

5 Celebrity Fitness Secrets For A Great Beach Body

By Josef Brandenburg

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#1. Marissa Miller – Don't drink your calories: Marissa told Cosmo "I hadn't had soda in about five years, and I came home to find this thing in the fridge that rolls soda cans out like a dispenser. I'm like, 'What are you doing to me?'" referring to her husband's new soda dispenser.

"There are almost no beverages with calories that aren't just pure sugar – juice included. Sugar spikes insulin and insulin makes you tired, fat and hungry," says Brandenburg.

#2. Jason Statham - No refined sugar or flour at all: "That's the hardest part right there," says Stratham. But it helped him drop 17lbs in 6 weeks.

#3. Jessica Alba and Eva Longoria – Do squats and lunges: "A hard body takes hard exercise. Its squats and lunges, not jogging that gets you buns and thighs like Jessica and Eva. They rev up your metabolism and have a hormonal impact after the workout that keeps your body burning fat," says Brandenburg.

#4. Elisabeth Röhm (Law and Order) – Stay away from the carbs: "[Its not just about looking good] I want to do a lot of things in life, and more protein makes me more energetic," Röhm told USA Today.

"Most people in Hollywood have figured out that eating fewer carbs and more protein makes you look and feel a lot better, but somehow this is controversial when you ask a Dietician," says Brandenburg.

#5. Katherine Heigl – Swing something heavy: "Three days ago, I did kettlebells - I think everyone should do them," Heigl told Red Magazine.

"Kettlebells are Russian workout tools that look like little cannon balls with handles on top of them. They're really versatile and fun to work with. Most gyms don't have them, but you can usually get away with a dumbbell instead," says Brandenburg.

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Josef Brandenburg is an award winning Washington DC based personal trainer and author of the body you want. He specializes in helping normal, busy people create the bodies they want in the time that they actually have. <http://www.thebodyyouwant.com> and <http://www.josefbrandenburg.com>

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Email [Click to email author](#)

Phone 202-316-1457
Address 1070 Thomas Jefferson St., NW
City/Town Washington
State/Province District of Columbia
Zip 20007
Country United States