

10

WHAT WOULD GWYNETH DO?

THINK YOU'VE GOT IT HARD trying to balance motherhood, your job and the occasional gym workout? Well, imagine just how hard it must be for poor Gwyneth Paltrow. Between her high-flying movie career, rock-solid superstar marriage with Coldplay's Chris Martin and keeping her kids, Apple and Moses, on the macrobiotic straight and narrow, she's barely got time to work in a two-hour Pilates session with her celebrity personal trainer. Shame!

Never fear, multi-hyphenate Gwynnie is always keen to share her parenting tips. Here's the goop, oops, scoop from the new Martha Stewart herself...

"I ONLY LET THEM WATCH TV IN FRENCH OR SPANISH. WHEN I'M IN FRANCE, I GO TO BEAUMARCHAIS AND BUY ALL THEIR CARTOONS"

Words: Kate Ferrera. Pictures: Greatstock/Splash News.



"Oh, how my heart leaps when I see them munching down kale with brown rice"

"I would rather die than let my kid eat Cup-a-Soup"

"EVERY WOMAN CAN MAKE TIME [TO WORK OUT] — EVERY WOMAN — AND YOU CAN DO IT WITH YOUR BABY IN THE ROOM. THERE HAVE BEEN COUNTLESS TIMES WHERE I'VE WORKED OUT WITH MY KIDS CRAWLING AROUND ALL OVER THE PLACE. YOU JUST MAKE IT WORK"

"At the airport I see people eat Burger King. I mean, you can always bring homemade chia seed bites and a travel-sized bottle of organic argan oil on any flight instead of using or eating crap! Chia seeds are rich in omega-3 fatty acids and argan oil boosts skin collagen levels. People are so quick to reach for brand-name products and pre-made foods when you can find happiness and health in your own home!"