

ROMANCING WITH THE STARS

Celebrity couples make their nontraditional arrangements look glam, but are their dating and mating habits a good idea for the rest of us? SELF's happiness expert, psychiatrist Catherine Birndorf, M.D., weighs in. —Andrea Bartz



Gossip Girl's Ed Westwick and Jessica Szohr

Should you...hook up with a coworker?
Think it through first. Sharing a passion for a profession can be a solid basis for a relationship. Yet having your boyfriend a few feet away can also be distracting on the job, especially if things go south. Proceed with caution if Cupid strikes your cube.



Nicole Richie and Joel Madden

Should you...have a kid outside of marriage?
Check your commitment. There are plenty of ringless couples raising happy children. But in general, vows make a relationship harder to walk away from. Anything that spurs you to iron things out rather than bail is a boon to kids' well-being.



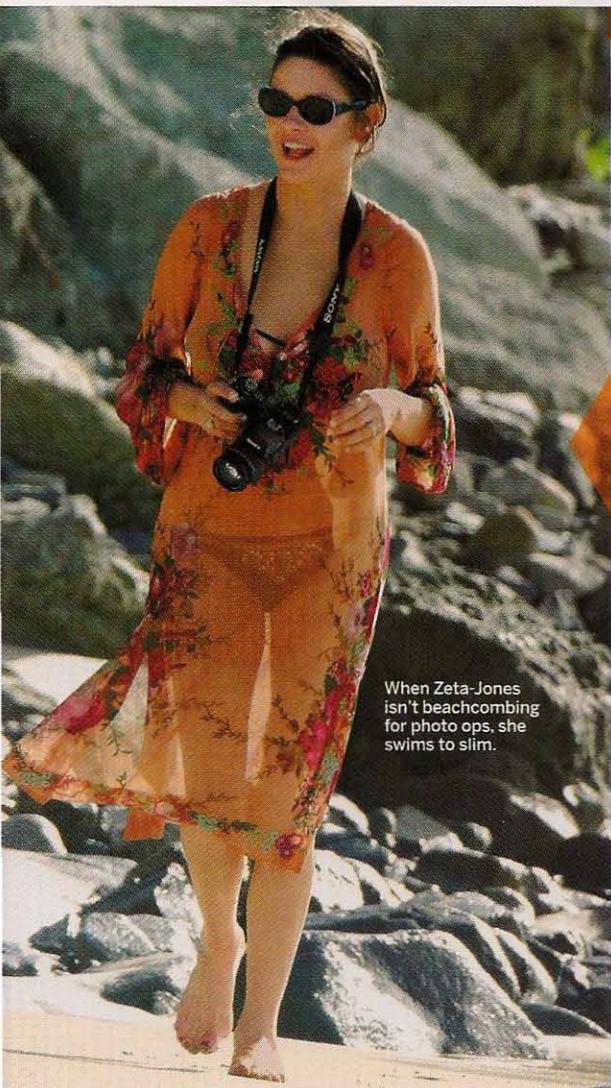
Gabriel Aubry and Halle Berry

Should you...be with a (much) younger guy?
Don't hold back! Whether a bond lasts has little to do with your age or his. What does matter: being in sync maturitywise and having a knack for navigating bumpy times. If the only thing stopping you is the year on his license, go for it.



Sarah Silverman and Jimmy Kimmel

Should you...date and break up ad nauseam?
Fuhgeddaboutit! An on-again, off-again pattern signals a mutual inability to work through issues. Unless you both resolve to approach your problems as a unit, end it for good. Life is too short to waste on a relationship that's headed nowhere.



When Zeta-Jones isn't beachcombing for photo ops, she swims to slim.

SPLISH, SPLASH—GET FIT IN A FLASH!

For smart stars, beaches and pools aren't only for showing off their sleek physique; it's where they get it. Water provides about 12 times more resistance than air, making muscles expend extra effort, which translates to more sculpting and calorie burning. Another bonus: You can exercise longer because you won't overheat. Cool, huh? —Amy Levin-Epstein

CELEBRITY	HER WET WORKOUT	MOVE TO MIMIC
Catherine Zeta-Jones	Swimming "It hits all of your muscles," says Margie Pedder, former Olympian, now coach at New York University in New York City, who advises doing a variety of strokes (backstroke, breaststroke, freestyle) to tighten up all over.	Kicking with fins (\$29; Tyr.com) "They add resistance that ups toning in butt, thighs and hips," Pedder says. "You firm faster because you have to put more power into every kick."
Mariah Carey	Water aerobics "You can do it in the ocean or a pool," the singer has said. And she does, with her trainer, Patricia Gay, in hour-long sessions of heart-pumping exercises—plus she jogs with a noodle (\$3; AnthonySylvan.com).	Froggy jumps In mid-chest-high water, jump, lifting knees to chest, 30 times. "It works abs, hips, thighs and calves," says Lynda Huey, author of <i>The Complete Waterpower Workout</i> (Random House Publishing Group).
Julia Roberts	Deep-water strength and cardio "You can do the same moves as you would in the gym, with an even greater range of motion," says the actress's trainer Kathy Kaehler. The payoff? More effective total-body shaping.	Underwater hamstring curls Strap on an Aqua Jogger (\$51; AquaJogger.com) to stabilize yourself in the deep end, legs down. Bend right knee, bringing heel toward butt. Alternate legs for one minute.

