

OK! StyleWeek

BEHATI PRINSLOO FACE OF AN ANGEL

What's Behati Prinsloo's secret to a runway-ready body? *OK!* got the scoop from the Namibian beauty as she prepares to strut her stuff in the year's most hotly anticipated fashion show.

What's different about this year's Victoria's Secret Fashion Show?

It's in London for the first time, and it's going to be a black-tie affair. The girls are so excited. We're all very close, so it feels like we're going on holiday together.

How do you amp up your fitness routine before the event?

When it's a month away, I try to do something active every day and focus on nutrition. Right now, I'm trying to eliminate bread — that's always my big problem!

Any specific exercises to share?

Some girls do boxing, others do Zumba; it's really about what works for your body. I love yoga and Pilates, which are great for long, lean muscles, plus a little running and light weights.

Your husband, Adam Levine, is a known yoga fanatic. Do you work out together?

We do! He motivates me a lot, and it's great to have him around before the show. We're both pretty active, so it makes our relationship a lot of fun.

THE VICTORIA'S
SECRET FASHION
SHOW AIRS TUES.,
DEC. 9, AT 10 PM ET
ON CBS