

**Tea trick**

The Chopra Center at La Costa Resort & Spa in Carlsbad, California (**Demi Moore** and **Goldie Hawn** are alums), touts ginger tea to reduce cravings for sweets. Steep a heaping teaspoon of grated unpeeled gingerroot in hot water for two minutes; strain.

**Fast food fix**

Long commute ahead? Don't let the siren call of the drive-through derail you. **Mandy Moore** keeps a cooler in her car filled with healthy stopgap snacks such as applesauce, almonds, even a turkey sandwich, on the advice of her trainer, Ashley Borden.

**Take a gym break**



If you avoid athletic events because you're not competitive, try looking at them as **Emily Procter** does: as a way to make workouts more meaningful (above left, she's running in the Nautica Malibu Triathlon to benefit pediatric AIDS). "I see people working out on StairMasters," Procter says, "and I think, I guess they're getting healthy, but what about their spirit?" (If you competitive types must know, **Jennifer Garner** also ran and beat Procter by 1 minute, 53 seconds.)

**Caesar makeover**

A Caesar salad's romaine lettuce is fiber-packed, but croutons are a nutritional zero. Chefs at NutriFit, which caters for **Charmed** and **The Lizzie McGuire Show**, swap the empty carbs for healthy protein by making toasted tofu cubes. Cube and pat dry extra-firm light tofu. Grind leftover whole-wheat bread in a food processor. Roll tofu cubes in crumbs. Coat a baking sheet with cooking spray. Bake at 450° until crispy, about 10 minutes.

**Body by pilates**

A fitness band helps pilates "really work your arms, pecs, chest and back as well as the core," says Susan Moran-Perich, who has instructed **Hilary Swank**, **Laura Linney** and **Mary-Louise Parker**.

Try her variation on the Hundred: Lie on back, knees over hips, shins parallel to floor.

Wrap a band around bottom of feet, holding an end in each hand. Exhaling, lift hands, head and shoulders off floor, reaching toward feet with hands (but keep resistance in the band). Inhale and pulse arms up and down rapidly five times. Exhale and pulse five more times. Continue to 100 pulses.

