



Roberts (in Hawaii May 4) also does yoga and Pilates on a Reformer machine.

Phinnaeus and Hazel toddle in NYC March 10.



Julia Roberts

OLD-FASHIONED AEROBICS KEEP HER SUPER-FIT

The *Duplicity* star, 41, engages in hourlong step-aerobic-based sessions with trainer Kathy Kaehler (kathykaehlerfitness.com) three to four times a week. "We do a lot of different variations: kicks, side leg lifts, lunges, back," Kaehler tells *Us*, adding that the 5-foot-9 star also likes deep-water running. Key for the mom of twins Hazel and Phinnaeus, 4, and Henry, 23 months (with hubby Danny Moder, 40)? "She is a very clean eater," says Kaehler.



FLAUNTS HER BOD ON STAGE ALL WEEK LONG

Thanks to thrice-weekly abs-centric workouts and an organic 1,200-to-1,400-calories-a-day diet from Freshology meal delivery, the 5-foot-5 star, 34, can rock skimpy costumes for Las Vegas' *Peepshow*. "I show everything off," the mom to Phoenix, 10, and Angel, 2, tells *Us*. "I'm cool with whatever!"



"I've got a big bum. I've got big boobs. And I embrace it," the size-2 singer (in September 2008) tells *Us*.



March 2007



MAINTAINS A ROCKIN' BOD WITH WEIGHTS

After gaining 50 pounds with son Zuma, 9 months (she and hubby Gavin Rossdale, 41, also have Kingston, 3), the 5-foot-7 singer, 39, turned to pro Mike Heatlie. "She trains like an athlete," a source tells *Us* of Stefani, down to 130 pounds via one-hour strength-training sessions up to six days a week.



Now on tour with No Doubt, the star (May 6) keeps a low-carb, all-organic diet.

A then-pregnant Stefani with Rossdale and Kingston.

With reporting by Jessica Melnick, Ali Nahas, Mary Park, Omid Scobie & Ingrid Sheffer