

Celebrity Fitness Secrets

By: Dana Damato

Read more at:
StyleToMe.com



> Spring is here, so what does that mean? Summer is just around the corner! It is vital that our bodies look their absolute best during the months it will be exposed the most. For this spring season, these celebs know exactly what to do to keep themselves in shape and feel fabulous while doing it. The trends in diet and fitness are always changing in Hollywood, leaving us to wonder who is doing what and the best new way to keep a slender silhouette. More recently, trends seem to follow the same pattern amongst the stars and it is the most simple of them all; working out and eating healthy.

Gwyneth Paltrow's spring diet consists of a seven-day elimination. Her trick includes liquid meals and snacks (lemon water, coconut milk and occasional handfuls of berries and almonds). "I like to fast and detox a couple of times during the year, the most hardcore one being the Master Cleanse... It was not pretty, or easy. It did work, however." Or

take it from the all American beauty, Jessica Biel, who follows a strict diet that bans salt, dairy, sugar, and flour. Biel said she would eat several small meals every few hours to keep her metabolism revved up and to get her through an intense workout schedule. A noticeably trimmer Jennifer Lopez has said that her only diet is a strategy of eating anything she wants in moderation. However, when this American Idol judge wants to drop some weight, she cuts out the carbs and hits the gym. Coming from a mother of four, Brooke Burke has taken Pilates for around 10 years, but when she's not working out, she focuses on her nutrition. She never starves herself, eats regularly, and occasionally splurges on pizza and chocolate chip cookies. If a team effort is what you need to stay motivated, exercise lover and Hollywood beauty, Cameron Diaz and beau Alex Rodriguez are the epitome of a duo who stays in shape. Being spotted numerous times keeping up their fitness by join-

ing in grueling boot camp style and regular workouts that consists of activities like surfing, hiking and paddle boarding. The beloved singer, Carrie Underwood, managed to go from size 6 to 2 by following a regular workout program and also a well balanced diet plan. Her secret is to always have breakfast; this gives you lasting energy throughout the day to complete your daily activities. Moreover you should also skip drinking alcohol and sugary drinks and in lieu of them, drink more water and teas.

Getting in shape like a Red Carpet celeb is easier to obtain than you may think, and we all want to look our best for the moment we hit the beach. Now is the time to get rid of all those high calorie snacks in your pantry, get outside and exercise, and before you know it you will be showing off a trim and slender bikini fit body! <