

WHAT'S HOT IN HOLLYWOOD?

Valerie Waters and Shea Vaughn know...

BY ADRIENNE PAPP



Shea Vaughn

■ If you've ever wondered how top celebrities, like Jennifer Garner, get in shape for a box office hit role, ask Valerie Waters, celebrity trainer for over 20 years, training such hot celebs as Jessica Biel, Cindy Crawford, Tina Majorino, Kerry Washington, Jim Carrey, Jennifer Lopez, Stephen Dorff, and the list goes on... "Hey Val, I have an emergency...I am shooting in two months and need to get in shape..." is a frequent message in her voice-mail.

"I get calls like this all the time," laughs Valerie, with a reputation of giving you the body you want in no time at all. How does she do it?

In an interview at Shutters, I am onto discovering a few tips, but it becomes very clear, very quickly that Valerie is the ultimate fitness problem-solver. She has won the reputation for a quick turnaround and a trademark look that is more tone and trim than bulk and build. For females, she draws from the very physiques that inspire her: athletic, elegant and toned, yet feminine. For males, she avoids excess mass in favor of a fit, lean appearance. But it is her natural connection with people that truly sets her apart. Her capacity to translate a person's emotions, whether positive or negative, into a customized workout, making her clients experience a transformation of the mind as well as the body. Her best friend, Shea Vaughn is lending a helping hand: combining mind and body brought to the level of artful existence. All designed to bring your body into the 21st century "high-tech level" - without the high-tech gadgets.

There's more to being fit than just working out. Valerie teaches that healthy eating must be part of the routine and

recommends eating five small, healthy meals each day rather than 3 large meals. Skipping breakfast is a no-no. "Studies show that people who eat a healthy breakfast are slimmer than people who don't," says Valerie. "And when you eat protein with every meal, I guarantee you'll feel more satiated and energized."

In a diet frenzied society I cannot help but ask what to do for vitamins: "Take a good multi-vitamin and anti-oxidants," she says, but adds that she also takes an herbal supplement called CUUR, which is new in the States, to curb carb cravings. "CUUR helps me stay motivated with my nutritional efforts. Since I take CUUR with breakfast, lunch and dinner, I am making a conscious effort to reduce the amount of carbohydrates and sugars I'm putting into my system."

Not a nutritional expert, even I know that sugar is bad for you, but who can resist? "I offer a whole eating system both inside the box of CUUR as well as to my clients," she says, adding that CUUR helped her curb sugar cravings. Valerie's new e-book titled, *Red Carpet Ready*, is about to be published, in which she shares intriguing secrets about her experience with the stars. Whether it's the Oscars, a wedding, or a day at the beach, body image is important to people, especially in Hollywood, and with Valerie Waters on your team, how can you go wrong?

Combining Valerie's workouts and the unique, one-of-a-kind techniques developed by Shea Vaughn (later becoming available on DVD), one feels that we have arrived to the ultimate level of body sculpting from where there is no going higher or finding a better way.

Credit photos © Bobby Quillard

Valerie Waters et Shea Vaughn



Shea Vaughn, mother and grandmother of four, still has a killer body and a persona that is warm, kind, inviting and very, very intelligent. From inside this gorgeous woman shines a deep caring about her fellow humans and it translates into her heart-felt body sculpting program: the very unique, **SheaNetics**. It incorporates a variety of important ingredients into a healthy and happy life through a single idea: ***“Fitness is not just a state of the body but a state of the mind,”*** says Shea, while telling me success stories of how her clients feel more fulfilled and cope easier when actively participating in SheaNetics.

The **Five Living Principles** of **SheaNetics** are: **Commitment, Perseverance, Self-Control, Integrity and Love**. Together, they are an inspirational force towards a positive lifestyle. One can deal more effectively with these changing and demanding times when there is a supportive mental and emotional paradigm. One encourages the other and together

they can help you find balance, self-confidence and a personal state of wellbeing. Shea is the first to integrate emotions and mind into a well-rounded combination of unique moves that originate from different backgrounds.

A former dancer, Shea Vaughn is a certified instructor in Step and Aqua Aerobics, Spinning, Strength, Yoga, Pilates, Gyro-Kinesis and Zumba. In an effort to challenge the entire body, rather than only specific parts of it, she took the best of each exercise form, including dance, and combined it all into **SheaNetics**. It gets your body moving in a way that your mind engages fully, creating a whole new world and achieving more flexibility with a centered mind – body fitness that is much more complete and satisfying.

Valerie Waters and Shea Vaughn have several things in common: They are passionate about fitness and health, both physical and mental. They are dedicated to sharing their passion with others and in addition, they both rec-

ommend CUUR to their clients. So, let's see what the CUUR buzz is all about!

CUUR is a Swedish, herbal product considered by many dieters as “the Swedish secret.” Swedish are known for their healthy lifestyle, with health foods and wellness diets securing an important role in their eating habits.

When it comes to supplements I trust the Swedish way! Their natural supplements go through numerous tests and trials assuring that you get not only the very best, but a product that works as the label promises. This new herb-based natural slimming pill, developed by a world-renown weight loss medical scientist, increases the effect, improves the quality and eases the implementa-

tion of slimming diets and lifestyle changes. “Simply put: it serves as a daily inspiration and reinforcement” says Ylva Fagerström, whose life has changed dramatically after she started on CUUR and exercise. “I even got married, and I am happier than ever” says Ylva with a twinkle in her eyes. After some research, I find that CUUR reduces the absorption of fat and carbs cravings while also increases the rate of metabolism. Clinical studies show that people lost up to 54 percent more weight with it when they followed a diet and changed their lifestyle. That's powerful!

But, Shea Vaughn and Valerie Waters, along with the developers of CUUR, give you only one true advice: Consume fewer calories, exercise more efficiently and as Shea teaches, embrace a positive lifestyle. This, together with the Swedish Secret makes a solid team for health and wellbeing!