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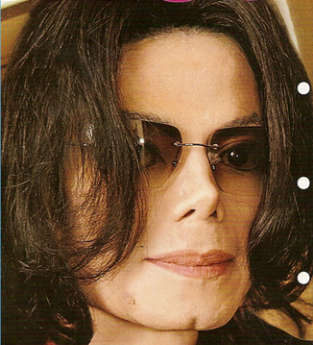
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## ROCK-HARD ABS

◀▶ Gwen has always been open about having to work at staying fit. Says a pal, "Gwen works very hard to keep her abs in shape!"

NOW



## BEYONCE GOT SERIOUS TO TONE UP



In order to stay sizzling hot for her current tour, Beyoncé has buckled down to a strict program. Her trainer and author of *Power Moves*, Marco Borges, tells *In Touch* that along with sticking to a sensible diet of lean proteins, healthy carbs and just 1,600 calories a day, she added resistance stretching to her running and dancing regimen in order to get into optimum shape. "She wanted to look her absolute best on this tour," says an insider, adding that she inspired hubby Jay-Z to get healthier. "They work on themselves together."

HPV FACT: #21

THERE IS SOMETHING  
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