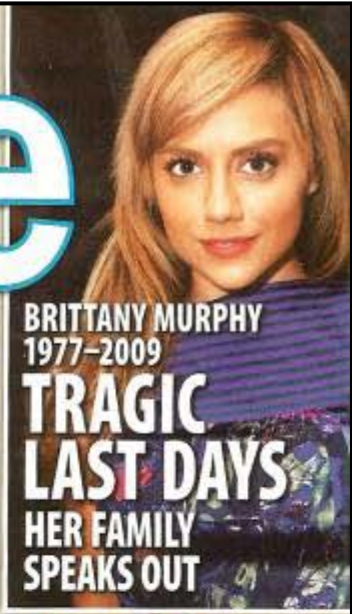


LIFE & STYLE

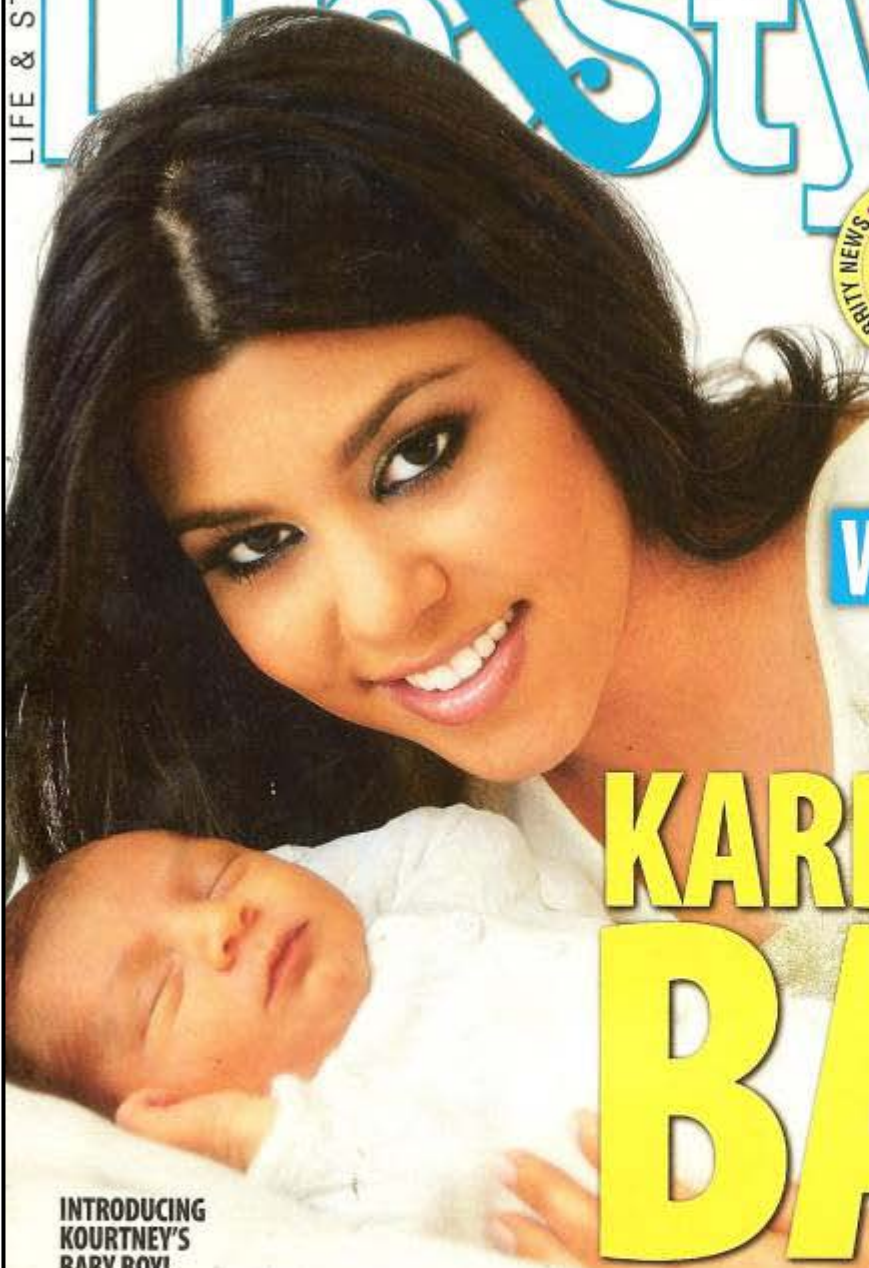
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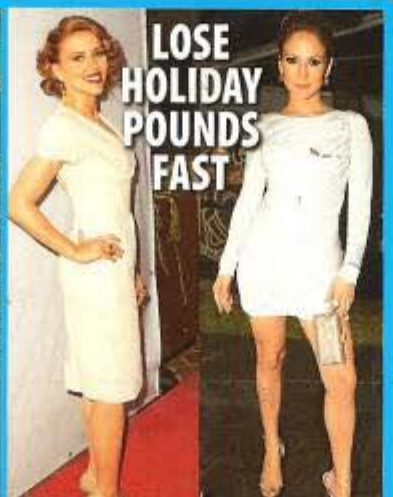
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Eva's 'tummy tuck'

No, she didn't have surgery. Eva Longoria Parker, 34, got those washboard abs the natural way. The 5-foot-2 star has been hitting the gym four times a week for hour-long workouts of cardio and weights with trainer Patrick Murphy. Her diet is mainly fish, salads, fruit and raw vegetables, with the odd chocolate-chip cookie for a treat. Drinking lots of water helps too.

Fierce at 40

There's nothing like a 40th birthday to get a woman motivated, and when Jennifer Lopez hit that milestone in July, the 5-foot-6 singer-actress looked drop-dead gorgeous! After shedding 50 pounds of post-twins weight in 2008, she got even slinkier thanks to meal deliveries from Freshology (1,200 to 1,400 calories a day) and committed workouts. "She's not somebody who blows off the gym because she's working 18-hour days on set," says her trainer, Gunnar Peterson. "She finds a way to get back in, even if it means exercising really late at night."



BEFORE