



Cindy Crawford

She was one of the original '90s glamazons, and at 46, Crawford still looks great. Just don't say that to her—ever. "I hear the 'still' more than the 'great,'" she says. "Because, like most women, I'm insecure at times."

Did you think about aging when you started modeling?

"Not at all. It's the self-centeredness of youth. I thought 35 was old."

Do you feel young at 46?

"I don't feel young anymore. There are great things that come with being older: You feel more comfortable in your own skin."

Are you more confident now?

"I'm more accepting. I think that comes off as confidence, but it's not—I'm just more comfortable."

You jumped on the skin-care bandwagon early.

"I met Dr. [Jean-Louis] Sebagh [her partner in Meaningful Beauty] when I was 28. He's my skin-care mentor."

What's his best advice?

"Pick a weight and stay there. It's not good for your skin to stretch, contract, stretch, contract. Other than my pregnancies, I've been able to stay five pounds on either side of the weight I chose."

Has your diet changed?

"As a young model, I would have a bagel for breakfast because that's what they had at shoots. I don't really eat that way anymore. I try not to have the empty calories, though I do have chocolate every day. That's worth it to me. Right after my kids, I did the Zone. Now I'm more about not eating a lot of animal proteins. I've definitely noticed a change in my body. My jeans fit loose, and that's a good feeling. But if my husband is having a steak taco, and I want one, too, yeah, I'll have one."

What's your workout right now?

"My trainer, Sarah Hagaman, comes to my house three times a week. It's an old-fashioned workout. I do lunges and dead-lifts on the Power Plate; it gives a little extra core strengthening. On the weekends, if I can get a hike or a walk in, I feel good about that."