

ADAM BROWN: HAIR AND MAKEUP: MEGHAN MCCLAIN/ARTISTBYBEAUTY.COM
FOR DERMALOGICA; EVERETT; TOP: TONIC SHORTS; REEBOK/SNEAKERS

confident after a workout because I know it's so good for me and my health."

THINK OF FOOD AS FUN

"I love carbs," admits Ashley. "Bread, corn bread, french fries—all that stuff." The problem: High-glycemic index foods, like these, can raise diabetes risk, particularly in people with a family history. "But I've found I'm definitely eating better since I started working out more rigorously," she says. "It kind of happened naturally.

"I learned from my mom to embrace being different."

I don't really crave junk food that often now." She starts her day with fresh fruit—grapefruit is her favorite—an egg white omelet, and whole-wheat toast. She usually has spinach salad with grilled chicken and an extra helping of vegetables for lunch, and fish or chicken with sautéed vegetables for dinner. With her busy schedule—she's finishing her second CD, developing a TV series, and producing a reality show with the creators of *American Idol*—Ashley always has three power snacks on hand. "I love Kashi bars because they have lots

of protein, which I need after I work out," she says. "I also like raw, unsalted almonds. And if I want something sweet, I have frozen grapes or drizzle honey over a plate of veggies, like broccoli and carrots." Her favorite dessert: a smoothie made with raw cacao, peanut butter, lowfat milk, a banana, and protein powder. "It satisfies my need for chocolate, and it's delicious," she says. One day a week, she eats whatever she wants. "I love burgers and fries," she says. "I've tried banning them from my diet, but I found I only craved them more. And then when I did cave in, I'd just end up bingeing. That's not healthy at all."

DON'T GIVE IN TO PEER PRESSURE

"I may live in Hollywood, but that doesn't mean I lead a Hollywood lifestyle," says Ashley. Credit strong family ties and a mother who taught her to be confident in her own skin and not be influenced by others. "My mom never drank or smoked," she says. "I learned from her to embrace being different rather than be intimidated by it."

That lesson helped Ashley last year when she decided to resolve another issue, one she'd been grappling with since she was 14 years old: a deviated septum that was affecting her voice. The

Ski jumper
Works your entire body



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EXCLUSIVE!

Ashley's great-body workout



Trainer Christopher Hebert

When Ashley Tisdale was filming *High School Musical 3*, she was rehearsing six hours a day—and discovering a passion for exercise. She took her routine up a notch when she started working with Los Angeles trainer Christopher Hebert last summer. "My background is in mixed martial arts, so I'm used to working with people who train really hard," he explains. "Ashley likes that."

The duo does a combo of cardio and resistance training three or four days a week, with special emphasis on strengthening Ashley's core. "She really enjoys cardio—especially running stairs with a medicine ball," says Christopher. She holds a weighted ball overhead and jogs up and down a set of stairs 10 times, skipping every other step.

Ashley proves you can be strong and toned without looking like a bodybuilder. See how she does it with this at-home workout, which Christopher created using moves he does with the actress/singer. It will sculpt and firm your entire body—and strengthen your heart—in just 20 minutes.

online bonus!

Go to shape.com/ashley for the complete workout, shot with trainer Christopher Hebert and a *Shape* model.