

JUICIEST CELEB BREAKUPS • OPRAH'S WINNER BLABS • OWEN WILSON, AVAILABLE

JANE

FREE FANCY WATCH, PAGE 84

JANUARY

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MARY-KATE, NICOLE, MADONNA,
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**THE SEXY FEMINISTS'
BEAUTY GUIDE**

WHAT'S *UNREAL* BEHIND THE
SCENES AT THE AMAZING RACE,
THE APPRENTICE, ETC., ETC....

**YOUR PERFECT
HAIRCOLOR'S ON PAGE 68**

**HEELS, HOT PANTS
AND HANDBAGS.
ENOUGH SAID.**

LINDSAY LOHAN

"I'M NOT SOME
YOUNG ALCOHOLIC,"
SHE SAYS. OH, WELL,
YOU *WILL* RELATE
TO HER BOYFRIEND
PROBLEMS

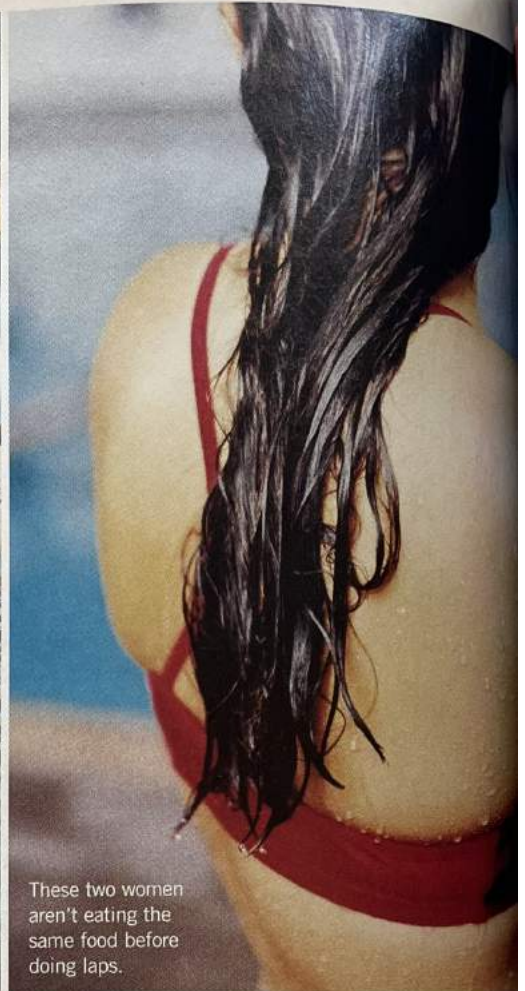
**ANTHONY KIEDIS'S
LOVE ADVICE**

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Different body types need different grub, Jill Schuck finds. Plus, Gloria Steinem's your gym buddy, and gossip like a trainer.



These two women aren't eating the same food before doing laps.

It's pretty common knowledge—and let this be a quick reminder for forgetful types—that you should eat a combo of carbs and protein (like cereal mixed into yogurt) one hour prior to working out, avoid high-fat foods that take a long time to digest and chug H₂O if you've had any dehydrating alcohol or caffeine. But for those with specific concerns, here are some suggestions from Sydney Foster, a nutritionist at The Sports Club/LA in New York: If you have **high body fat**, scarf a snack an hour before exercising that has carbs but is low in calories and fat, like an orange or a pear. Chicks with **low body fat** need to put on muscle mass by munching on higher-cal stuff like protein bars and smoothies. Also, make sure to eat lots of protein and carbs afterward. Those with **low blood sugar** should eat frequently during the day (e.g., six small meals) to keep things even-keeled. Tote along food like an apple with peanut butter or toast with cheese, and bring a granola bar and some OJ in case you start to feel dizzy during your workout. And no matter what anyone says, frozen grapes and chemical-and-air fro-yo just don't cut it in dessert land. If you're exercising a few times a week—heck, even if you're not—no one can tell you not to have Häagen-Dazs.

Crunch pain

Q: I always get a stomachache when I do sit-ups. I feel nauseous, not like my muscles hurt. Why? —Kelly, Boston

A: Do you eat heavy food in the few hours before doing sit-ups? If so, your blood is busy aiding in digestion rather than pumping up your muscles, says doc Anthony Salem. So lay off the abs for a little while after eating. And, lucky duck, we have tons of suggestions (at left) on ideal pre-workout foods. Also, warming up before exercising and drinking lots of water can help.

Drop the dimes, you nose job

Freak out your personal trainer with this insider lingo that we stole from their secret vault: **Spare change** refers to the smaller weights. **Nickels** are 5-pound weights, **dimes** are 10 pounds and **quarters** are 25 pounds. **Babysitting** When a trainer just stands next to a client on an exercise machine. **Therapy session** loud. **Nose jobs** Really smelly people. **Drinkers** They use getting a sip of water as an excuse to take frequent breaks. **Trainer-hopping** Moving from trainer to trainer to mooch free trial sessions. **Fartlockers** Clients who pass gas a lot. **Ponytail-fixers** Lazy bums who keep dropping what they're doing to mess with their hair. **Frankensteins** They'll try any exercise without question—think creating your own monster. —Kate T. →