

# People

weekly

## DIET WINNERS & SINNERS OF THE YEAR

Here's the skinny on who  
got fat, who got fit, and  
how they did it



**BILL CLINTON:**  
Where's  
Bubba's  
blubba?



**OPRAH WINFREY:**  
From grand  
Oprah to  
life Oprah



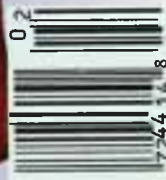
**CINDY CRAWFORD:**  
Got steamed  
at a spa



**TATUM O'NEAL:**  
Totally toned



**WHITNEY HOUSTON:**  
Back and  
better after  
her baby



COVER

# SHAPING THE STARS

# 130

The trainers who build Hollywood's heavenly bodies can help you win the workout game at home



► Gym dandies to the rescue: From left, Dan Sinnott, Kathy Kaehler, Mike Thurmond, Dan Isaacson, Siri Dharma Galliano and Tony Cortes

If Academy Awards were given for Outstanding Body Redesign, competition would be stiff among the year's top contenders, who include Penelope Ann Miller (*Carlito's Way*), Tom Hanks (*Philadelphia*) and Angela Bassett (*What's Love Got to Do with It?*). And the Oscar goes to . . . their personal trainers, who created these physique phenomena on as little as 30 days notice.

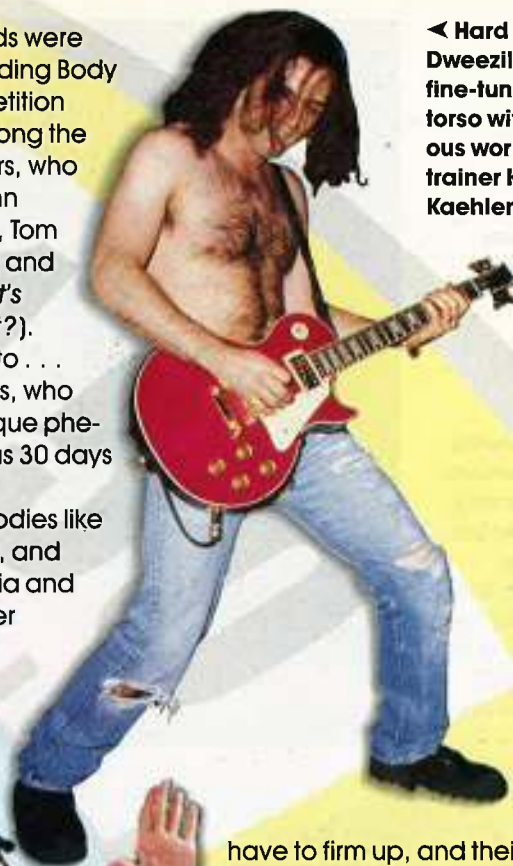
Hollywood hard bodies like Sly, Arnold and Demi, and sylphlike stars like Julia and Daryl, are setting ever higher standards of sleek. Now, even movieland heavyweights

have to firm up, and their studios are happy to help, whether by providing personal trainers at home or fitness-to-go gyms-in-a-truck on location. After instructor Dan Isaacson helped John Travolta bulk up for 1983's *Staying Alive*, Paramount Pictures invited Isaacson to design a corporate fitness program. Last April, Sony Pictures (Columbia and Tri-Star) opened a health center run by him on its Culver City lot, where Billy Crystal spent up to 45 minutes each day while filming *City Slickers II* and Hanks sweated off 30 pounds to play a lawyer with AIDS in *Philadelphia*.

"For us, the person is the objet d'art," says trainer Michael Thurmond, who helped Paula Abdul lose weight before touring with her in 1992. His company, Thurmond's Makeover Programs, specializes in "crash" fitness for celebs. "We reshape bodies for album covers and movies," Thurmond says. "If you want to look a certain way, we blueprint the way to get there."

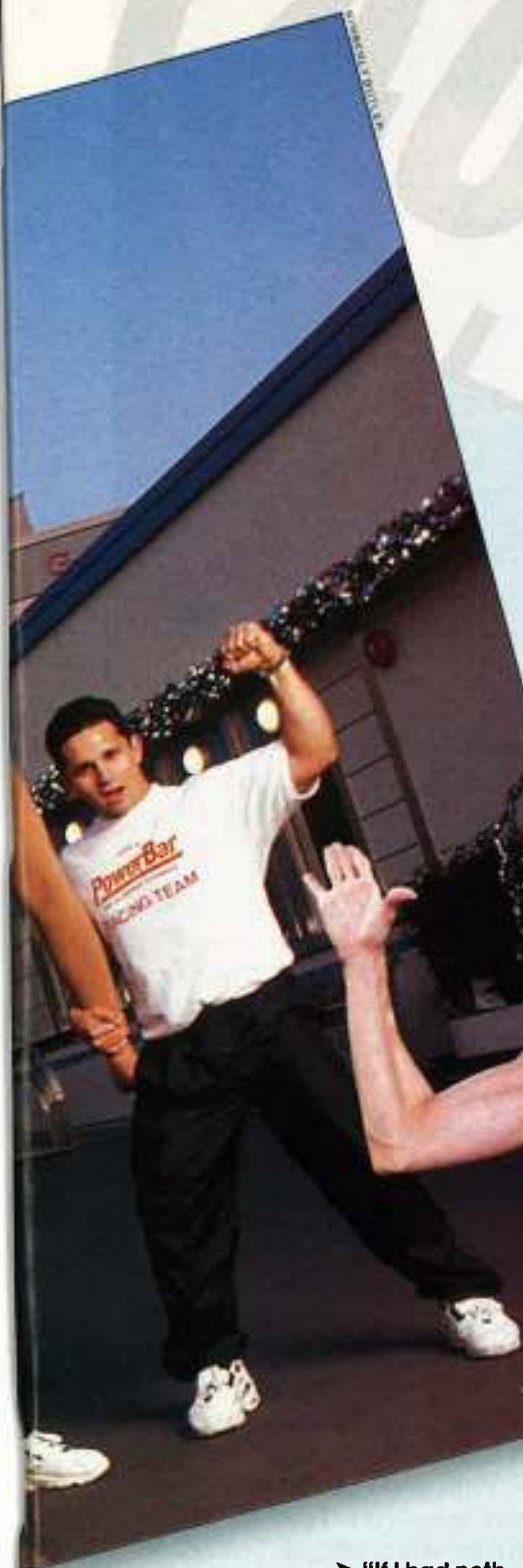
"Stars may only have six weeks

◀ **Hard rock:** Dweezil Zappa fine-tunes his torso with rigorous workouts by trainer Kathy Kaehler.



STEVE GRANITZ/RETNA LTD

► "If I had nothing to do, I'd stay in the gym," said the Rob Parr-trained Madonna.



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► Michelle Pfeiffer has certainly gone beyond *The Age of Innocence* as she shows off her Kaehler-sculpted physique.

▼ With Sinnott's help, big wheels kept on turning, and Angela Bassett kept on burning off that body fat to play Tina Turner in the biopic *What's Love Got to Do with It?*



before they have to do a love scene," says astral yoga expert Siri Dharma Galliano, who uses astrology "to get to know a client's personality and psychology more quickly" and then applies the less heavenly disciplines of mountain biking, swimming and stair-machine workouts to render the client more lovable. "Linda Gray is a Virgo—an Earth sign. She loves the outdoors. She'd rather swim or hike in the hills," says Galliano, a Sagittarian. "To get a Gemini like Lou Gossett from 245 to 208 pounds, he needs to be diverted, and I change his program from day to day. Whereas with Jessica Lange, a Taurus, all I do is make her walk."

Priscilla Presley, in search of something new, consulted trainer Tony Cortes, who introduced her to slideboarding, a speed skating-type exercise performed in nylon boots on a plastic board. "It's become one of her

favorite things to do," says Cortes.

For specific movie work, Cortes actually reads the script before designing a program. To help turn Linda Hamilton into a tautly toned, machine-gun-toting mom in *Terminator 2*, Cortes had her cross-training three hours a day, six days a week. "One-and-a-half hours each of aerobic exercise and weight training each day," says Cortes. "If you need a hard body in 13 weeks, that's the drill."

Even though she no longer needs to squeeze into her *Batman Returns* catsuit, Michelle Pfeiffer has daily sessions with Kathy Kaehler. "Having exercise be fun and enjoyable is a key element to keeping it consistent," says Kaehler, whose home-fitness video, *Kathy Kaehler's Workout*, boasts an all-star class of Penelope Ann Miller, Jami Gertz, Beverly D'Angelo and Justine Bateman, plus a testimonial ("She worked my butt off!") from Meg Ryan. "Even without step equipment or weights, you can still get a good cardiac workout at home," Kaehler says. "Picking a program and sticking to it is how you'll get results. I do a lot of hiking with people. I do a lot of different

