

My FITNESS RULES

Gwyneth Paltrow

The star with the uber body tells us just how she gets that butt...



BEAUTY SLEEP

"Before you even think about dieting, first try to get more sleep. It plays a powerful role in determining your appetite and energy. Ideally, I'd like ten hours' sleep a night, but I find seven or eight keeps me going."



DIET? WHAT DIET?

"I'm not very strict with myself food-wise because I'm very strict about exercise. The reason I work out every day is because I love food and I can't diet or cut things out. New England food, like fried clams, French fries and clam chowder with blue-cheese dressing, is my favourite."

ROUTINE QUEEN

"When it comes to exercise, I work my ass off – literally! I do Tracy Anderson's method five days a week. I drop my kids at school and go straight to the gym to get it out of the way. Tracy once said to me, 'Think of it like brushing your teeth – just get up and do it.' So that's what I do. I do an hour of dance aerobics and some muscular structure work with light weights. If I'm on holiday, though, I'll give myself a break."



"I DON'T HAVE TIME TO RELAX AFTER THE GYM, SO I'LL GRAB A GREEN JUICE AND HEAD TO WORK. I ALSO DRINK TONS OF WATER TO STAY HYDRATED, AND I HAVE THIS PACKET OF MAGNESIUM AND CALCIUM THAT I SOMETIMES ADD – IT'S FULL OF VITAMINS AND VERY CALMING."



GET THAT GLOW

"I'm obsessed with Prtty Peaushun [£30, beautybay.com], a body lotion that conceals blemishes and brightens the skin. I also take a fish oil, a multivitamin and herbs for balancing hormones and flushing out heavy metals."

SMELL OF SUCCESS

"Scent is really important to me. I'll spritz Ma Vie by Hugo Boss [£49 for 50ml; boots.com] before I go to the gym. It's feminine and wearable. I also love Le Labo scented candles [£47 each, Le Labo; liberty.co.uk]."



INTERVIEW BY JESSICA TIBBITTS; PHOTOGRAPHS BY CORBIS; REX FEATURES; SPLASH; FLYNET

"PART OF TRACY'S METHOD IS TO ALWAYS HAVE MUSIC BLASTING IN THE GYM, WHICH HELPS YOU MOVE AND MAKES IT GO FASTER. WE'RE ALWAYS LOOKING FOR REMIXES OF SONGS TO WORK OUT TO – SOMETHING WITH A GOOD BEAT."

