

Fit

STRONG • SMART • SEXY

How
Courtney
Thorne-Smith
Gained
and Lost
15 lbs

Weight Loss, Super Health
& Glowing Skin

Detox your Body!

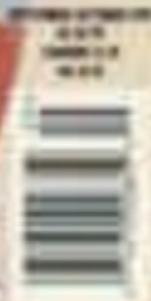
Get Toned at Home
The Best of the Latest
Equipment

What's Brand New
in Plastic Surgery

Killer Legs

A Complete and Easy Guide

What America's Top Trainers Eat Every Day



fuel up, po

What America's fitness stars eat before and after their workouts

They all look perfectly toned and gorgeous working out in those workout videos and cable fitness shows, yet in their daily lives, they're really just like anyone else who's trying to live a healthy lifestyle. They wake up and are faced with the choice of eating a healthy breakfast or Coco Puffs and a cheese danish. Then they trek off to their gyms, work out, and again must decide what to chow down. For inspiration (and a few high-energy recipes) we asked nine top fitness stars exactly what they eat before and after each workout.

Janis Saffell

National aerobics competitor, owner of Fitness Express (a personal training and consulting company based in Miami) and star of ESPN's sculpting video, *Brand New Butt*.



pre-workout

"I usually have lots of water, a piece of fruit and a MetRx shake. It helps for strength and energy. I'm a big believer in eating to be healthy and strong, not to be this crazy thin ideal, which is *not* healthy."

post-workout

"I'll either have a Steel Bar, which has plenty of protein and carbs, or I'll have a bowl of my pasta salad. I'll make enough for the week, and then I'll just have a bowl after my workout. This way I automatically get lots of veggies and carbohydrates in my diet. It's so delicious I'm getting hungry right now just thinking about it."

Janis's Pasta Salad

SERVES 4

- 1 green squash, diced
- 1 yellow squash, diced
- 1 red pepper, diced
- 1 green pepper, diced
- Bag of frozen peas and carrots
- 1 Tbs olive oil
- Pepper
- Box of rigatoni pasta, cooked, rinsed under cold water
- 1 jar capers
- ½ cup red-wine vinegar
- Fresh garlic, to taste

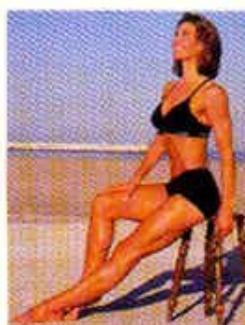
Sauté veggies in olive oil until just a little tender, not cooked throughout. Sprinkle pepper over everything. Then mix with pasta and add capers, vinegar and garlic.

NUTRITIONAL ANALYSIS PER SERVING:
160 CAL; 9 G PRO; 29 G CARB; 1 G FAT;
0 MG CHOL; 850 MG SOD; 10 G FIBER.



pre-workout

"I need lots of energy, but I don't want a coffee high and I think energy bars have too many calories. So I have my ritual, which I do religiously. I juice 10 carrots and one apple, with the skin. I drink that and take Body Wise's Super Cell and their Right Choice A.M. multivitamin. The Super Cell oxygenates your blood. I'm flying after that. I don't like to rely on anything that's not natural—I won't even take an aspirin."



post-workout

"Before I leave for the gym I take a baked potato, poke holes in it, put it in a baggie and microwave it for 13 minutes. Then I bring it to the gym and two hours later, after my workout, it's still soft and warm. I'll have that with lots of water, real brewed iced tea and some watermelon."

KAREN VOIGHT

Owner of one of Los Angeles's most renowned fitness centers, Voight by the Sea, and creator and star of several exercise videos, including *Strong and Smooth Moves*.

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FOOD STYLING BY DE WALSBY.
PROP STYLING BY DEVISE CANTER.
ALL PLATES AND BOWLS COURTESY
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PETRA KOLBER

Star of several Reebok fitness videos and a member of the Reebok University faculty, Kolber teaches Step and Abs at Reebok Sports Club/NYC.

pre-workout

"I tend to eat some type of complex carbohydrate before I work out. My favorite pre-workout food is a banana. I find it easy to digest, and can eat it just 10 minutes before I exercise. I also try to drink as much water as possible before, during and after my workout. Being dehydrated hinders my workout more than anything else."

Petra's Simple Power Meal

SERVES 1

Mix half a small can of water-packed tuna with 1 cup of steamed broccoli and 1 cup of brown rice.

NUTRITIONAL ANALYSIS PER SERVING: 340 CAL;
29 G PRO; 49 G CARB; 3 G FAT; 25 MG CHOL;
320 MG SOD; 6 G FIBER



post-workout

"After exercise I refuel immediately. One of my favorite recipes is my tuna, broccoli and rice dish, which tastes delicious and is really healthy."

pre-workout

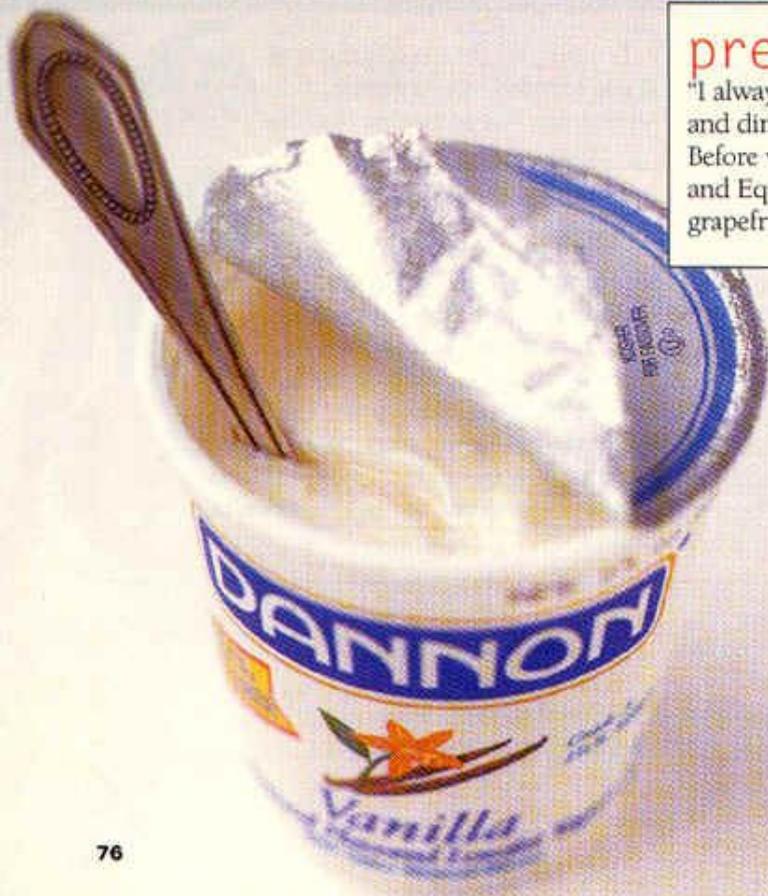
"I always tell people that I eat breakfast like a king, lunch like a queen and dinner like a pauper. That really helps to keep the weight down. Before working out I'll have my usual breakfast of coffee with cream and Equal, oatmeal or Total with raisins and skim milk. Then I'll have grapefruit, or maybe sliced strawberries and bananas in the cereal."

post-workout

"I'm more concerned with fueling my body before my workout. Afterwards I'll have something light, like a piece of fruit, maybe yogurt, or toast or a bagel with strawberry or raspberry jam. And lots of water."

DENISE AUSTIN

Producer of ESPN2's *Perfect Parts* and creator and star of many fitness videos, including *Hit the Spot Gold*.





KARI ANDERSON

Owner of Seattle's Pro-Robics gyms and star of several top-selling fitness videos, including *Great Moves Hi/Low*, *2 the Max* and *One on One Step*.

pre-workout

"I'm a free spirit when it comes to eating. I usually work out in the evenings, before dinner, so beforehand I'll have a banana or some graham crackers. If it's the kind of day when I'm really craving a sweet I'll usually have it an hour or so before working out, 'cause I figure I'll burn it off. I like cookies, so I'll have some that the kids and I have made—usually chocolate chip. And I always have plenty of water."

post-workout

"I've started to eat more protein now, because I don't think I was eating enough before. I feel much more alert, I have more energy and my strength is easier to maintain. I'm also eating more oil. I think you can go overboard on the low-fat thing—fat is really good for your skin, hair and nails. I like making a stir-fry dinner for myself, my husband and my three kids, with either chicken or shrimp. We eat it with French bread and low-fat Philadelphia cream cheese instead of rice."

Kari's Stir-Fry with Chicken

SERVES 5

- 1 Tbs olive oil
- 2 large carrots, chopped
- 2 onions, diced
- 1/2 cup broccoli
- 1/2 cup cauliflower
- 1/2 cup asparagus
- 1/2 cup snap peas
- 1 cup bean sprouts
- 1/2 cup mushrooms
- 1 lb chicken breast
- 1/2 cup dry white wine

Coat pan with olive oil. Stir-fry carrots and onions until nearly cooked. Add rest of ingredients, including chicken and white wine, and cook over a low flame until cooked.

NUTRITIONAL ANALYSIS PER SERVING: 260 CAL; 28 G PRO; 17 G CARB; 9 G FAT; 65 MG CHOL; 130 MG SOD; 5 G FIBER.

TAMILEE WEBB

The *Buns of Steel* woman! Creator of the ever-popular video series. Webb also conducts fitness seminars all over the world.

pre-workout

"I like to eat something light that's not going to weigh me down, like a PR* Nutrition Bar—chocolate peanut! My big focus is always hydration. I drink tons of water."

post-workout

"I drink lots and lots of water, and have something light to eat, like a piece of fruit or a plain toasted bagel."

