

# WEIGHT OF THE WORLD

She's not just retaining Perrier; after packing on 42 pounds, Miss Universe is hitting the gym

◀ Despite the flurry of controversy over her weight, Machado (working on a burn at the Exude gym) says, "The pressure to lose it is from myself."

▶ "Rather than losing 20 pounds," says trainer Jackowski (with Machado and Trump), "we're going to focus on working out every day."



**T**HE VERY WARM BODIES BEING PUT through their paces in Manhattan's Exude gym seem close to cosmetic perfection; check out these washboard abs, those wasplike waists, that healthy glow. And check out Alicia Machado: She doesn't look a bit out of place as she sweats charmingly through an hour-long exercise regimen, skipping rope, biking and stretching. In fact, at 5'9" and 149 lbs., she looks just great.

Machado, however, is the reigning Miss Universe—formerly Miss Venezuela—and great-looking or not, 149 pounds is not acceptable to the folks who run the pageant. In fact, there have been persistent rumors that they plan to strip her of her title because of it. When crowned last May, she weighed in at a scant 118 pounds, but as she reigned, she gained, finally topping the scale this winter at 160 pounds. Her quest to get in shape by May, when she will have to don an evening gown and crown her successor on TV, has led to her to Exude and the ministrations of fitness expert Edward Jackowski, called in by Donald Trump, a partner in the company that just purchased the Miss Universe Pageant.

"Before Miss Universe," says Machado, 20, the daughter of a toy-store owner and his real estate broker wife in Maracay, Venezuela, "I was a normal girl, but my life has had big

changes. I travel to many countries, eat different foods."

In Jackowski's view, Machado's ideal weight is somewhere between 125 and 130 pounds. To that end, he has put her on a low-carbohydrate, higher-protein diet and prescribed an exercise program that emphasizes rope-jumping—"the only exercise," he maintains, "that can remove cellulite off a woman's body." In four days, Machado has lost 7 pounds, and an inch and a half off her waist.

Trump, at the gym to oversee his investment's crown jewel, blew off any suggestions that Machado had eaten herself out of her tiara. "We want her to stay as Miss Universe," he said, "and she is working on her problem." The issue, though, is a weighty one for the Donald, himself a robust 6 foot 2. "When you win a beauty pageant," he said, "people don't think you're going to go from 118 to 160 in less than a year, and you really have an obligation to stay in a perfect physical state."

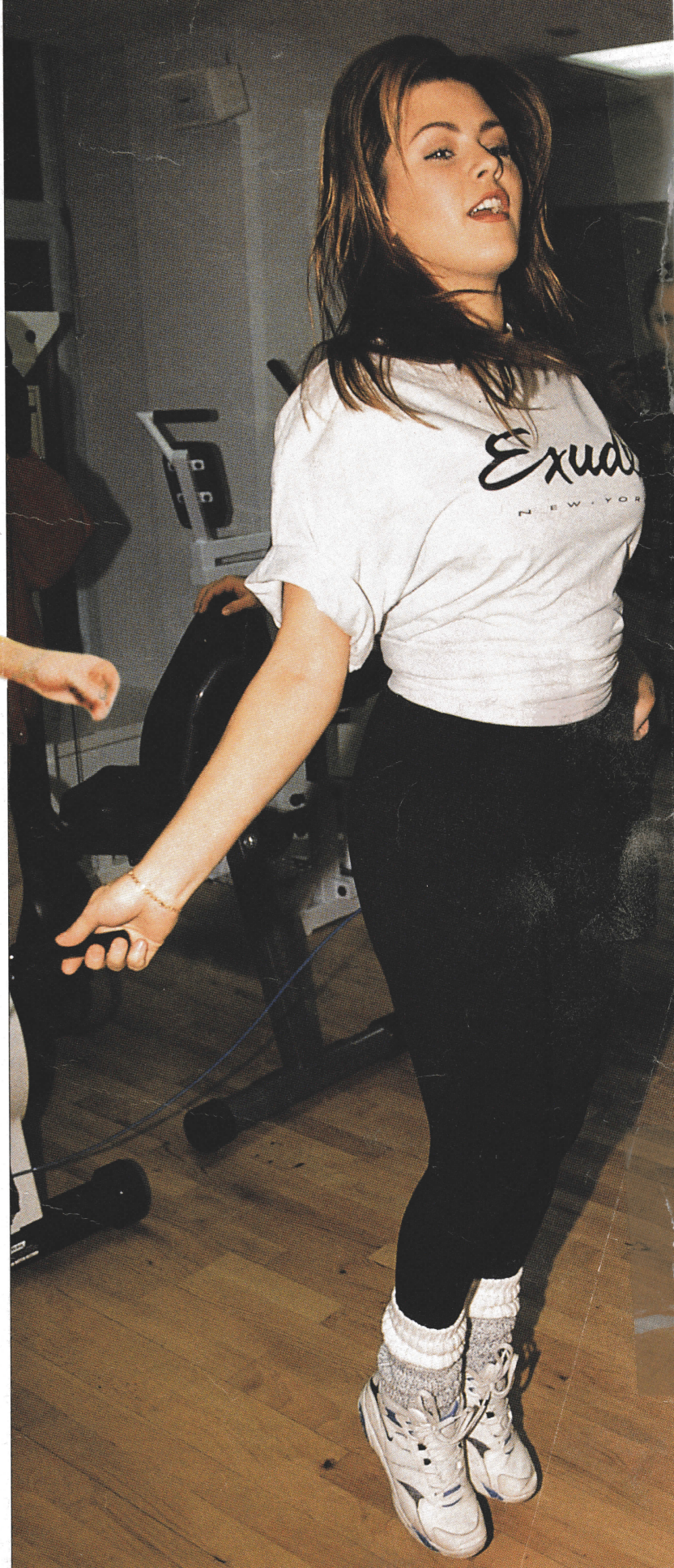
Perfection, however, is not emaciation, and Jackowski, author of *Hold It! You're Exercising Wrong*, has no wish to see Machado at 118 again. "She had done that by taking dieting pills and powders," he says. "That's not a realistic weight for her. She's an hourglass, not a small-frame woman. She'll never be thin. If she were, she'd be unhealthy." ■





▲ "After the pageant," says Machado (at 118 pounds when competing last May), "I ate no healthy food and did no healthy exercise."

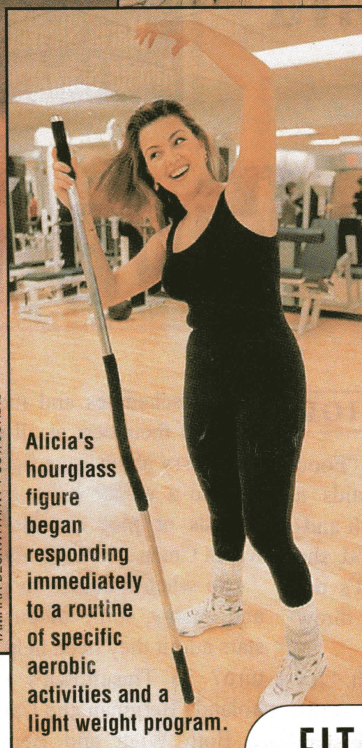
MARCUS/SIPA PRESS





**A former Miss Universe lost ten pounds in a week following this world-famous fitness guru's program.**

The way she was: Alicia Machado was a slender stunner the night she won the Miss Universe crown.



Alicia's hourglass figure began responding immediately to a routine of specific aerobic activities and a light weight program.

TAMARA BECKWITH/NY POST/CORBIS

**When she packed on more than 40 pounds while still Miss Universe, Alicia hired fitness expert Edward Jackowski to trim her down.**

again. "She did that through diet pills and powders," he says. He thinks her ideal weight is between 125 and 130 pounds.

### **A Real Woman's Story**

Well, he made a believer out of me. After following the fitness program he designed for me for two months, I lost six pounds. I still hate jumping rope, but I sure do like the results. And if I lose six more pounds, I'll be at what Edward considers my ideal weight—which, I must say, is a lot more attainable than the one in my head.

ger. Another body type whose faults are exaggerated by these popular workouts is the spoon. And yet thousands of American women who want to slim their hips are stepping and climbing away to no avail, he claims. "They tell me their step classes aren't working," he says. "They come in here, and I ask, 'Is your fitness program giving you the kind of body you want?' And they say 'No.'"

### **Jumping For Joy**

This doesn't make other gym owners, who've invested thousands of dollars in fashionable equipment and expensive aerobics teachers, very happy. And some of Edward's clients initially complain. "They say, 'Well, I like my step classes, or I like the stairmaster,'" he says. But he claims he wins them over when they see changes in their body within weeks.

"Buying a jump rope is the best fitness investment you can make," he says. But many of his female clients resist jumping rope

because they believe that it will damage their breast tissue. Edward scoffs at the idea. "Jumping rope is not bad for your breasts," he says. "We have women in here who are a 38D jumping rope." (Edward's fitness center Exude is located in New York City.) However, he does recommend using a good exercise bra.

Edward is a strong believer in eating fruit throughout the day, and in fact can often be seen peeling an orange as he walks around his fitness center. But fruit alone is not enough. He always warns women who want to lose weight not to starve themselves.

"The only way to correct problem areas is through exercise designed for your body type," he says. He doesn't believe in trying to turn a Jessica Rabbit into a Kate Moss. For example, Edward doesn't want to see Alicia at 118 pounds

## **FITNESS BY PHONE**

**E**xude, Inc., the nation's largest motivational and lifestyle company, offers a custom-designed, full-body workout according to your specific body type. Whether you live in Hawaii or Maine, you can take advantage of this individualized program that can be performed at your home, gym or while traveling. For \$150, you will receive the following:

- A 30 minute phone consultation with an Exude program director.
- Complete lifestyle assessment.
- Profile of your medical and orthopedic background.
- Critique of your current fitness program.
- Identification of your specific body type and recommendations for proper exercises.
- Set of custom illustrated exercise cards to show you exactly what to do.
- Copy of *Hold It! You're Exercising Wrong* (Simon & Schuster) by Edward Jackowski.
- Follow-up phone consultation.