take a lot of care with what I eat."

FROM LEFT: YUTSAI/CONTOUR BY GETTY IMAGES; E! SPLASH NEWS



CARRIE UNDERWOOD

Long envied for her cut legs, the 5-foot-3 Grammy winner, 33, is now focused on defining her guns. "I've been working hard on my arms," the mom of Isaiah, 22 months, tells *Us*. "I used to curl 8 pounds. Now I curl 20!" In six-days-a-week, 90-minute sessions with Atlanta trainer Eve Overland, the Calia by Carrie Underwood founder rotates through shoulder presses, dumbbell rows and pullups. Notes the vegan, "After a good workout I'm like, 'Yeah, I crushed that!'"

BRITNEY SPEARS

The 5-foot-4 pop star knows that a hot body requires serious sweat. At L.A.'s Drenched Fitness, she does an hour of sprints and weights. "You've got a trainer holding your feet to the fire," says founder Julie Kennington. And while in Las Vegas for her Planet Hollywood residency, the mom of two challenges herself with cardio, squats and situps. Says the singer, 35, "I like my workouts to be effective in a short amount of time."



JAIMIE ALEXANDER

Playing a special ops soldier requires hard-core workouts. "I do mixed martial arts, hot yoga, running up mountains with weighted vests," the *Blindspot* star, 32, tells *Us*. "Everything!" One move in her Wing Chun Kung-fu sessions really fires up her muscles: The ex-wrestler holds the bent-knee stance for five minutes. Says the 5-foot-9 actress, "The next day I basically can't sit, but I'm definitely faster."



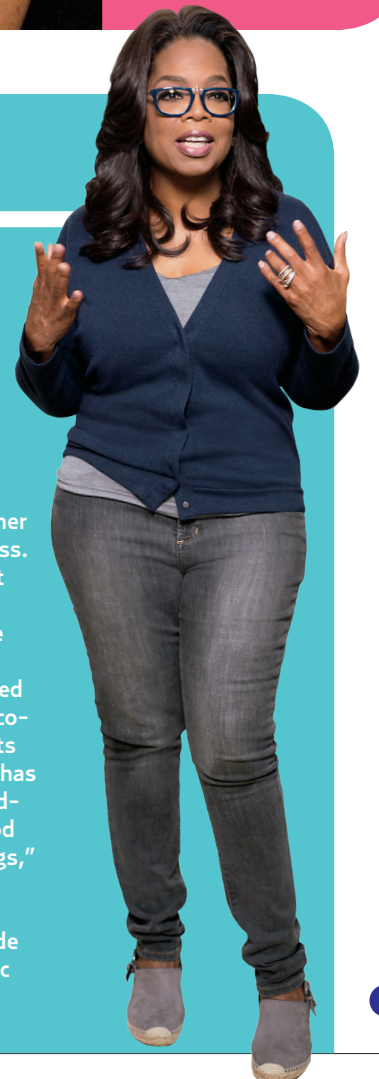
SHALITA GRANT

The *NCIS: New Orleans* star, 28, can't help but be impressed: "I have videos of myself lifting grown-ass 300-pound men on my back and walking," she tells *Us*. "I'm 4-foot-11, about 100 pounds, and I lifted this 6-foot man. How dope is that?" This sense of empowerment fuels her daily 10- to 45-minute sessions of yoga, indoor cycling and weights. Exercise, notes the former trainer, is "about celebrating what my body can do."



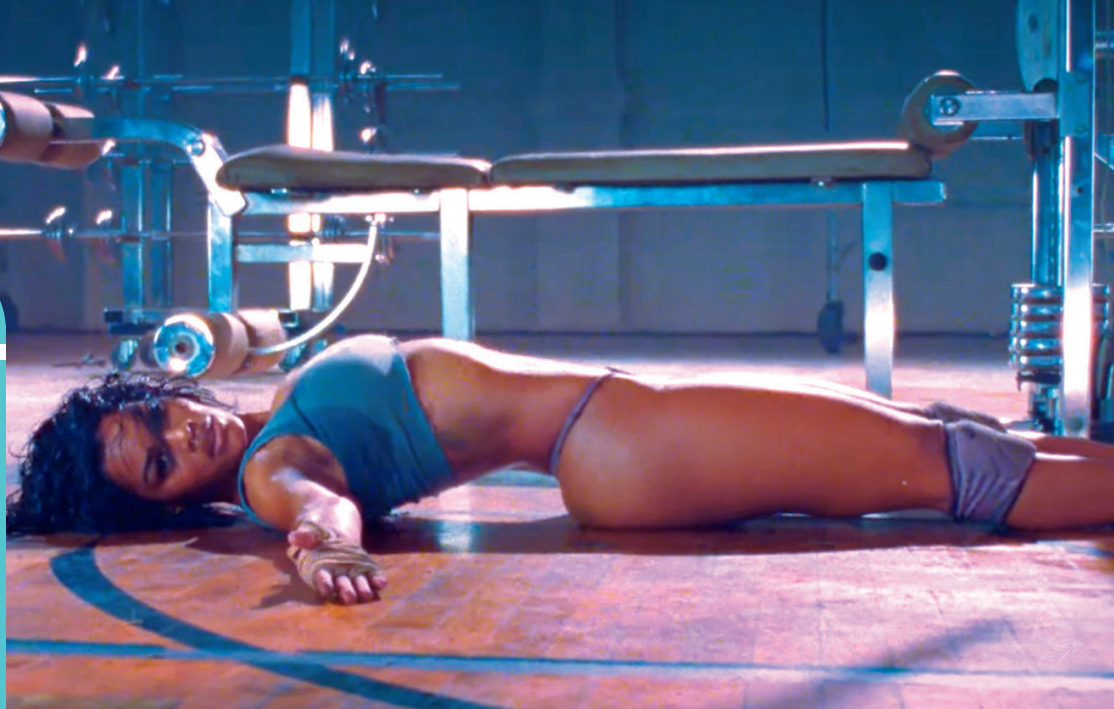
OPRAH WINFREY

While doing triceps pulldowns in June, the media mogul had an epiphany: "I was thinking, I'm going to be in better shape by the end of the year than I've ever been in my life," she told *Us* of her 40-pound weight loss. The 5-foot-7 *Weight Watchers* spokeswoman, 62, says the plan, which lets her splurge on her beloved seeded bread and alcohol ("I save my points for tequila shots!"), has recalibrated her mindset: "I was using food to repress my feelings," she admits. "Now I acknowledge, 'I'm upset,' or, 'That made me sad.' It's fantastic to be able to say it!"



TEYANA TAYLOR

Her chiseled abs in Kanye West's "Fade" video only seem as if they require hours of crunches. "All I do is dance," the mom of 12-month-old Junie (with NBA pro husband Iman Shumpert) told *Vogue*. "I think dancing, as far as fitness, is very underrated, whether that's Zumba, tap dancing or ballet." Now the 5-foot-6 singer, 26, is sharing her technique: Her website, Fade 2 Fit, launches January 1. Explains Taylor, "I really want to do it to help out all of the ladies."

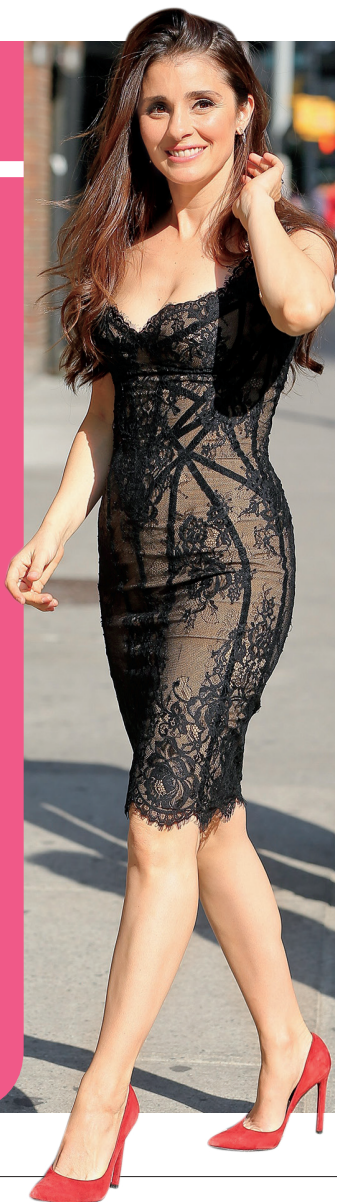


DEMI LOVATO

Lovato's self-care motto is simple: "I do things for myself that make me feel good." For the 5-foot-4 singer, 24, that means frequenting the Unbreakable Performance Center, an L.A.-area spot she has dubbed her "oasis." There, Lovato, who dates UFC fighter Luke Rockhold, boxes with founder Jay Glazer — sometimes with her waist and ankles tethered to resistance cables. As she wrote on Instagram, it's "one of the hardest workouts I've ever done!"

SHIRI APPLEBY

"My days are better when I work out," the 5-foot-3 actress, 38, tells *Us*. "It feels so good to just move your body." Three to four days a week, she heads to Tracy Anderson's Studio City outpost in L.A. for hourlong classes; if she can't make it in person, she cues up the pro's toning DVDs in her *UnReal* trailer for at least 30 minutes. Using her phone's pedometer also helps ensure she's logging up to 10,000 steps daily. She takes a similarly practical approach to her diet, grazing on fresh produce and meat but mindfully indulging in sushi and bread. Notes the mom of two, "I eat just until I'm satisfied."



JESSICA BIEL

"It's hard to find that balance between working and feeling like an independent person," the actress, mom and founder of eatery Au Fudge admits to *Us*. But for Biel, 34, squeezing in daily exercise is a must. "She doesn't feel like herself if she's not working out," a source says of the 5-foot-7 star, who alternates between runs, yoga and Pilates. Fitness is "a huge priority in her life," says the source, as is eating "organic, clean and nothing processed."

