

5th Annual **Sexiest Bodies** in Hollywood Issue

# SHARE YOUR LIFE SHAPE

**10**  
MINUTES  
TO  
THINNER  
THINGS

**SEXY  
ARMS  
PERKY  
BUTT  
FIRM ABS**

AND MORE...  
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VERGARA**

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## Up Close With...

It's hard to imagine Sofia Vergara—SHAPE'S sexiest woman in Hollywood—ever being considered scrawny, but when she was a kid growing up in Barranquilla, Colombia, her brothers used to tease her relentlessly for her stick-thin shape. "I was ridiculously skinny," recalls the actress, 38. "They called me *palillo*, which means toothpick in Spanish." That all changed, of course, when she hit puberty. "I was still skinny but suddenly I had these big boobs," she says. "It was terrible! I used to tell my mother, 'I'm going to cut these off as soon as I turn 18.'" Fortunately, she learned to appreciate her figure—and even flaunt it. Had she not, she may have ended up being a dentist (she quit school just a few credits shy of her degree) instead of making us laugh every week on her Emmy award-winning TV show, *Modern Family*.

With her glamorous looks, curvy figure, and Latin genes, sexy comes naturally to Sofia. But for those of us not "born with it," or who just need an extra shot of mojo now and then, here are her tips for living a passionate life.

**"TO BE CALLED THE SEXIEST WOMAN IN HOLLYWOOD, at my age? IT'S FANTASTIC!"**

### 1/ TAP INTO YOUR INNER LATINA

True, Sofia does have a bit of a head start in the sultry department, but not in the exact way you imagine. For Sofia, the key to charisma is on the inside. "Confident people have a way of carrying themselves that makes others more attracted to them," she says. "Latin women are very comfortable with their bodies and their sexuality. We aren't afraid to show that off a little bit more." To enhance her allure, Sofia always does a little primping before leaving her house. "If I walk outside without lipstick, I feel naked," she says. "All the women in my family are that way. We put makeup on to give birth! When I started feeling contractions with my son [Manolo, 19], the first thing I did was wash and blow-dry my hair before I went to the hospital. You never know how long you'll be in labor. It could be days until you're able to take a shower."

### 2/ FLAUNT YOUR ASSETS

Ask Sofia what she thinks is her most appealing body part and she laughs.

"I'm sure men would tell you it's my boobs, but I like my eyes," she says. "They have a natural cat's-eye shape, so I try to play that up." To intensify her gaze, Sofia lines her eyes with a copper-colored kohl pencil. "I prefer brown liners because black is just too much on me," she says. Then she uses a shadow brush to top the liner with shimmery gold powder, and finishes off the look with a few coats of volumizing mascara. It's a definite eye-do!

### 3/ LAUGH AWAY STRESS

About a year ago, Sofia started dating Florida politician, Nick Loeb, and six months later, they had their first big test as a couple. Nick was in a terrible car accident that left him temporarily unable to walk. "It was hard for us because it happened in the middle of the most fun, sexy time," says Sofia. "And then he was in the hospital, and you know men, they become such little babies!" But throughout the whole ordeal, Nick never once got depressed, in fact, quite the opposite. "He kept his sense of humor despite the situation," says Sofia. "I don't know if I could have stuck it out with him if he hadn't been able to laugh at himself and be happy even under the worst conditions. When you see people in difficult times, that's when their true nature comes out."

### 4/ EAT WHAT YOU CRAVE

Constantly denying yourself is decidedly not sexy. And because Sofia considers food one of life's greatest pleasures, she finds a way to indulge every day. "If I could, I would have foie gras and éclairs for breakfast, lunch, and dinner!" she says laughing. But her splurge—and honestly, she can't call it that because she eats it almost every day—is cake. "I love it," she says. "Vanilla cake, angel food cake, chocolate cake. For me and my son, buying cake at the grocery store is like buying milk. We always have it in the house." Chocolate-covered strawberries



are another favorite. "I insist to all of my friends that they're healthy," she says. "What? It's fruit with a little chocolate. It's hardly anything. The problem is when I eat half a dozen!"

## 5/ KNOW WHEN TO SAY NO

At 5'7", Sofia's ideal weight is 125. And while she's not obsessed with the scale, she does weigh herself before and after long vacations to keep track of her weight. "I always allow myself a window of three to five pounds when I'm not working. Right now, I'm at 130 because I'm still on holiday," she says. To drop those extra pounds quickly and healthfully, Sofia orders a two-week meal plan from Freshology ([freshology.com](http://freshology.com)), a diet delivery service. "The food is good and I don't have to think about it," she says. "But I can't do it for more than two weeks because one, I don't have the will power, and two, I don't ever want to get super skinny. I think when women reach a certain age, they look better with a little fat in their face. I'm lucky I'm Latin because people expect me to be a bit more plump."

## 6/ TRADE SIT-UPS FOR SALSA

Want to see Sofia make the "ugh" face? Ask her what she does to work out. "Oh, I hate it!" she says. "But I also know that at my age—I'm almost 40!—I have to do it to maintain my figure. When I can, I try to do Latin dancing for exercise because it's so much fun and I just love the music." She also recently discovered Physique 57, a cardio program combined with toning and strength training, which she does a few times a week. "I don't mind it because it's pretty easy and I don't have to sweat too much," she says. The hard part for her is actually getting to the gym. "Two hours before I go, I'm already wishing it was over," she admits. Her motivational trick? "I psychologically fool myself into believing it's part of my job. And then, of course, once I'm done, I'm really glad I did it because I feel so good."

# Sofia's



**ITALY IN THE SUMMER,** especially Capri. "I like the food, the people, and the language. I never get tired of going there."

**ORCHIDS**  
"I love orchids because they last forever. I always have flowers with me, whether on set, on location, or at home."



**ONE HUNDRED YEARS OF SOLITUDE** BY GABRIEL GARCÍA MÁRQUEZ (\$17; [amazon.com](http://amazon.com))  
"Reading is my passion. I swear I don't even know how to turn on my TV."



**MAC EYE KOHL IN TEDDY** (\$15; [maccosmetics.com](http://maccosmetics.com))  
"I've worn the same eyeliner my entire life."



**TERRE D'HERMÈS** EAU DE TOILETTE NATURAL SPRAY (\$105 for 3.3 oz.; [hermes.com](http://hermes.com))  
"Men's colognes with musk, wood, and tobacco notes are so sexy."



**JOHNNY DEPP**  
"I loved him on *21 Jump Street*. He's good looking but doesn't act like he knows it."



**SERGIO ROSSI SUEDE PUMPS** (\$695; [shoptheshoefox.com](http://shoptheshoefox.com))  
"I'm a high-heels girl. I even wear platforms on the beach!"



**LANCÔME L'ABSOLU ROUGE IN EXOTIC ORCHID** (\$29; [lancome-usa.com](http://lancome-usa.com))  
"I like real lipstick because lip gloss can look cheesy on me."

