

STREISAND: A STAR IS

NG hit the big 6-0 in
Barbra Streisand's
for her own personal
of Youth has taken
arly halfway around the
to the Mediterranean

id to transform herself
abby Girl back into a
Girl, the legendary
ainer and her hubby,
Brolin, have rented
5,000-a-week yacht.
re using it as their
al gym, learning yoga
y cruise among the
esque islands off Italy.
bra is desperately
to turn back the clock,"
e close to the megastar
LOBE.

only way she sees
that is to work less,

more
gently
tice

bra
e 60,
love
no
an 40
ing."
exclu-
photos
Babs
rolin,
doing
yoga
under
dance
private
as
ating
enter
past
nd of

and
e both put on quite
weight recently and
has done much
ng," confides the

ve realized they're
ng any younger and
ded to do something
o get back into shape
w down the aging

LOBE reported two
ago, Streisand was
ed by the thought of
D and was constantly
g to friends that
es growing older.

"It was a depressing mile-
stone for Barbra," a close
friend of the couple tells
GLOBE.

"It made her take a good
look at herself, and she
didn't like what she saw - the
wrinkles and the extra
weight. It infuriates her that
she doesn't have the ability
to stop time."

But the source adds,
"Barbra isn't one to complain
for very long. She's used to
fighting for what she wants
and doing whatever it takes
to get it."

Experts say the singer
and her hubby couldn't have
chosen a better way to hold
back Father Time.

They decided on rigorous
Bikram yoga - a series of

26 poses - to
help increase
flexibility
and tone the
body.

"Yoga is an
excellent
way to look
younger,"
Amy Hendel,
L.A. fitness
guru and
CEO of Body-
Jam.com,
tells GLOBE.
"It tightens
muscles and
strengthens
bones.

"In short, a
regimen of
diet, exercise
and vitamins
like A, E, C
and all the Bs
will combat
the effects of aging."

And those are the battle
tactics Streisand is using.

"She's doing the exercise
thing, has started a healthy
diet of lean meats and
vegetables and she's taking
the recommended vitamins,"
reveals the source.

"She'll never have any kind
of plastic surgery.

"Barbra knows she has a nat-
ural beauty and all she needs to
do is improve her everyday
habits so she'll be able to slide
gracefully into old age."

- ROBIN MIZRAHI



Gym dandy
Brolin's love
with exercis
trainer to he
learn yoga. I
the guru first
her hubby en
for the flexib
pose. They al
muscle-tonin
which Brolin
impression o
signaling a to