

marie claire

OCTOBER 2003

exclusive shopping card
INSIDE



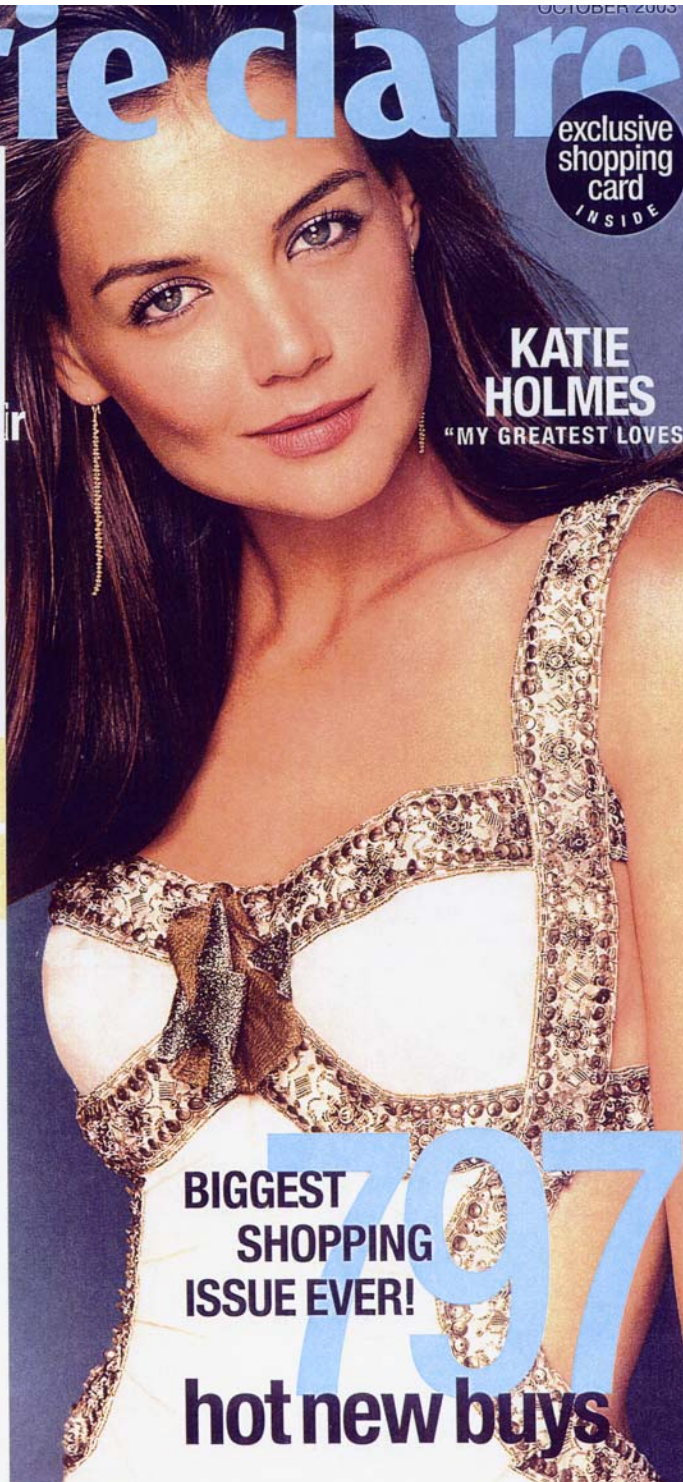
NICKY HILTON

HER WORKOUT: The Lotte Berk Method, a fitness class incorporating moves from modern dance and Hatha yoga that target the waist, abdominals, butt, and thighs.

CHECK OUT: *The Lotte Berk Method*, a series of four 30-minute videos or DVDs, each with its own unique focus. Start with "Basic Essentials," an introductory workout, then move on to "Hip Hugger Abs" for tummy-toning, "High Round Assets" to firm your buttocks, and "Muscle Eats Fat" for all-over strengthening. For best results, mix and match two to three routines a week.

GET IT:

(\$19.95 each or \$49.95 for all four videos; \$69.95 for all four DVDs)



KATIE HOLMES
"MY GREATEST LOVES"

BIGGEST SHOPPING ISSUE EVER!

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