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By: Mihaela Stroia, Entertainment Editor



[Jennifer Aniston Hired A Personal Trainer For Vanity Fair Covershoot](#)

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Jennifer Aniston wanted to look perfect for the Vanity Fair covershoot, so she hired a personal trainer, recommended by her best friend, former Friends co-star Courteney Cox. The trainer, Shayne, who describes himself as a martial arts master, yoga teacher and lifestyle coach, is a Budokon expert. "By exploring the physical, emotional and spiritual body through movement, diet and meditation, the student works toward achieving truly sustainable health, wellness and personal power." He adds of Aniston: "She started with me last summer. But she's a busy woman so she tries to get in when she's in town." Because Jen's very laid back. It's good for her to get some of that fire energy out."