

# Fitness Tips: 3 Secrets of Hollywood Stars



☒ These days, people spend much time at home. They don't just work at the desk, but also relax there, watching YouTube videos or using this [betting site in Nigeria](#). But it affects our health in a terrible way.

**Want to avoid the negative results of a sedentary lifestyle? Follow these secrets from Hollywood stars.**

## **Don't Get Carried Away With Sports Drinks and Protein Bars**

Do you still think your candy bar is made up of protein? But it tastes more like chocolate or cookies. It definitely has sugar and maybe some low-quality purified protein. A candy bar is no match for fish, poultry, steak, eggs or nuts.

Many sports drinks are high in sugar and sodium, and some also have caffeine, which can interfere with digestion. Sure, they can cause a sudden burst of energy, but it will go away just as quickly.

Jonah Hill managed to lose as much as 40 pounds. The main motivation of the actor was his beloved girl, and he managed to achieve success with the help of a complete rejection of alcohol, fast food, carbonated drinks and sweets. Now John leads a healthy lifestyle and regularly devotes time to sports.

## **Choose Intensive Workouts**

Working out with high intensity increases your metabolism. But in order to do so, you must visit your doctor and make sure that the increased heart rate will not harm you.

The most suitable exercises to “raise” the heart rate is a minute run at high speed on a treadmill, with a rope or running in place, you can also add kickboxing. Cardio workouts can be done on an empty stomach in the morning, which is the perfect time to burn fat.

Chris Hemsworth started preparing for the role of Thor six months in advance. To build muscle mass, the actor focused on strength training, and the basis of his diet were high-protein foods (meat, chicken, eggs), protein shakes, and unprocessed carbohydrates. Chris was constantly counting calories and amounts of fat, protein and carbohydrates.

### **A 15-minute Workout a day Is Better Than Nothing**

Of course, the best results come from a full-body workout. But if you're short on time, a regular 15-minute workout can produce noticeable results.

Drink 0.5 liters of still water before and after your workout. Don't skip breakfast, it should be the most calorie-dense meal of the day.

Kelly Osbourne has never been a slim girl, but it seems that the girl is pretty fed up with it, and she took up the cause. The first point in her struggle was giving up fast food. She also drastically cut back on pasta, white bread and sugar. She accustomed herself to exercise gradually. Regular exercises in the gym with an instructor gave the girl a trim body.