

# The Secrets To A Celebrity Body

(NAPSA)—Whether it's dieting, working out or consulting a nutritionist or fitness expert, the stars have many secrets for achieving a healthy physique.

Steve Zim, celebrity fitness trainer, has worked with numerous stars. Here are some of the tips he provides to celebrities to help them get into shape, which you can incorporate into your own diet and fitness routine:

- **Motivation is key.** Give your efforts focus by identifying a goal. However, don't hold on to unrealistic expectations: Proper nutrition and exercise are not about becoming someone else but making what you have the best it can be. So allow yourself time to find the proper workout and healthy dietary habits that will change your lifestyle.

- **Eat smaller and more frequent meals throughout the day.** Between four and six smaller meals eaten at regular intervals helps maintain your energy level.

- **Protein is important in the diet.** You can get protein from many sources in addition to chicken, fish and red meat, but remember to watch your portions. An easy way to add other sources of protein to the diet is with a Steve Zim's protein pudding. Try this recipe: Add 1 package of JELL-O Sugar-Free instant pudding to 1 scoop of protein powder—mix them together dry—



then add 2 cups of 2 percent milk. Then you have your protein in tasty pudding.

- **Choose between-meal snacks wisely.** If you're looking to satisfy your sweet tooth, you can try JELL-O Sugar-Free gelatin or JELL-O Sugar-Free pudding cups. These ready-to-eat snacks contain 10 calories per serving and 60 calories per serving, respectively, and come in a variety of flavors.

- **Add a cardiovascular workout to your day.** Even if it's for only 30 minutes, cardiovascular activity is an important element of an exercise regimen. It provides benefits beyond a better physique: It makes you feel great, reduces stress levels, maintains energy and helps you relax.

For more tips from Steve Zim, check out his book "Six Weeks to a Hollywood Body," or visit [jello.com](http://jello.com).