

InStyle Weddings

style guide | FITNESS

Summer 2009

GET A GOWN- READY BODY!

These tricks from
celebrity trainers will slim
down and tone up the
parts that really matter

BY LIESA GOINS

Fat-Burning Tip! Work your thighs when you exercise. “They contain the biggest muscles in the body. The more muscle mass you work, the more calories you’ll burn at rest,” says Fred DeVito, co-founder of Core Fusion at Exhale Spa in N.Y.C.