

## January Jones Shows Off Fit Figure In Vintage-Inspired Swimsuit



January Jones is channeling her *Mad Men* character Betty Draper! On Monday, the 43-year-old actress rocked a vintage inspired swimsuit on social media, showing off her strong-is-sexy body. "Going Grey Gardens," she captioned the snap of herself, rocking a green Shani Shemer Swimwear swimsuit featuring a

plunging neckline, tie waist, and puffy sleeves. How does the actress and mother keep herself so fit? Read on to see 7 ways January Jones stays in shape and the photos that prove they work—and to get beach-ready yourself, don't miss these essential 30 Best-Ever Celebrity Bikini Photos!

#### **4. Her Diet Is All About Moderation**

"I don't deprive myself of anything. If I want something—steak, a bagel—I'll eat it. There's no diet or strict set of rules," she told Shape about her diet. She also starts eating later in the morning. "I don't get hungry until around 10 a.m., but since I usually do Lagree at 9:30, I'll make myself eat a banana beforehand so I don't get too shaky. Then I have a MacroBar afterward and eat lunch around 11:30—usually salad, soup, or a sandwich," she revealed. "I love to cook for my son and me. For dinner, we like salmon with french fries, and we make pasta frequently. We try to have lots of green veggies."