

How she got that body

Maria Menounos OF *ENTERTAINMENT TONIGHT* GIVES THE SCOOP ON HOW SHE LOST 40 POUNDS—AND KEEPS IT OFF.

When *Entertainment Tonight* correspondent Maria Menounos was in college, she didn't just gain the freshman 15—she gained the freshman 40. "I could devour an entire large pizza without thinking twice," she says. "I realized something had to change." Three years ago, Maria, now 24, lost those 40 pounds, going from a size 12 to a size 4, by combining exercise and portion control. She continues her healthy habits today by integrating fitness into her daily life.

Maria's Workout

Maria does a variety of activities throughout the week. "I try to be creative so I don't feel guilty if I can't get to the gym," she says.

ON HER OWN

- * **Walks or jogs with her dogs** (30 minutes daily): On weekends, she covers another six miles walking dogs at a local animal shelter.
- * **Basketball** (2 hours): Every other week, Maria plays one-on-one with a friend.
- * **Stair climbing**: She runs the 30 stairs to her *ET* dressing room 15 to 20 times a day.
- * **Body sculpting** (20 to 25 minutes): Maria does upper-body

exercises with resistance bands and dumbbells.

AT THE GYM

- * **Elliptical machine** (40 minutes)
- * **Circuit training** (30 minutes): Total-body strength moves such as leg

presses, biceps curls and lateral pull-downs (2 sets, 15 reps), plus 100 crunches on an exercise ball.

What She Eats

"I lost weight gradually by eating slowly and cutting down on portion sizes," says Maria. Today, her favorite breakfast is a grapefruit and Smart Start cereal with fat-free milk, plus chai tea and soy milk. Lunch is usually sushi and a vegetable salad. For dinner, Maria often grabs something quick to eat between interviews, like a bean burrito with hot sauce. She usually drinks water with lemon throughout the day.

Favorite Indulgence

Snacks at the movies. "My boyfriend and I love to share a big bag of Kit Kat candy bars, Milk Duds or a large popcorn."

Sanity Saver

Maria works with Take Action Hollywood!, a charity she formed while working as a reporter for Channel One News. The organization raises awareness of social issues such as AIDS through entertainment industry productions like commercials and feature films. "I wanted to use the business to make more people aware of these problems."

Getting Her Kicks

"I took up tae kwon do when I was a teenager, and I'd like to get back into martial arts again. I actually have a heavy bag and occasionally use it if I'm stressed or angry." —DEBRA L. WALLACE

TIP

Keep a journal. "When I was dieting, I recorded everything I ate and drank. It's a great way to get perspective on how much you're consuming."