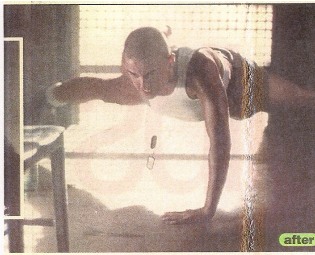




In 1998 Drew Barrymore was better shaped for her role in *Charlie's Angels* for looking hot in *Charlie's Angels*.



A softer version of Demi Moore in *Dr. Quinn, Medicine Woman* ultra-had in *GI Jane*.



after

get a body

# made for movies

You've just been offered a lead role in the next Hollywood blockbuster. You need Linda Hamilton muscles, Jackie Chan fitness and then there's those sex scenes. **Milissa Deitz** looks at how to get in action-movie shape fast.

**D**emi Moore did it for *Strip Tease*. Melanie Griffith does it once a year and Rachel Hunter made a fortune talking about it after every baby. Getting a baby body back into Academy Award-winning shape may not take months. But it does take determination. Determination is something most Hollywood types know well. Take Pierce Brosnan. The *007* star was given a mere five weeks to shape up for his role as James Bond.

And while the process of reshaping your body can result in the only goal. So, once you have it, can you keep it? Julie Larmour, a personal trainer based at Gold's Gym in Beverly Hills, warns that if your primary goal is visual appeal, you may be disappointed because your body can go back to how it was just as easily as it changed in the first place.

"As well as your physical health, exercise is good for strength, stress, mental health, looking good is just a bonus," says Larmour. "The slower you lose weight, the longer weight will stay off." "You need to form good habits and look at your lifestyle, rather than jump into a heavy exercise routine and risk upsetting your metabolism. If you're losing body fat at that rate, you're going to lose muscle mass as well."

Having said that, if Larmour had Keira Reaves bopping down her door for help, the first thing she'd do is put her on the nose diet. "It is 40 per cent carbohydrates, 30 per cent protein and 30 per cent fat," says Larmour. This diet puts your body into a state that makes your hormones respond by burning body fat

almost continuously, even when you are asleep. Melanie Cole, physiotherapist and personal trainer at the Hyde Park Club, Sydney, agrees with the importance of diet. "A diet too low in fat can make you sick, and fat makes your hair shiny. You have to take it all into consideration."

Larmour and Cole both recommend getting straight into cardiovascular exercise and an intense weight-training program. "If the actor was already fit," says Larmour, "I'd get them out running straight away. With the weight training, you want to keep them lean, not build too much muscle, unless specifically required. I'd start with as heavy a weight as they can handle, and do three sets of 12 repetitions."

"Most men tend to bulk up quickly, and with a female actor it would depend — some can lift heavy weights and do eight reps and still remain lean, whereas others build muscle quickly so they would use light weights and do more reps."

### weights watching

Cole says with such a short period of time to work with, rest days wouldn't be a top priority. And Larmour agrees.

Both trainers explain that weight training can be done every day as long as the muscle groups are rested — arms, chest and back one day, then the other muscle groups the next.

"You need complex carbohydrates for weight training, otherwise you lose bulk," says Cole, "and for muscle recovery, drink heaps of water and have regular massages."

Depending on the initial physical state of the actor, these personal trainers would start with

between 15 to 30 minutes of cardio per day and take it up to one hour. If the actor was not fit to start with, Larmour says they could be misled to look convincing sprinting on film, but probably wouldn't be able to go for a 45 minute run.

"Lots of interval training is good to get someone fit for running; you take the heart rate up high, then bring it down for a minute, and so on. The heart gets a rest, but it is still challenged," says Larmour. She includes boxing and kickboxing, along with stationary bikes, treadmills and running.

"Lots of walking in between workouts, too. Everyone over-estimates the exercise they are doing and underestimates the food they eat."

### change for the better

Larmour would change the program after three weeks, and do different weights because, she says, "your body responds quickly and gets used to what you're doing. Everyone should change their program every four to six weeks anyway."

Cole says that with a cardio workout the aim should be to use 60 to 80 per cent of the maximum heart rate. "You can work this out by taking your age away from the number 220. Another way of estimating it is that you should still be able to talk, even if you're puffing."

Cole would also employ a sports coach for her actor to refine the way they are training, to make sure their feet are landing the right way and their arms moving correctly.

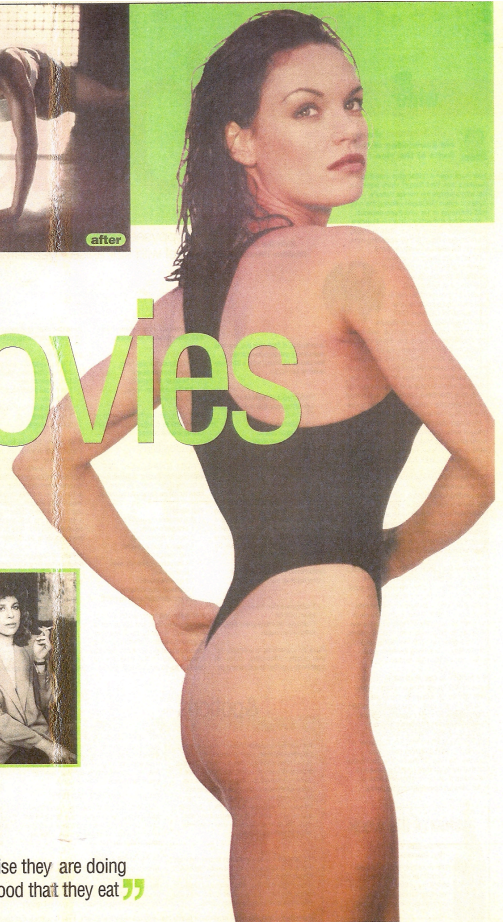
"Doing it in five weeks I'd worry about stress fractures and shin fractures, but I guess they'd leave the worrying until filming is over."



after

Linda Hamilton's time as a chucky smoker is far removed from her days building bioscience worth of fat part in *Terminator 2*.

“Everyone over-estimates the exercise they are doing and under-estimates the amount of food that they eat”



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Determination is something most Hollywood types know well. Take Pierce Brosnan. The Irish star was given a mere five weeks to shape up for his role as James Bond.

And while the process of re-shaping your body so quickly isn't always pretty, sometimes the end result is the only goal. So, once you have it, can you keep it?

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