Jessica Alba
Her Body & Career
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Jessica Alba says, a comically exaggerated eye roll: "I hate working out!" It's not what you'd expect to hear from an actress with one of the most enviable bodies in Hollywood, but the 33-year-old mother of two is surprisingly candid about most things. "It's boring! I really only did it when I had a job that was physically demanding. But from age 17 until I was 27, all I did were movies that were physically demanding—so all I did was work out all the time!"

Alba clearly knows the meaning of the word disciplines. Yes, she was born with a desirable genome—and the kind of naturally curly-but-slim figure that inspires characters whose entire wardrobe consists of bikinis—but she's worked tirelessly to make a good thing even better. The girl has earned her stripes.

"Jess is an animal," proclaims Jennifer Johnson, founder of The J.J. Dance Technique. The choreographer, dancer and fitness trainer helped Alba get ready for her role as Nancy Callahan, a hard-living stripper with a dark past, in the upcoming Sin City: A Dame to Kill For, codirected by Robert Rodriguez and inspired by Frank Miller's famed graphic novels. "She works like crazy. She's still hungry to make it happen. You know that saying, 'You have just as many hours in the day as Beyoncé'? It's the same with Jessica. She just uses those hours better, too."

Recently, Alba has been devoting many of those hours to The Honest Company, the eco-conscious personal-care brand she co-founded in 2012. On the morning of our interview at the company's offices, the first person to greet me is Alba's assistant, a pretty, blue-eyed brunette named Aya, who often pops up in Alba's Instagram feed alongside pictures of her daughters, Honor and Haven, in various stages of cuteness. Alba spots me across the room and waves me over to her desk, which is painted a deep shade of pink and sits in the middle of a grid of desks occupied by other Honest employees. There is no corner office here, and Alba is in the thick of it, in front of a computer, on a phone call, just like everyone else. She wears a floral jumpsuit, pointy black patent leather flats and a denim jacket, and her hair falls in loose curled curls around her shoulders. She could easily pass for a young creative executive, and in some ways, she is—though she also happens to be the boss. Her company has hired its 300th employee, inked a major deal with Target, and moved into this larger space. Alba took charge of sprucing things up, making the office warmer and more inviting with a vertical garden of succulents, plenty of natural light, teal accent walls and a communal dining area that has a honey-themed menu.

Lessons with a drama coach, which led to a number of television guest spots, including a small role on Beverly Hills, 90210. She was cast as a series regular on Flipper at 13. At 17, she was plucked from a pool of hundreds to play the lead in James Cameron's Dark Angel, then became a bona fide action hero in two comic book-inspired Fantastic Four movies. In recent years, her onscreen image has softened and changed a bit. Now audiences are just as likely to hear Alba's voice in a big-budget animated movie (Escape from Planet Earth) as see her play a supporting role in an indie comedy (like last year's A.C.O.D., with Adam Scott and Amy Poehler). Offscreen, her life reflects a similar evolution and balance. She's a wife (she married producer Cash Warren in 2008) and a mother to 6-year-old Honor and 3-year-old Haven. While she's become an icon for healthy, active living, she's still afraid to admit that she can't resist a bowl of chips.

"After I had Honor, my first child, I worked out to get back into shape. Then I stopped. Then I got pregnant with Haven, and I worked out a bit after I had her, but then I stopped once I hit a weight that I felt fine with, because it's just boring," she says. "Recently, I've started to work out for stress. I realize that I just need to give my mind a break. When you're being pulled in so many different directions—and I've done more this year than I have in the last six or seven—it's full-on. If you don't get rid of some extra energy, you can internalize it, and it becomes so unhealthy."

Her quest to create a healthier household for herself and her family doesn't stop with fresh food and minimal chemicals. Alba talks freely about working to maintain a happy, thoughtful relationship with Warren and finding much-needed downtime in between her obligations at work, on set and at what seems like a constant string of red-carpet appearances and photo ops. She may be all business during the week, but weekends are typically spent at home. "We hunker down with the kids; we have barbecues, go to the park," she says. "Weekends are all about family."

One of her most critical shifts has been finding trusted allies. Growing up, she says, "I never really had friends. When I was a teenager, I met friends through..."

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"I have the same food philosophy for myself as I do for my kids," she says. "We eat mostly lean protein and fresh fruit and vegetables, nothing processed or from a box, if we can. The kids will eat more fried food than I do, like homemade organic taquitos or fried chickens, and I think that's OK. We eat organic and non-GMO when we can, but we're not extreme. For me, when I don't eat a ton of carbs, I have more energy. But I'll for sure have a piece of chocolate. I will now throw a bowl of guacamole. If I'm not going to have dessert, I'll have a martini. You just can't do both, at least not every single day, because then you'll feel sluggish in the morning."

When she is preparing for a shoot, she'll order from a meal-delivery service, SimpleVida, which is owned by one of her trainers, Fred Khorsheidi. And she'll step up her already impressive exercise routine (for details, see "Jessica's workout," next page)."
my cousin, because I didn’t go to school, and they’re still my girlfriends today. But I was pretty insecure, so I wouldn’t put myself out there. I was more guarded and afraid of being rejected.” Today, Alba relies on a group that includes model-actress Jaime King and model-philanthropist Kelly Sawyer Patrick, who is a co-president of the nonprofit Baby2Baby, which serves families in need across Los Angeles.

“Kathy has been my anchor. I literally had no friends who had kids when I was pregnant, and she opened up a whole world for me,” Alba says. “She was the one to tell me you can be connected to yourself as a woman and still be a hands-on mom. You don’t have to stop being a great friend and a great wife.”

She curves out friend time whenever possible, whether it’s a vacation with everyone’s families or a shared workout, shouting a conversation over blasting hip-hop music. Finding even an hour to spend with her network of confidantes requires as much dedication as the rest of her life, but it’s equally important.

“Jessica’s workout

“She’s been exercise so long that she knows what works for her body,” says one of his trainers, Fred Khorsheid. “So the biggest challenge is to never let her get bored.” Here’s how she mixes it up.

TO KEEP IN SHAPE
One to two power-yoga sculpting classes per week with Omar Lopez at Hot and Yoga in Beverly Hills

“His class begins with meditation and a warm-up followed by a high-intensity Vinyasa flow,” Lopez says. “That way light weights for more traditional sculpting exercises.” Alba says for a wider range of motion and minimize fatigue.

• Six to eight minutes of strength training with 3-5-pound weights, biceps curls, lateral raises and triceps “skull crushers.”
• Six to eight minutes of interval training in which Alba alternates sprinting and brisk walking for 1 minute each.

TO AMP IT UP
In preparation for her Sin City: A Dame to Kill For role, Alba danced for up to three hours a day with L.A.-based choreographer and fitness trainer Jennifer Johnson.

“Kathy said in and we would just play around,” Johnson says. “Her body is already a work of art, but her legs and arms are so defined.” To try it at home, just turn on the music and move. “Put together a playlist and go for it,” Johnson says. “There’s no wrong way to do it.”

TO STAY MOTIVATED
Alba’s secret weapon is music, preferably hip-hop or power pop, played loud. Her current rock-out tunes:

• “Drunk in Love,” by Beyoncé
• “Fancy,” by Iggy Azalea
• “Hollaback Girl,” by Gwen Stefani
• “Turn Down for What,” by DJ Snake and Lil Jon

her gym bag go-tos

• Under Armour workout clothes
• New Balance running shoes
• Zico Natural Premium Coconut Water for a postworkout thirst quencher
• The Honest Company hand sanitizer spray, organic lip balm and conditioning detangler spray

Positive force
“My friends and I work out together—it’s more fun that way,” Alba says.

DRESS
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BEAUTY NOTE
For a flawless complexion like Alba’s, try Chanel Les Beiges All-in-One Healthy Glow Fluid SPF 15; $45.