# How to Look Hot in a Minivan ...... JANICE MIN 

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## From Drab to Fab! Hot Mom Makeovers

These busy mothers may be short on time, but thanks to a trio of top-notch expertscelebrity hairstylist Ted Gibson, who tends to such A-listers as Anne Hathaway, Renée Zellweger, and Angelina Jolie; colorist Jason Backe; and makeup artist Brian Dupreythey're no longer short on style.

> My husband sent a photo to his formily. that day; saying I loolved great.

## LISA

The Chrallenge "I often skimp on drying my hair and end up with a frizzy mess," said mom of two Lisa Broock, a magazine editor. "I wanted a lowmaintenance, chic back-to-work style and color that won't wash me out."
The Cint A sassy, long-layered bob with bangs.
The Color Strawberry blond with highlights to bring out a rosy glow. The Malreup Taupe shadow and nude gloss.


## ANNA

The Challenge "I'm a no-fuss, wash-and-go girl," said graphic designer (and mom to toddler Jagger James) Anna Valencia-Bruch. "I haven't had a serious haircut since I became a mom. I have no time to primp at home."
The Cut Gibson chopped off seven inches. "It will look great even in a ponytail because the layers are long and face framing," he says.
The Color Backe amped up shine with a blue black color treatment. The Makeup Gunmetal gel liner on upper and lower lashes and a blackberry stain on the lips.


## SUSAN

## The Challenge Susan Petrie-

Badertscher, founder of Petrie Point Designs (petriepointdesigns.com) and mom of two to daughter Lily and son Beckett, said she wanted to look less "hippie chick" and more "blond bombshell."

The Curt A modern layered 'do with wispy, angled side bangs. "It still looks good even when you're in a hurry," says Gibson. "Work in a little styling lotion, then air-dry."
Whe Color A honey base with golden highlights. "It instantly brightened up her face," says Backe.
The Makenp Gold shadow and a sheer apricot gloss.


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## JENNIFER

The Challenge Just six weeks after giving birth to daughter Kiera, education consultant Jennifer Grolemund was diagnosed with thyroid cancer. "I'm fine now, but the medicine made my hair thin," she said.

The Cut A low-maintenance graduated bob with side-swept bangs. "Blow-drying my hair forward from the back gives it body," she said.
The Color A hazelnut base enhanced by dark, medium, and light blond highlights.
The Makeup Shimmery nude smoky eyes and a raspberry highshine lip balm.

> My husband has no poker face, so when I saw his big smile, I knew he loved it!



Q: What's the easiest way for a new mom to look stylish and put-together?

A: "That's easy," says Sara Blakely, owner and creator of Spanx shapewear and a new mom herself. "Invest in a diaper bag that doesn't look like a diaper bag! I didn't do that for the first two or three months after giving birth-I just used


> MIA BOSSI dotted "Maria" diaper bag carried by moms Jennifer Hudson and Tina Fey the bag that came with my breast pump. But I cannot tell you the difference it made when I finally went out and bought a really nice diaper

JIMEALE diaper bag with matching changing mat
carried by mom Isla Fisher
bag that wasn't so dowdy. It made me feel human


ROSIE POPE leather "London Shopper" bag carried by moms Nicole Richie and Jennifer Garner

AMY MICHELLE faux patent "Sweet Pea" hobo bag carried by moms Sarah Michelle Gellar, Katherine Heigl, and Tori Spelling

## QUIZ

## CAN YOU GUESS WHICH COSTS LESS?

Looking stylish isn't only about money, as these look-alike steals prove.


1. Bohemian scarf

2. Casual workout wear



## 4. Slimming

black swimsuit

5. Tortoiseshell sunglasses

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Don't clean your plate Although many of us were raised to do just that, studies have shown that portion sizes have increased dramatically in the last few decades. There's no reward-except for extra pounds-in being a member of the Clean Plate Club. Besides, forcing yourself to eat an arbitrary amount of food (that is, whatever you threw on the plate) messes with your ability to determine when you're really full and when you're eating just because you feel you should.

Never eat straight from the carton Glassman says putting your food on a plate will help you visualize just how much you're really eating-it's too easy to overeat if you're munching mindlessly from a bag of chips or eating straight from the take-out box.

Get out of the house The more time you spend out and about, the less you'll be tempted to eat the food that's piled up in your pantry, says celebrity trainer Ramona Braganza.

Have a cup of tea or a glass of water with every meal It will help fill you up, as well as help you eat more slowly.

Eat a balanced breakfast Research shows that people who do are up to 50 percent less likely to become obese; breakfast staves off the need to snack and indulge in oversize meals later in the day.

Downsize your dishware There's truth to the notion that your eyes may often be bigger than your stomach. Studies show that people tend to consume more food when eating off larger plates and out of larger bowls.

Eat before you go out Whether you're attending a wedding, a baby shower, a holiday brunch, or a birthday party, you're more likely to overdo it at the buffet line if you arrive starving or if no healthy food options are being served. Eat a light, low-calorie snack before you go; it'll help you avoid temptation.

Don't eat in front of the television It's distracting, and you'll likely overeat.

Brush your teeth The moming (or evening) brush-and-floss routine signals to your body that you've finished eating. Plus, orange juice-and just about all other foods-tastes terrible once you've brushed.
Healthy snacks should contain protein and fiber The combo will keep you feeling fuller longer, as well as keep your blood sugar stable (so you won't have that midday crash to contend with). Try mozzarella cheese and apple slices, unsalted nuts with dried fruit, or veggie slices and hummus.



Carbohydrates will make you fat.

FALSE It's one of the biggest diet myths out there, thanks largely to the nocarb craze and the popularity of programs like Atkins and the South Beach Diet. But it's the quantity we eat that packs on the pounds. For example, "Italians live on pasta," says Zuckerbrot, "but they eat pasta as a first course, limiting their servings to about one cup, or 375 calories. Then they eat a main course of lean meat or fish and vegetables. In America, we often eat pasta as our main course, which is about four cups, or 1,000 calories. Big difference!"

While carbs themselves won't necessarily cause you to gain weight, it is a good idea to trade in unrefined carbs (like white bread and white pasta) for refined varieties (like whole-grain bread and whole-wheat pasta). Whole, unrefined grains have more nutrients and more fiber than their refined, processed counterparts and thus don't convert to sugar as quickly.

