

CAESARS

PLAYERS



ANGELINA JOLIE

Hollywood Humanitarian

America's Cup

The BMW ORACLE
Team Goes for the Auld

Romantic Getaway

A Weekend in Paris

Beach Rentals

Your Summer Home Awaits

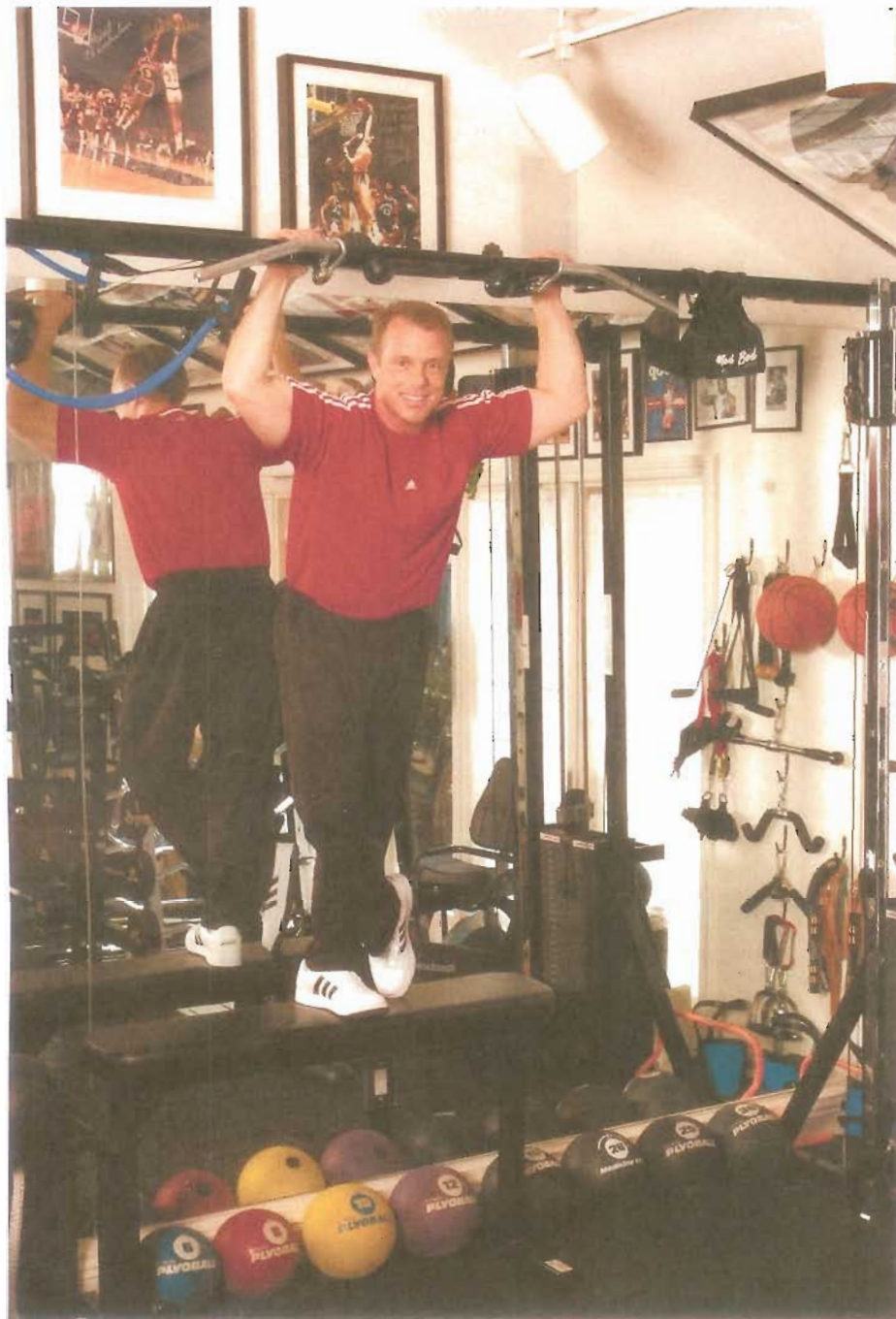
That's Italian

Rao's Arrives at
Caesars Palace

BY MIA SULPOR

A Star Workout

Celebrity fitness trainer Gunnar Peterson has helped shape some of the hottest bodies in Hollywood. He got Sylvester Stallone into fighting form for *Rocky Balboa* and made sure Angelina Jolie was strong enough to ward off evil in *Lara Croft: Tomb Raider*. He's also worked closely with Matthew McConaughey, Bruce Willis and Jennifer Lopez. *Caesars Player* asked Peterson for his top tips for looking great this summer.



Gunnar Peterson stands outside "The Compound," where he trains the Hollywood elite.

Start Exercising Now

"Don't wait for a Monday or your birthday or a special occasion. Just get started. Do something active. Don't make any more excuses."

Ease into Your Exercise Program

"If you have been out of the game for more than a month, start working out twice a week, and build up. If you start with three times, and you only make two, there is a psychological effect about missing the one that creates more stress on you. If you book two and achieve two, you are better off and will feel better."

Everything you do in your life is enhanced by exercise. Whether you are an athlete or a business person, if you're physically in better shape, you can do more.

Lift Weights

"Strength training is probably more important than cardio, especially as you age. Your lean mass will decrease with age, which means not only that you are not as strong, but that you are more likely to store body fat. Muscle is like a blowtorch for body fat. Lifting weights burns calories at a higher rate post-workout than cardio."

Eat Right

"Start your morning off with some type of protein. If you like egg whites, then that is an obvious choice, but if you don't like eggs, and you like steak, have steak in the morning. It might sound crazy, but you should get some type of protein to start your day. Also be sure to limit your amount of complex carbohydrates like pastas, breads and rice."

PRODUCTS TO PUMP YOU UP:

Ultimately, you still have to do the work of working out, but these tricks of the trade will help maximize your results.



VibraFlex® Mini-VibraFlex®

VibraFlex®

The **VibraFlex®** Series from Orthometrix Inc. uses vibration technology to mechanically stimulate muscles with 25 to 30 impulses per second. At this rate, one minute on the **VibraFlex®** produces 1,500 to 1,800 involuntary muscular contraction/relaxation cycles, giving you a more productive and efficient workout. www.vibraflex.com

Propel Fitness Water

Know you need to stay hydrated, but bored with plain water? Pack a bottle of **Propel Fitness Water** in your gym bag. It's lightly flavored—choose melon, peach, grape, lemon, berry, black cherry, kiwi strawberry, mixed berry, mango or mandarin orange—and has only 10 calories per eight-ounce serving. Plus, a 700-milliliter bottle of the non-carbonated, caffeine-free beverage gives you 25 percent of your daily B vitamins, aiding in energy metabolism, and 10 percent of your daily vitamins C and E. www.propelfitnesswater.com

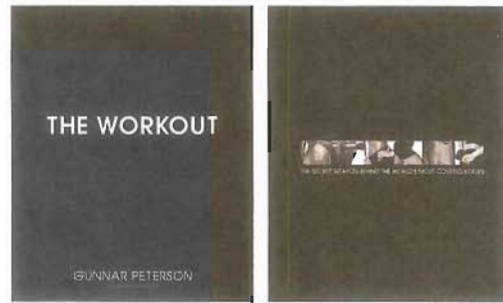


STRIVE Arm Curl Machine

STRIVE Smart Strength utilizes a one-of-a-kind, patented, adjustable variable-resistance cam technology, enabling the user to completely work up to 100 percent of a muscle by targeting individual points. **STRIVE** circuit training benefits men, women and children of all ages at all fitness levels. A total body workout can be accomplished in less than 30 minutes as easily as 1-2-3! Users feel the difference with the very first repetition. By following **STRIVE**'s simple 1-2-3 protocol, the user performs three different exercises and experiences change in each of the sets. www.strivefit.com



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Don't miss the new release, and buy this book—*your waistline will thank you.*

Amphipod ArmPod™

Keep your gadgets in place and in reach. The fully size-adjustable **Comfort-Wrap** design of the **Amphipod ArmPod™** eliminates bouncing and chafing. Made to custom-fit a full range of small electronics—MP3 or minidisc players, cell phones and more—the holster includes a detachable hood for moisture protection and a cord keeper for convenience. 1-800-806-1288 or www.amphipod.com



Endermologie Lipomassage

No, it's not surgery. No, it's not invasive. And no, it's not cheating. Your workout will take care of the big picture, but when it comes to those unsightly dimples, you have to get down to the cellular level. Lipomassage is the latest and greatest service in the world of professional Endermologie—the only worldwide-patented, noninvasive treatment to reduce the appearance of cellulite. How does it work? A certified and trained expert uses a motorized device called the **Cellu M6**, with two adjustable rollers and controlled suction, to work the magic. Applied to the body, the **Cellu M6** gently folds and unfolds the skin for deep-tissue mobilization. It's the most advanced Endermologie machine out there, allowing for customized programs and personalized treatments. www.lipomassage.com



Stay Hydrated

"Drink eight glasses of water a day. If you are not a water person, there are alternatives. Studies show that people drink more water when it is lightly flavored."

Get Your Rest

"You should get eight hours of sleep a night. Your body perceives sleep deprivation as a stressor, so it is more likely to store fat. Getting enough sleep every night will help you keep the weight off."

Think of the Benefits

"[If you're a parent], look at your kids. Your kids are a motivator. You want to be able to participate in their lives. You don't want to be the mom or dad who is too tired all the time. Everything you do in your life is enhanced by exercise. Whether you are an athlete or a business person, if you're physically in better shape, you can do more and work harder."

PHOTOS COURTESY OF GUNNAR PETERSON