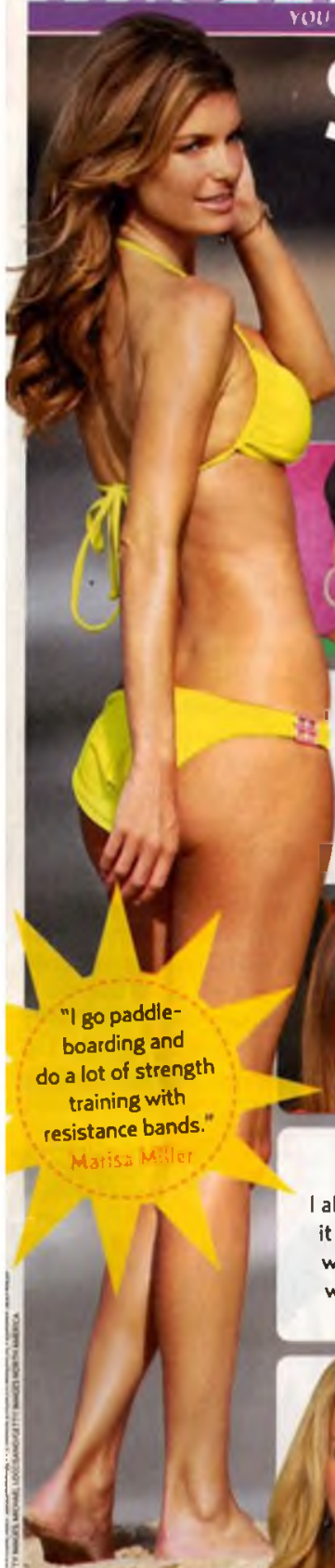


THIS MINUTE

YOU WANT TO KNOW ABOUT ...

Stars' Fave Summer Workouts

Almost teeny bikini time! Try these A-list activities



"I have an incredible Pilates instructor in NYC, Erika Bloom, and in L.A., **Nonna Gleyzer**. I do Pilates for an hour four or five times per week. I absolutely love it."

Kerry Washington



"I mostly kickbox and do a cardio workout called Drenched. **Billy Blanks'** brother and sister started it. It's great!"

Carrie Ann Inaba



"My best diet and workout secret is dancing. Any form of dance is the most fun way to work out. I really like hip-hop classes — or full-on dancing at a club!"

Rachel Bilson



"My favorite workout is hiking. I also try to incorporate it into my daily life by walking up the stairs whenever possible."

Kristen Bell



"I'm my smallest and fitting into my skinniest jeans when I'm lifting weights. I do lots of reps, using 10- to 15-pound weights three times a week."

Brooklyn Decker

"I go paddle-boarding and do a lot of strength training with resistance bands."
Marisa Miller

GETTY IMAGES; MICHAEL LOOS/SHOOTING STAR; MICHAEL O'NEILL/GETTY IMAGES; JEFFREY MATTAR/GETTY IMAGES; JEFFREY MATTAR/GETTY IMAGES

With reporting by Jessica Booth, Jeryl Brunner, Elizabeth Durand, Ingrid Sheaffer, Mara Spano & Tanisha Williams

ENJOY the SWEET TASTE of SUCCESS



MEAL 1: Special K® Cereal



SNACK 1: Special K® Fruit Crisps



MEAL 2: Special K® Protein Shake



SNACK 2: Special K® Crackers



MEAL 3: Lemon Pepper Salmon



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