

## celebrity style

## Park Your Butt Here

Trainers Help Get Superstars in Shape – As Well as Ordinary Folk with Time &amp; Money

During the late 1990s, all I seemed to write was “Celebrity Bodies & How They Got That Way.” It was a bit of a farce actually. I knew all stars had great genetics, but diligent to their work, they all undertook exercise programs directed by star personal trainers. Following their progress, I did a one-time workout with Minnie Driver and met with and sweated out with those who worked with Julia Roberts, Jennifer



Bache in Shape: Working out w/ Christa

Lopez, Winona Ryder, Kurt Russell, and Melanie Griffith.

There were certainly incredible transformations, such as Demi Moore's Boot Camp regime for roles in *GI Jane* and *Showgirls*. More recently, Renee Zellweger went miraculously from a voluptuous Bridget Jones body back to her svelte self. And then there's Sarah Jessica Parker, who, bless her, has her fabulous postbaby body back on magazine covers. To her credit, she won't comment on her routine, saying she's in an “unrealistic” situation with money, child-care access, and personal training because of her job.

For me, the body beautiful (or otherwise) is about to be on bikini duty. And gym time seems more of a drag. In search of motivation and in celebration of Central Park's 150th birthday, I decided to take my workout to the trees. Would I loll around the reservoir and dillydally

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through my paces. The reservoir suddenly doesn't have that soporific feel after speed training and anaerobic 30-second sprints. And who knew that you should do your resistance training before your cardio?

Instead of idly whittering on in small talk or other, Christa keeps to the job at hand. Time flies and I don't feel like someone completely smashed me up with a baseball bat. Before I know it, I've stepped up on benches, lunged my way over paths, and dashed up and down steps. After a few resistance crunches done on Christa's yoga mat, spread neatly on the grass, and a wonderful hands-on stretch (it's worth paying the trainer just for this part), my park workout prescription is complete. Christa's routine of interval training, resistance work, and yoga-inspired stretching had shaken the cobwebs out of my program.

But will I follow the guidelines by myself? To her credit, Christa's workout didn't wipe me out for the rest of that day, but boy, did my quads kill two days later. Naturally, the last thing I felt like doing was the whole regime over, under my own supervision. And then I remembered that this is where the trainer (whether you are a celebrity or not) counts.

You may be on track for a movie starting in four weeks, but you are *way* more on track if you have to meet Christa, by appointment. Her fee for the off-site 50-minute workout is \$125 (although she throws in the first session for free). Meeting at her studio would have been \$95