

# Jennifer Love Hewitt on a Diet During Holiday Season



According to [People](#), Jennifer Love Hewitt has decided to not indulge in her favorite foods this holiday season. The actress is preparing for her new movie, which will be filmed in January, saying, “I will be in lingerie a lot, so I’ll be working out. I will not be eating for the holidays.” She said that while her family enjoys food, she’ll be doing Pilates. “This year will be loads of fun for me,” she said sarcastically.

**What are some ways to stay healthy over the holidays?**

## **Cupid’s Advice:**

With the holidays approaching, it can be hard to stay healthy. Here are three ways you and your mate can stay fit:

**1. Exercise:** Set up a schedule with your partner on what days and times would be best to get fit together.

**2. Healthy diet:** Change your eating habits by throwing out all the junk food and meals with too much sugar. Instead, replace it with a diet that includes proteins, vitamins and carbohydrates.

**3. Sleep:** The amount of energy you have in a day depends on how much sleep you get. Go to bed on a regular basis for seven to eight hours a day.

**How are you and your partner staying healthy this holiday season? Share your comments below.**