



Gabrielle wears a Brian Reyes cardigan and White + Warren shorts. For details, see Where to Buy.

BEST CURVES

20s: BEYONCÉ "The goal was to reduce Beyoncé's body fat while accentuating her curves for a greater shoulder-to-waist-to-hip differential," says her former trainer Mark Jenkins.

30s: TYRA BANKS Her routine for tightening up those curves in a flash? The media queen has said she does an hour of cardio every day. "I do treadmill intervals. I mix walking and running."

40s: LISARAYE McCOY-MISICK "I work out on a project-to-project basis, otherwise my curves are in my genes. I get that from my mother."



Beyoncé



Tyra Banks

LisaRaye McCoy-Misick

GET GABRIELLE'S BOD

Her top tips for looking fabulous:

1. When your portions are too big, eat only half. "You'll find out that you're not as hungry as you thought you were."
2. Get more beauty sleep.
3. Drink a gallon of water a day. "It's free."
4. Exercise—it's worth it! Gabrielle's AJ Zone plan, which according to celebrity wellness coach AJ Johnson is "never a routine," includes kickboxing, stair climbing, bleacher running, and muscle sculpting.
5. Try to get it all in sync—body, mind and soul.

essence.com

Watch Gabrielle Union get her dramatic new hair look, and see exclusive behind-the-scenes video of her cover shoot and interview.



Kerry Washington

BEST BACK

20s: TIA MOWRY "Pilates is what really helps tone and redefine my shoulders and back muscles."

30s: KERRY WASHINGTON Her "body stylist," **Nonna Gleyzer**, says, "Your spine is supported by your abs, and if they are strong, your back is able to perform at its maximum ability."

40s: VANESSA L. WILLIAMS "The good old-fashioned push-ups really help."



Tia Mowry



Vanessa L. Williams

UNION: MARK LIDDILL/WASHINGTON; GREGG DEGUIRE/WIREIMAGE.COM; BANKS: ROB LOUDGETTY; MOWRY: GARY O'NEILL/WIREIMAGE.COM; WILLIAMS: AMY SUSSMAN/GETTY IMAGES; BEYONCÉ: JEFFREY MAYER/WIREIMAGE.COM; COLE: GABRIELLE POITREAU/GETTY IMAGES