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COURTENEY COX Exercise Keeps Her Going!

It's hard to believe that COURTENEY COX is critical of her appearance, but she's been known to make disparaging comments about her looks. "I don't think I'm pretty," she once told a *Star* magazine writer, though she admits she looks "decent" after a makeup artist and hairdresser have worked on her. Millions of fans would respectfully disagree—they think the size 2, 110-pound actress looks marvelous!

Courtney's excess weight tends to land on her hips. For the most part, the actress follows a sensible diet, and pasta is one of her favorite foods. She will indulge in candy bars after a few episodes of "Friends" have been wrapped, but exercise takes care of any extra calories she consumes.

There's a studio gym on the set of "Friends," and Courtney takes advantage of it by walking on a treadmill during filming breaks. She also loves taking classes, and one of her current favorites is Pilates®. These sessions, which Courtney takes three times a week, have been described as "a total body conditioning workout that emphasizes correct alignment and posture as well as flexibility and torso strengthening exercises." Many of the toners are done on and around a movable, flat wooden board attached to springs.

Power yoga is a variation of the popular Eastern discipline that encourages meditation along with toning. Courtney reports that these classes allow her to "work up a great sweat. It tones and elongates just about every muscle." She also says that these sessions are "a form of empowerment, which is good for a person with my anxious personality."



Sandra Johnson/Retna Ltd