



'Jessica is a big influence on my life!' says her friend and business partner **Michelle Purple**. 'I see how important health and fitness is to her. We hike together. And we eat out together a lot, so I know her habits. Her whole philosophy is to incorporate fitness into everyday life. For her, it's not a diet, it's more a lifestyle'

How does Jessica Biel keep such a tight and toned body? Well, not surprisingly, it takes dedication and a lot of hard work...

Health and fitness is a part of my everyday life,' says Jessica. 'I'm not perfect, but that's the goal!' Which could explain why Jess tried out a new intense fitness program called Live-in Fitness Enterprise Inc – a rigorous boot-camp style exercise regimen in California – after encouragement from her film production business partner Michelle Purple.

On the day, the pair were given a tough hour of running, lifting, crunching and squatting with trainer and gym owner Eric Viskovicz. 'I put them through the full gauntlet, pretty much what I would put a professional athlete through!' he says. 'On the whole, they did very well. Compared to the rest of the celebrities, I'd give Jessica an A.'

Long, strenuous training is often part of what it takes for the 27-year-old actress to get in shape for a film. 'I've worked out five hours, sometimes more, in a single day,' she says. 'I mean, not all the time! But, you know, if I'm training for a role or something, then yeah, I have worked out that much.'

We chatted to the star as she caught her breath after the workout...

Wow, that was a tough workout... and you're glistening!

Ha! No, I'm sweating. I'm not glistening.



OK! EXCLUSIVE
BOOT CAMP WITH JESSICA BIEL