



1 month after

Jan. 19, 2003



3

**months
before**

Sept. 22, 2002

CYNTHIA NIXON

Losing weight by exercising for 20 minutes two times a week? It works for the 36-year-old *Sex and the City* star, whose sessions with fitness guru Fred Hahn involve very slow muscle movements on eight different machines. "She gets strength training," he says, "and an aerobic workout in one."