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## The Fit 5: Tips to Feel (and Look) Like a Star!

From how Tori Spelling lost 40 lbs. after her daughter's birth to why Kelly Clarkson is at peace with herself, get the scoop on how to look fab like the stars



ARTICLE 4 of 6

### MOVE TO THE 'BHANGRA' BEAT

Paulina Porizkova is a regular at instructor Sarina Jain's Masala Bhangra classes at New York City's Crunch gym. "The music makes it impossible not to move," the supermodel says of the energetic workout, based on the vigorous Indian folk dance known as bhangra. Now give the workout a try at home with Jain's new *Masala Bhangra Workout Vol. VI: Back to Bollywood* DVD (\$20), which burns fat while building muscle strength with three different Bollywood-inspired segments. Read how dancing can keep you young on [Health.com](http://Health.com)! — *Serena Kappes*

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CREDIT: MICHAEL SIMON/STARTRAKS  
PUBLISHED THURSDAY FEBRUARY 19, 2009 05:00 AM EST

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#### Jen Surprises Ben at Humanitarian Event

She arrives, peppers his cheek with kisses, then leaves as quietly as she

**Masala**  
Dance & Fitness Inc