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Health & Body

"My body secrets"

Who *doesn't* want a body like Cameron Diaz? Her trainer, **Teddy Bass**, shares her routine exclusively with GLAMOUR

...in the gym

Cameron's workouts aren't just about honing her body. "My method is tailored towards connecting the mind, body and spirit," says Bass. "The key is the combination of building core strength with Pilates, and strength weight training. My workouts are an hour, twice to four times a week. They are cardio based with a warm-up, stretch and interval training. I do super sets on alternate body parts; low rows, squats and abdominals. This is all done in three sections. After each section, I increase the weight or bring in other body parts. I mix things up, which challenges the body. One exercise I love for the abdominals is the side plank. Sometimes I'll do Pilates for 20 minutes at the start, too."

...in her fridge

Cameron is lucky enough to have a fast metabolism and she loves high-energy sports – but she still has to watch what she eats. According to Bass, it's all about buying and eating superfoods. "My nutritional advice is always to eat 'clean.' I tell clients to avoid coffee and a lot of sugar, eating more natural and less processed food. It's about consuming fresh-grown foods, which are easier to digest and toxin free. The top foods to eat are kale, wild salmon, turkey, eggs, beans, barley, seeds, nuts, lentils, oats, walnuts, buckwheat, dark chocolate, garlic, honey, extra-virgin olive oil, sea salt, yoghurt and berries. These are all anti-ageing, too."

...and when she indulges

"There are nights, sure, when you order more bottles of wine than you realise and then the bill comes and you go 'whoa!'" says the actress. "But I don't like waking up feeling gross. I don't like to lose my day." To cleanse Cameron's system, Bass may throw in a detox. "But I advise that clients detox once or twice a year maximum." To focus her mind, Bass also recommends yoga and meditation, "which can lead to clarity in what we are doing in our lives." And a final piece of keep-fit advice? "Lots of sex – yes, sex," Cameron laughs. "We need that as human beings. It's healthy, it's natural, it's what we are here to do!"

For more information on Teddy Bass's workouts, see Teddybass.com. His DVD, *Body By Bass* is out in November



Want legs like this? Think lentils, lunges... and lots of sex!

By Emma Slater/Photograph: Phil Phillips