

# FITNESS SECRETS OF THE STARS

WHAT KEEPS THESE CELEBRITIES LOOKING CAMERA-READY? A WHOLE LOT OF MOVING AND GROOVING



## REESE WITHERSPOON

The actress admits she counts on her girlfriends to get moving. "I'm like, 'Ok girls! What are we doing today?'" shares the star. It's usually running, spinning, yoga or Body By Simone, which incorporates dance and light weights. "Physical strength is important," she adds Reese.



## ADRIANA LIMA

She may have the body of an Angel, but this super model knows how to pack a punch! The Victoria's Secret veteran stays fit with a sweaty, boxing-based workout that includes plenty of jump rope. "It's my passion," she says.



## KHLOÉ KARDASHIAN

The gym bunny regularly shares snaps of her sessions with trainer Harley Pasternack, but exercise alone does not a revenge body make. Khloe makes sure to refuel with a healthy breakfast - "oatmeal and a protein shake" - after her morning sweat.



## BROOKE BURKE-CHARVET

The fit mother-of-four works hard year-round to stay in bikini body shape. "I always pencil in my workouts there so I'll really do them," she says. Normally that's five days a week of cardio and Pilates mixed up with booty and ab sculpting circuits featured on her own fitness DVDs.

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GETTING YOURSELF INTO CELEB-LEVEL SHAPE? SLIMFAST NUTRIENT-RICH PROTEIN SHAKES WILL FUEL YOUR WORKOUTS AND FIRE YOUR METABOLISM, HELPING YOU LOSE WEIGHT IN NO TIME

As any A-lister knows, workouts alone can't produce red carpet-ready results — a healthy diet plan centered on nutritious high-protein satisfying foods is essential to weight-loss success. It's a lesson Danielle, a 31-year-old E.R. nurse in Miami, learned recently, after she started relying on SlimFast's delicious shakes and smoothies, each packed with 20 grams of protein,\* to keep her feeling full and energized — and lost 25 pounds in the process! "It inspired me to be more active," Danielle says. "Now, I'm more engaged in outdoor sports, playing basketball, running trails, swimming and cycling." Try one of her favorite recipes, right, and for more information visit [slimfast.com](http://slimfast.com).



\*Danielle used the SlimFast Plan for 26 weeks and was remunerated. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet.



Lost 25 pounds!†

## SLIMFAST STRAWBERRY CHEESECAKE SMOOTHIE

### INGREDIENTS

- (1 serving, 21 grams of protein\*)
- 1 scoop SlimFast Advanced Nutrition Vanilla Cream Smoothie Mix
- 1 serving Fat-free Sugar-free Cheesecake Instant Pudding Mix
- 1 tbsp. zero-calorie sweetener
- 1/4 cup strawberries
- 1 cup fat-free milk
- 1 cup ice

\*per shake when prepared with fat-free milk

