

Welcome to... *Hollywood*

Better TEETH, better BODY, better LIFE.
Make yourself over, TINSeltown-style

BY JO USMAR

Hollywood: a magical place where the sun always shines, the juice is always freshly squeezed and everyone looks like they've sauntered off the set of a movie.

These so-called beautiful people aren't just body-conscious either, they're obsessed with bettering themselves in every way – from their

personal lives to their health. "LA is the Mecca of choice," says Hollywood lifestyle expert Ann Shatilla. "You can do whatever you want, whenever you want so there's no excuse for not being the best you can be."

Quick! Convert that life envy into life action, because it's not only LA dwellers who can swig detox smoothies, exude inner confidence and work out like a true starlet.

SANDPIT SWEATBOX

Muscle Beach in Santa Monica is infamous for buff bods and sweaty show-offs. It's where bodybuilders go to flex their pecks. But you don't need to pine for a beach when a local sandpit will do.

All over Britain, in an attempt to combat new figures that show the UK has the highest obesity rates in Europe*, councils have invested in gym equipment for public parks, with sand sprinkled underneath for safety.

"Outside gyms are brilliant," says personal trainer and sports therapist Michael Viccars. "They're free and accessible to anyone." Plus, research found that exercising outdoors has a positive effect on mental wellbeing**.

So hunt down your nearest outdoor gym by asking your local council or

visiting The Great Outdoor Gym Company website (Tgogc.com) and follow Michael's regime below, which he promises will build lean muscle tissue, raise your metabolism and burn fat.

The only thing missing will be the Santa Monica sunshine to go with your workout. Sorry, there's not much we can do about the weather!

✦ Start with interval training on the outdoor cross trainer. Put in what you'd consider to be 80 per cent effort for one minute, followed by a rest minute where you put in 50 per cent effort. Repeat the whole thing for 20 minutes in total.

✦ Jump down into the sand and do a 20-second high-knee sprint, followed by 25 sit-ups.

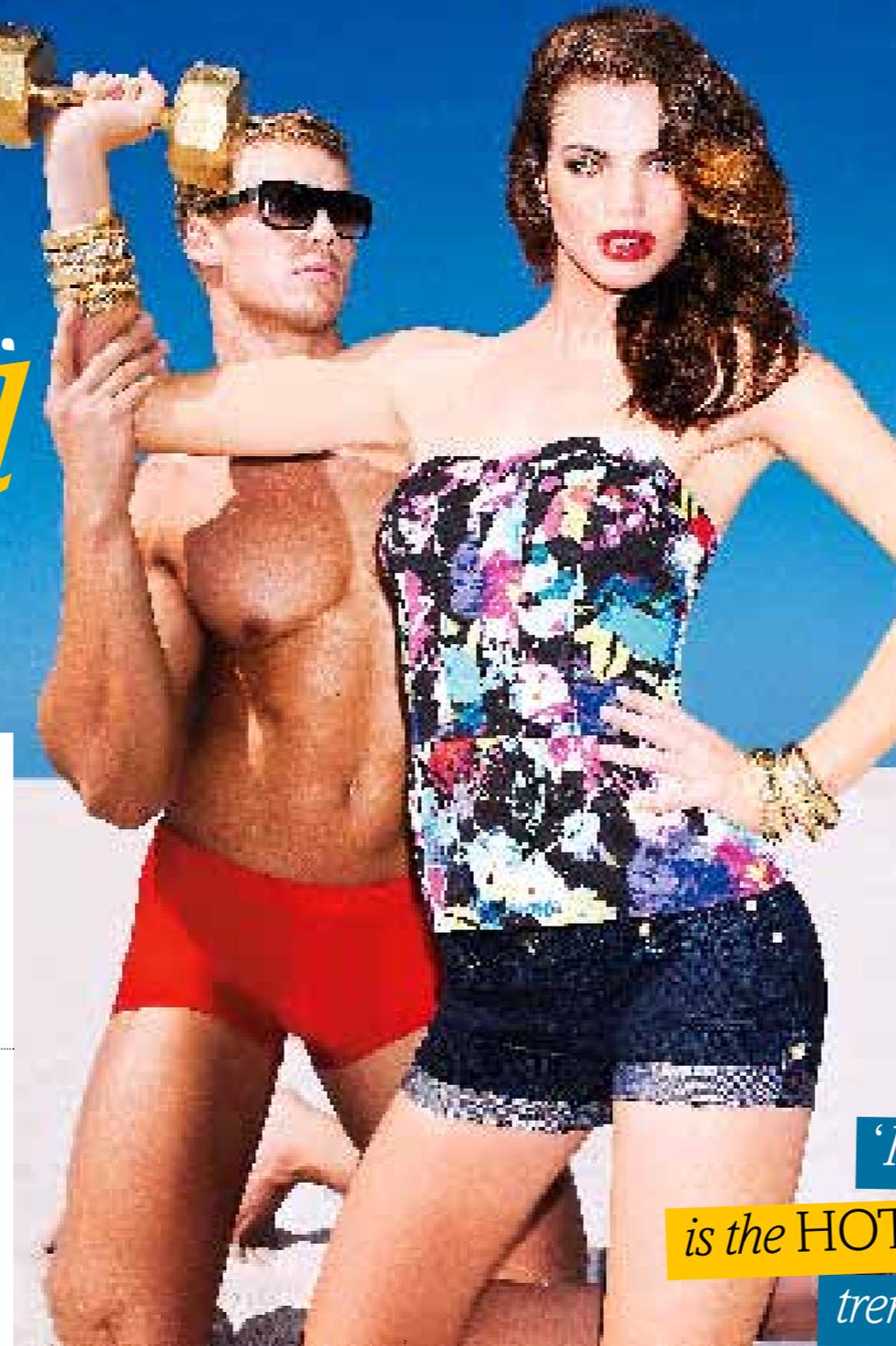
✦ Move on to the monkey bars and perform 8-10 chin-ups.

✦ Then it's back on the ground for

another round of knee sprints and sit-ups.

✦ Move around your park's equipment trying leg presses, chest presses, leg raises, calf raises and squats, depending on what machines are available to you. Stick to 8-10 reps on each machine, and do this for about 15 minutes.

✦ Make sure you rest whenever you need to and drink plenty of water to keep you and your muscles properly hydrated.



JUICE COUTURE

You're no one in this town unless you're lugging around a pint of healthy-looking juice. Gwen Stefani and Nicole Richie are just two A-listers who've been snapped slugging Pressed Juicery drinks, which are tailor-made to your dietary needs. But because we don't live in California or have a spare £80 to spend on a package of 16 juices, we've found a more economical way to slurp your way to health.

"Juicing can be a good way to consume at least one of your five daily portions of fruit and veg," says Sian Porter, consultant dietician for the British Dietetic Association.

You still need to eat whole fruit and vegetables too, as they are a better source of fibre than just juice, but blends are a good way of slipping extra vitamins into your diet.

Sian has devised a breakfast juice recipe that is rich in protein and minerals, contains fibre (from the oats) plus it has a low GI, which means you'll feel fuller for longer. Simply blend together a handful of frozen berries, 250ml low-fat natural yoghurt, a handful of porridge oats, muesli or Weetabix, a banana... and drink!

STRAWPEDO!

Drink juice through a straw. "It protects your teeth from the acid and natural sugars in the fruit," says Sian.

'High-octane Pound is the HOT new EXERCISE trend STATESIDE'

TOOTHYWOOD

You're not allowed into Hollywood with dodgy gnashers. The teeth police will throw you out. Celebs like to bleach their fangs, but it can be expensive and give a fake finish, so DIY with ultrasonic toothbrush the Emmi-dent, £94.95. It's not cheap, but with up to 96 million

oscillations (aka super-speedy brushing motions) per minute and special nano-bubble toothpaste that gets right in between your teeth, your mouth will look like it's been professionally cleaned. It removes stains without the nasty bleach and will give you pearly whites after just 12 days. Say cheese!

DRUM UP A GREAT BOD

LA-ers love nothing better than a sweaty fitness fad, and the latest exercise trend sweeping Hollywood is called Pound. Set up by LA drummers Kirsten Potenza and Cristina Peerenboom, you pound away your angst – and excess fat – in classes that combine cardio interval training with Pilates, while brandishing special weighted drumsticks called Ripstix, all to a rock soundtrack.

"They're queuing round the block to get in to Pound because it's so innovative," says lifestyle expert Ann Shatilla. Kirsten and Cristina reckon you can burn 800 calories an hour while listening to some killer tunes.

Unfortunately, Pound hasn't reached the UK yet, but don't panic. Just buy some regular drumsticks and incorporate them into an aerobic workout. The sticks won't be weighted, but by drumming the floor while lunging or doing Zumba, you'll work your core and arms extra hard.

Research suggests that normal drumming using a drum kit can be as effective a workout as playing in a football match***. There are loads of drum rehearsal spaces nationwide, so check out Freedrumlessons.com for technique tips, then hit a studio and channel your inner rock star.

MAKE 'EM LAUGH

To be cool in Hollywood you have to exude confidence that screams: "I'm OK with not being famous. No, *really*." But for us slightly less-dramatic Brits, we can use this attitude to boost self-esteem, socially and professionally, by learning how to crack a few jokes.

"What's fantastic about comedy is that *everybody* likes to laugh – good, bad, ugly, male or female," says Keith Palmer, director of The Comedy School. "It's a great way to engage with others and break the ice. If someone's laughing, they're listening. And having people listen to you is a brilliant confidence booster."

So why not take a stand-up comedy class? Visit Thecomedyschool.com to find out how. Badum-chhh! **f**