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JIMMY CHOO SHOES

work with a trainer. I can't just go to a gym and take classes."

Now that she's feeling better, she's turned her handbag business, MUXO, over to her mom and decided to work on ideas involving humanity.

"Anything that I can do to make it easier for women," Alves says. "From small things like showing them how to decorate for a holiday, to kid activities or recipes, to big things like what we do with the after school programs like our Just Keep Livin' Foundation."

And, for instance, a recent holiday partnership with Target: "Even though we are in the position we are in, I am still the person who shops at Target," says Alves who recently teamed up with the store to share her lifestyle ideas during different activities on which they were focusing. "I love business, so I am busy with that."

But, no doubt, she will have to take some time out for awards season and all that entails.

She laughs. "It is very time consuming," she concedes. "There's no other way around it. If you want to look a certain way for those kinds of events, you have to put the time into it." ❖

ALVES WORKS WITH SEVERAL PERSONAL TRAINERS WHO HAVE DIFFERENT SPECIALTIES. THESE ARE A FEW OF HER TOP LOS ANGELES-BASED PICKS:

1. **GUNNAR PETERSON** located in Beverly Hills, Peterson has worked with everyone from soccer moms to pro athletes and major celebrities. He is all about fitness and nutrition. You can even sign up for an online 8-week program "The Gunnar Challenge."

2. **BODY BY NONNA** Nonna Gleyzer known as a "body stylist," utilizes Pilates as her foundation of training.

3. **ALFONSO MORETTI "THE ANGRY TRAINER"** due to his "no BS approach," Moretti says there are no short cuts, you have to do the work and be dedicated to a healthy lifestyle.