

# Desperate to lose weight?

When they first burst on to our screens the women of Wisteria Lane looked glam, groomed, trim and toned. Four years on, they're looking better than ever. Here's how they do it... **By Maria Garland**

**The stars of Desperate Housewives recently hit the red carpet at the American Emmy Awards (dubbed the TV Oscars) looking amazing.**

Fans couldn't help noticing that Teri, Eva, Nicolette, Marcia and Felicity outshone their twenty-something rivals, despite their ages ranging from 33 to 46. Here's how they do it, and how you can, too...

## Marcia Cross

The oldest Housewife at 46, Marcia admits that she finds it a struggle to keep her weight down.

"I'm not like Eva. She can eat anything she wants. It's unbelievable what that girl eats without gaining a pound. For me, not to eat is a constant struggle."

Marcia, like lots of Hollywood stars, cuts back on carbs when she has a fat day. "If I feel like I'm putting on weight, I cut down on bread," she says. "Ditch the bread and you'll feel the results."

The actress - who plays super-prim Bree - also snacks on high-protein turkey slices and nuts to keep hunger pangs at bay.

And she shuns the glitzy LA lifestyle for yoga. "You won't find me out in a bar or restaurant at night," she says. "Instead, I'll be at a yoga retreat."

She added hill walking to that regime after the birth of her twins, Eden and Savannah, who are two in February.



2004

### Make it work for you:

- **Hill walking is one of the best fat-burners around.** "Walking on an incline at a slow and steady pace burns a phenomenal amount of calories," says personal trainer Cornel Chin. Plus it tones your bum, legs and thighs.

- **Try yoga:** It doesn't burn as many calories as some exercise but it tones you up and, even more importantly, reduces stress levels.

- **Studies show that too much stress can cause your body to retain fat around your waist and stomach.** says James Duigan, personal trainer to Ele Macpherson ([www.bodyism.com](http://www.bodyism.com)).

- **Snack on protein:** Snacks in the UK tend to be carb-based - crisps, crackers and muffins - but try nibbling on sliced ham or turkey, small handfuls of almonds or low-fat yoghurt instead.



## Felicity Huffman

The 45-year-old - who plays Lynette - recently took part in a triathlon with fellow A-lister Jennifer Lopez and then hit the red carpet at the Emmys just a few hours later. Phew!

The actress works out with her hubby, actor William H Macy, and their trainer, Kirsten Hultgreen, up to four times a week.

Running is her favourite way to stay in shape but she admits: "I'm really slow but I love it. It's like meditative. I sort of flop along, and my body parts sort of blob along behind me. Plus, we play tennis and go biking and hiking. I love the outdoors."

Felicity - who said she used to be "a chunky girl with a bad perm and glasses" - also loves healthy food. She adds: "We eat well and healthily - I insist on it. But I don't really have a diet no-no. I'd eat cheese all day long but I moderate myself."

Her trainer Kirsten even encourages her to eat more so she can keep up with all the exercise. "It's so liberating," says Felicity. "As opposed to trainers who say, 'Oh my God, you had a muffin!'"

### Make it work for you:

- **Work out with your man:** Or your best friend if you're single. Studies show that women who work out with a friend or partner stick at exercise.

- **Make your house healthy:** Put the whole family on a healthy living kick. Like Felicity, insist that your man and kids eat well, too - chances are they'll love whatever you give them.

- **Mix it up:** Like Felicity, try a variety of exercise. The more muscles you work, the more calories you'll burn.



## Nicolette Sheridan

The 44-year-old - who plays maneater Edie - is a fan of Barry's Bootcamp, a military-style regime, as is Teri. "I like being active," says Nicolette. "I like sports and I go to the gym as much as I can."

She's also a huge horse-riding fan, plus she skis, plays volleyball and does martial arts classes.

Nicolette admits she's partial to the odd bit of junk food: "I love eating pizza and French fries but I'm always on at Teri to stop bringing them in to the studio."

But Nicolette, who has just split from her fiancé, singer Michael Bolton, is otherwise spot-on with her diet. "I really try to watch what I eat otherwise and I love fresh fruit and vegetables."

### Make it work for you:

- **Eat fresh and seasonal:** "Eat fresh fruit and veg that is currently in season in the UK," says Carina. At the moment, that

would be pumpkin, courgettes, beetroot, apples and watercress.

- **Get into sport:** Whether it's horse-riding, martial arts or tennis, try something competitive. "You'll enjoy it a lot more than a solo sport like running," says Coriel.

- **Get help from your colleagues:** If, like Nicolette, you work with someone who brings in junk food, tell them you're trying to be good and you'll appreciate it if they didn't offer you them. Be firm!



## Eva Longoria

She used to be one of the thinnest Housewives but Eva is now curvier than ever.

The 33-year-old has gained (a small) amount of weight because the show's producers have made her character Gabrielle, a former model, a harassed mum-of-two in the latest series.

Rumours started circulating in the States that Eva was actually expecting but she hit back recently and said: "I'm not pregnant, just fat!" Hardly - but Eva is certainly a bit curvier these days.

She still works out with her long-time trainer Patrick Murphy but they have now incorporated weights into her regime to give her 5ft 2in frame a more defined, sculpted look. "With all the lunges, squats and leg presses I've done in the past two months, I think I've gained an inch of muscle in my butt," she says.

Former aerobics instructor Eva also does kick-boxing and yoga.

Nutrition-wise, every morning Eva enjoys a high-protein breakfast - egg white omelettes are her favourite - and she says: "I've never dieted but I love meat and fish, and was raised eating fresh vegetables, so I'm pretty used to a good diet."

However, she still allows herself treats. "I love chocolate. As long as it's in moderation, it's fine.

After working out, I often go home, eat chocolate ice cream and tell myself it's all right because I've balanced it out with exercise!"

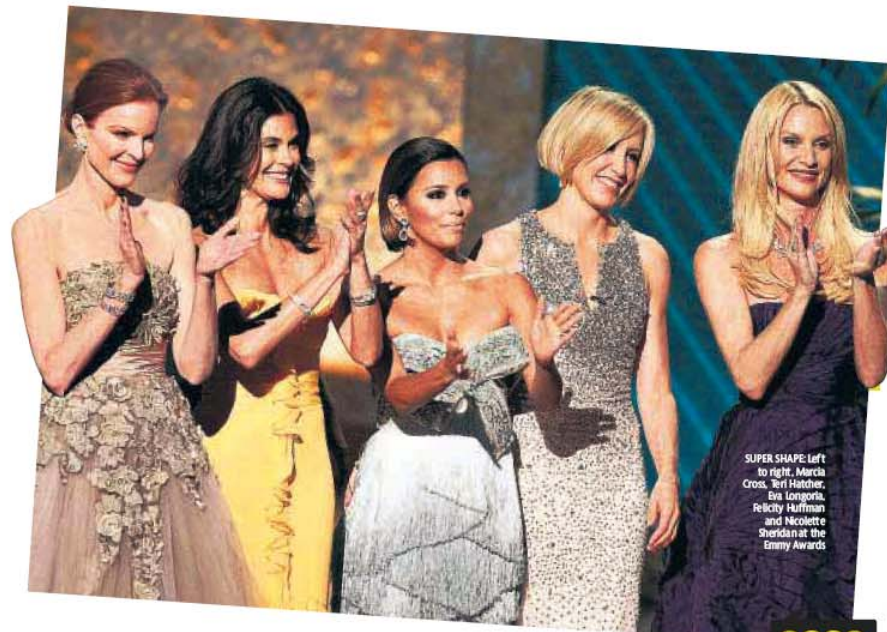
And like Teri, Eva also swears by hoodia.

### Make it work for you:

- **Try hoodia supplements:** 120 capsules cost £39.99 from Holland & Barrett ([www.hollandandbarrett.com](http://www.hollandandbarrett.com), 0870 606 6605).

- **Start the day with protein:** Always, always have some protein for breakfast - it'll keep you full for hours. Good choices include eggs, lean meat, peanut butter or milk.

- **Treat yourself:** Regular treats, such as cheese or chocolate, will stop you feeling too deprived. Just keep the portions small and don't have them too often.



**SUPER SHAPE:** Left to right, Marcia Cross, Teri Hatcher, Eva Longoria, Felicity Huffman and Nicolette Sheridan at the Emmy Awards

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## Teri Hatcher

Teri, 43, got so thin last year that some critics suggested she was taking her desire to stay youthfully slim to dangerous extremes.

Now she's a healthier size 8 and mainly stays in shape with Pilates and yoga-style exercises. She's also said to be a fan of an appetite-suppressing herbal supplement called hoodia.

Teri, who plays ditty Susan, admits she indulges in lots of fattening treats - including chocolate and wine - but makes up for it. "Afterwards, I'll watch it for a couple of days," she says.

Teri is also a fan of low-fat, high-protein meals (her favourite is grilled chicken with vegetables) and she goes easy on the carbs.

The actress has also recently joined Barry's Bootcamp: an hour-long, military-style workout that incorporates cardio, weights and military exercises such as press-ups.

### Make it work for you:

- **Get carb-smart:** Don't cut them out entirely but ditch the bad ones like white bread, white pasta, cakes and biscuits.

Instead, fill up on brown or wholemeal pasta and bread - but only ever have a handful amount of carbs with every meal.

- **Make up for diet mistakes:** "If you overindulge, don't assume you've blown your diet and there's no point carrying on," says nutritionist Carina Norris. "Just make up for it the day after."

- **Get super-fit:** Sign up to British Military Fitness, which is the UK's answer to Barry's Bootcamp (go to [www.britmilitfit.com](http://www.britmilitfit.com), or call 0870 241 2517).

