

# Celebrity Diet: Top Fad Diets That Might Be Bad For You



By Mara Miller

You're taking a risk any time you try any kind of [celebrity diet](#). Not all of them are healthy for you, even though they may brag about all of the fantastic benefits of going on the diet. While it is healthy to lose weight in most cases, it's not good for you to rush into a new diet. Not only is it hard on your body, but some health trends can cause actual harm. It's important to err on the side of caution.

## Check out some surprising facts on

# these top celebrity diet fads that might be bad for you!

You don't have to completely avoid these fads all together. The Ketogenic diet, for example, can actually help women who have polycystic ovarian syndrome if it's done right. You may just have to prepare your body before you dive into [health advice](#) you have learned from your favorite celebs:

**Ketogenic diet:** Made popular when celebrities like Gwyneth Paltrow, [Kim Kardashian](#), and Rhianna tried it, the Keto diet is a top food trend that focuses on sending your body into "ketosis" by cutting out extra carbohydrates and sugar. It focuses on high fat content and adequate protein. The only problem that makes this potentially bad for you is that it will increase your desire to binge if you cut out a food group entirely. Try gradually cutting down sweets and carbs from your diet to prepare for the Keto diet instead of cutting out carbs and sweets cold-turkey.

**5-2 Diet:** This diet involves intermittent fasting and an intake of just 600 calories for the next two days. While this seems like a good idea at first, your metabolism will eventually break down as the body starts to go into starvation mode if you stay on this diet for too long. Always make sure you are getting enough food to keep your energy up.

**Juice Cleanse:** Juice cleanses seem great on paper. [Jessica Alba](#) and Miranda Kerr have tried this diet. It's been around a lot longer than the Ketogenic diet and the 5-2 Diet. The problem with this one is that you will lack fiber and other important nutrients if you stay on the juice cleanse for too long, and it can also slow down your metabolic rate.

**Were any facts about these celebrity diets surprising? Let us know in the comments below!**

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# Health Advice: Victoria's Secret Angels' Pregnancy Fitness



By [Katie Sotack](#)

With each Victoria's Secret fashion show, we're brought a parade of beautiful bodies strutting down the runway with toned arms and killer legs. These Angels are no stranger to a fit lifestyle even while pregnant. Models like Gisele Bündchen and Behati Prinsloo don't miss a beat because of their baby bumps. The Victoria's Secret Angels are here to prove [fitness](#) is an achievable lifestyle no matter the circumstance.

# Angels follow strict [health advice](#) to be runway ready with a baby on board. How can the average expecting mother use their [fitness tips](#) to stay toned?

Regardless of the situation, fitness requires dedication and an inner drive. Once you have that it's all about knowing where to start. Following the Victoria's Secret Angels' routines and tricks will give your pregnancy a healthy boost. Here are the [health tips](#) for a pregnant [celebrity workout](#) and [diet](#).

**1. Start before pregnancy:** During a sit down with your doctor, they're likely to say it's bad form to lose weight while pregnant. Not to mention the time to try strenuous workouts belongs before pregnancy in order to avoid stressing your baby. Being fit while carrying is about maintaining rather than achieving. This requires some planning on your part. If a fit pregnancy is important to you, begin a routine before you start trying.

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**2. Angel's workout:** The models follow a strict body sculpting routine. For the first six weeks of training exclusively engage in cardio like swimming, dancing, or running. In the following six weeks focus on interval workouts which involve building muscle. The trick to a lean muscle is keeping the weight low and the reps high. The ratio should be twenty minutes of cardio to 15-20 weight reps, alternating back and forth throughout the workout.

**3. A colorful plate:** Angel mummies don't count calories as

restricting can affect milk production and thus the development of your baby. Rather, pre-, post-, and during pregnancy fitness is about making healthy choices. Your meals should be colorful. Pile on the bright veggies to match with a white protein like chicken or fish. Carbs are essential as well, just lower the portion size and keep it brown (as in whole wheat/grain).

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**4. Post-pregnancy:** To lose weight post-delivery, it's recommended to begin with leisurely walks. Anything harder than that should be preceded by medical clearance and be relatively low impact. Move onto water aerobics for cardio before adding light weight lifting. Respect where your body is and know it won't spring back to its pre-pregnancy levels immediately.

**5. It's their job:** While working to emulate an Angel body during pregnancy it's important to realize your limitations. For Victoria's Secret models it's their literal job to sculpt and tone their body while making sure to eat right. But for the average person getting to the gym for hours and knowing exactly what to eat is challenging. Not to mention the pregnancy cravings and fatigue. Give yourself leeway to have an ice cream cone every once in a while.

**How do you stay fit during pregnancy? Share in the comments below!**

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## **Health Tips: Celebrity Diet**

# Suggests Supercharged Coffee



By [Emily Green](#)

It is common for people to see their favorite celebrities sharing their favorite products, diets, and much more on social media. Many people try out their favorite [celebrity diet](#) in an attempt to improve certain parts of their lives or their health overall. Actress Busy Phillips likes to include a supercharged coffee with two tablespoons of grass-fed butter or ghee, a tablespoon of Brain Octane Oil, and two scoops of collagen protein powder in her routine every morning. Phillips believes this part of her diet is an important part of boosting her metabolism and keeping her skin smooth.



# One of Busy Phillip's health tips is to include a supercharged coffee in your morning routine. What are some healthy coffee boosters that you can use to replace sugar?

While most people just grab their coffee and head out on the go, adding a healthy coffee booster to your morning drink can help improve your mind, body, and overall just improve your outlook on the day. Here are some of Cupid's favorite healthy coffee boosters:

**1. Cinnamon:** Adding some cinnamon into your coffee will not only leave you feeling warm and fuzzy, but fill you with antioxidants, anti-inflammatory properties, and much more. This can help keep any nasty germs away, and keep you feeling strong and healthy to take on the day!

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**2. Cocoa Powder:** Are you a big chocolate fan? Looking for a way to add that chocolatey goodness into your day? By stirring a spoonful of cocoa powder into your coffee, you can get that yummy taste while also getting antioxidants and vitamins that will help improve your heart.

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**3. Cayenne Pepper:** Even if you love all things spicy, be careful adding this into your coffee! Research shows that adding a spoonful of cayenne pepper into your coffee every day will not only give you that kick you need in the morning but can even help you live longer.

**4. Baking Soda:** If you have a sensitive stomach but need that caffeine in the morning, try adding baking soda into your

coffee. Doing so will cut down on the coffee's acidity, leaving your stomach feeling fine.

What are some other healthy coffee boosters to add into your coffee? Let us know in the comments below!

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## Celebrity Diet: Does Going Vegan Hurt Your Health?



By [Katie Sotack](#)

Reducing meat intake is becoming hugely popular in [celebrity diets](#). According to *Foodnavigator-usa.com* companies like



Beyond Meat are skyrocketing in sales because their branding has increased food options for vegan and vegetarian diets. This, coupled with people's growing concern over climate change, has added to the desire to reduce meat intake. However, celebrities like actress [Anne Hathaway](#) and food blogger Virpi Mikkonen on a vegan and vegetarian diet have expressed their concerns with a completely raw, plant-based diet. Mikkonen experienced early menopause. Hathaway lacks energy. Check out our [fitness advice](#) and [food advice](#) on how to remain healthy on a vegan or vegetarian diet!

## Here's some food advice on how to follow this celebrity diet trend but also stay healthy at the same time!

Adding raw, plant-based foods to meals have been all the rage for dieting tip articles, but to maintain a strictly vegan or vegetarian diet requires a lot of knowledge on how nutrition affects the body. Here are the facts to consider when switching up your diet:

**1. Up your protein intake:** If you're cutting out animal products, you could be cutting out the majority of your protein source. At the start of a plant-based diet, it's important to find other protein sources in nuts and lentils. Tofu is fine but be careful not to overeat soy-based products, which contain isoflavones, and can have ill effects on the body.

**2. There are different types of vegetarian diets:** Be sure to research different kinds of diets before you make any major changes for yourself. Some eliminate foods high in fat, like avocados, and others encourage minimal cooking. Find which diet works for you.

**Related Link:** [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

**3. Consult a nutritionist:** Not everyone can afford it, but if your insurance will cover it, contact a nutritionist. Whenever you drastically alter your diet it's best to speak with a professional to make sure all your bases are covered. If you can't afford a nutritionist or doctor's visit, make sure to do your research by checking out books on the diet you're seeking to emulate.

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**4. Mix and match:** Lacto-Ovo vegetarians, for example, eat only eggs and dairy produce. Pescatarians include fish. Beegans are vegans who eat honey only. There's no need to follow a by-the-book diet. If you want to enjoy a vegan lifestyle, but need to incorporate seafood to increase your energy go ahead!

**5. Listen to your body:** Above all be aware of your body. Listen to your natural instincts, if you're hungry, tired, and off-kilter in any way, adapt your diet to fit you and your needs. Everybody is different and there are no one-size-fits-all for a diet.

**Have you reduced your meat intake or gone vegan? What are your tips and tricks? Share your comment below!**

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## Food Trend: Peganism





By Megan McIntosh

The hottest [food trend](#) combines two popular diets, paleo and vegan. The paleo-meets-vegan lifestyle incorporates vegan-living with no animal products and paleo-dieting, which includes no dairy, grains, soy, legumes, or processed sugar. One health expert created Peganism as a movement toward healthier living. With Peganism, animal foods aren't completely out of the question like they are with a vegan diet. Your diet should center on plant-based products while incorporating high-quality animal foods into your meals. Take our [food advice](#) and try this new trendy way of eating.

## Here are some ways to get started with Peganism:

With all these food diet trends coming out every day, it's difficult to figure out which one is actually the healthiest. With Peganism, you take the core of two popular diets and combine them. According to the creator, Peganism is one of the healthiest ways to eat. It's so healthy that even Bob Harper,

host of *The Biggest Loser*, follows it.

### **So how can you start this new healthy food trend?**

**1. Avoid sugar:** Like with most diets, you're going to want to avoid any added sugar. Peganism is a more natural way of eating, so you don't want any added chemicals, either. That means avoid processed foods like chips and candy.

**2. Eat lots of plants:** Of course a diet that is part vegan is going to emphasize eating lots of vegetables and other plant-based foods. But luckily, it balances out with the ability to eat meat. As this is a part-Paleo diet, you're going to want to make sure that you're eating grass-fed, organic meat with your veggies.

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**3. Take it easy on the fruit:** Since we're avoiding added sugar, you also don't want to eat too much sugar-heavy fruits like bananas. You want to go for fruits like berries which tend to have less sugar. But think of these fruits as a treat, not an everyday snack.

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**4. Just say "no" to dairy:** Dairy is apparently not agreeable to many people which might explain the influx of non-dairy based milk on the store shelves. Avoid real dairy if you can. You should also try to avoid products containing gluten.

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**5. Meat is extra, not the main event:** Meat should be an addition to your meal and not the star of the dish. Think of meat as a side and vegetables as the main course. There should be way more vegetables on your plate than meat.

Veganism and the Paleo diet can both seem overwhelming but this newest food trend combines the two to give you more food options while maintaining that healthy eating lifestyle.

Are there any other diet tips you would give when trying Peganism? Share below!

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## Food Trend: Fermented Products



By [Haley Lerner](#)

The latest [food trend](#) that has been an essential part of many

[celebrity diets](#) is fermented food products. Food becomes fermented by letting it sit and steep until the sugars and carbs become bacteria-boosting agents. Carbohydrates are converted to alcohol or organic acids using microorganisms such as yeast or bacteria. Not only does fermentation help to preserve food like vegetables, but it produces food products that aid digestion, support your immune system and improve your skin health and your mood. Fermented foods are a great source of probiotics that provide beneficial bacteria to help improve your gut health. Luckily for you, we have a list of some great fermented food products to include into your diet.

## Try out the fermented food trend with these products!

**1. Kombucha:** This is what might be the holy grail of fermented food products. Kombucha is an incredibly popular beverage right now among health and fitness junkies. This drink is a fermented mixture of black tea and natural sugar. Kombucha becomes carbonated after fermentation and contains vinegar, B-vitamins, enzymes, probiotics and a high concentration of acid. The benefits of this drink are that it improves digestion, aids weight loss, detoxes the body, increases energy, supports the immune system, minimizes joint pain and helps prevent cancer.

**2. Pickles:** Who doesn't love a good sour pickle on the side of your favorite deli sandwich? If you do, you're in luck, because pickles contain vitamins and minerals, antioxidants and gut-friendly bacteria. Make sure to purchase organic pickles to get the full benefits of the salty snack.

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**3. Miso:** Miso is a paste made from fermented soybeans and



barley, brown rice or koji (a fungus). You might be familiar with this product as it's often used in the yummy Japanese broth of Miso soup. Some benefits of miso are that it has anti-aging properties, supports the immune system, lowers the risk of cancer, helps maintain healthy skin, promotes a healthy nervous system and improves bone health.

**4. Yogurt:** Probiotic yogurt is one of the most popular fermented dairy products. Yogurt brands that contain billions of active cultures can support digestion, healthy skin and blood pressure. Try to avoid yogurts that contain sugars!

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**5. Sauerkraut:** Yes, sauerkraut is a popular hot dog topping, but it also is an extremely healthy fermented food. This product is made from fermented cabbage and is high in dietary fiber, vitamin A, vitamin C, vitamin K, vitamin B, iron, copper, calcium, sodium, manganese and magnesium. Sauerkraut can aid circulation, increase digestive health, fight inflammation and strengthen your bones.

**Do you know any more delicious fermented foods? Comment below!**

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## **Food Trend: Yummiest Low-Calorie Desserts, And They're Vegan!**





By [Jessica Gomez](#)

The hardest part of dieting for many of us is the process of giving up the unhealthy deliciousness we love! However, there are ways to get around this! Instead of cutting out all sweets, go for low-calorie ones. Our favorite stars do it! They fit scrumptious desserts into their celebrity diet while keeping their calorie intake low, and still have that great celebrity body. So, we want in! Be ready to indulge in healthy deliciousness.

**Check out the latest food trend in the form of some of the most mouth-watering low-calorie vegan desserts out there!:**

The following recipes are to die for, and they're both vegan and healthy (as far as desserts go, anyway)!

**[Peanut Butter Pie](#):** Do you love peanut butter? Do you love pie?

Then you're gonna love this. Annie, a weight-loss expert, Holistic Health Coach, and PhD student at UT Austin, believes this is one of her best baked goods yet! This has a serving size of eight, and only contains about 62 calories per serving!

**[Skinny Chocolate Milkshake:](#)** Do you love chocolate? Do you love shakes? Well, we have a treat for you that's only 49 calories! Say what?! It's also gluten and sugar free, with low carbs. This is a flavorful drink with the thickness that matches a "regular shake." Also made by Annie, it's just a healthy piece of deliciousness.

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**[Dark Chocolate Cherry Bark:](#)** Do you like a nutty dessert? A fruity one? Alyssa Shelasky of *Apron Anxiety* and *New York Magazine's Grub Street*, created a combination of both! And it's only 95 calories per serving! Learn how to make it on the site by clicking the link above. Once there, scroll down, as it's the fifth recipe. This seems new and exciting!

**[Mini Vegan Strawberry Cheesecakes:](#)** Do you love strawberry? Do you love cheesecakes? Then here is a mini treat made up of only 10 -calories! Jenny Sugar from *Popsugar* states that these are easy to make. Enjoy this creamy, fruity treat. They're also very cute, so save them for yourself or bring them out during a party or get-together.

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**[Coconut Macaroons:](#)** Do you love coconut? How about macaroons? These are gluten-free, and are only 30 calories per serving! They're on the dry side, as well, making them safer to pop in your mouth without worrying about an excessive amount of calories. Katie, proud healthy dessert blogger, loves chocolate, and believes "in eating dessert every single day." With that being said, we should definitely trust what she's

talking about when it comes to these macaroons.

Which of these are you excited to try? Share below!

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## Product Review: Gripbell for a Full Body Workout



By [Rachel Sparks](#)

*This post was sponsored by Gripbell.*

Post-holidays means extra weight for most of us. With Spring followed by Summer right around the corner, the pressure to get your body back in shape is rising. Gripbell is the perfect

accessory to add to your workout routine when you're practicing Cupid's [fitness tips](#) and trying out those latest [celebrity diets](#)!

## Check out our product review to help you get that dream celebrity body!

Whether you're at home starting your workout routine for New Year's Resolutions, an experienced lifter, or recovering from an injury, Gripbell is designed to be both safe and versatile for your workout needs. The design features soft edges make it safe to use, prevents injury, and its ability to lay flat makes for an easily transportable workout for at home, at work, on the road, or on vacation.

What started as a Kickstarter project, Gripbell was officially released in June 2017. This new workout product offers a range of workouts that encapsulates the full body. With interchangeable weights ranging from three to twelve pounds, it's perfect for any body and virtually any age.

**Related Link:** [Celebrity Fitness Secrets: Funky Exercise Fads](#)

The revolutionary design combines the concepts of traditional handheld gym equipment, such as dumbbells, kettlebells, and medicine balls all into one device! Simplify your workout space and your workout routine with just one piece of equipment! Don't worry; if you love the way [Jessica Biel](#) looks after her famous kettlebell workouts, Gripbell can do the same!

The versatility of Gripbell is what makes this trendy piece of equipment so successful. It can be used to simplify workouts because it's three pieces of equipment in one. It can intensify your workout and is well suited for cross-training,

physical therapy, weightlifting, or even interval training sessions. Add Gripbell to workouts where you wouldn't normally have weights. Challenge your yoga, Pilates, or water aerobics routine by adding this flexible and water-safe product!

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If you're recovering from an injury, Gripbell is safe for you to use. It is regularly added to physical therapy sessions and rehabilitation plans because of its safety and versatility in use and weights.

Do you need another reason to add Gripbell to your gym essentials? When you purchase your very own set, Gripbell sends full body and muscle specific training videos that were developed by experienced fitness instructors. It's the perfect way to start or refine your workout routine! A full set costs \$245, or you can purchase single Gripbells based on weight, the three pounder starting at \$45. It's a worthwhile investment for your home gym!

We've fallen in love with the way Gripbell has changed our workouts and we can't wait for you to feel the same! Are you ready to buy your own? Check out their website at [Gripbell.com](#) or [Facebook](#) page!

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## **Food Trend: Seasonal Foods to Bring Spring Cleaning to Your**



# Body



By [Rachel Sparks](#)

Spring means open windows, light breezes, knocking out the dust from every corner, and of course, getting ready for the dream beach body workout. Why limit spring cleaning to just your house? Your body has all of that sugar and fat leftover from decadent holiday foods, and the cold weather of winter made it pretty hard to keep up with your workout routine. Try these four easy [food trends](#) to cleanse your body and gear up for summer.

## These seasonal food trends will

# bring spring cleaning to your body!

**1. Green smoothies:** Smoothies have been all the rage for [celebrity diets](#) for a long time now. If you have yet to jump on board with this liquid diet, you should really consider doing it now. Smoothies are an easy way to start your morning with lots of energy, but make sure you're looking up healthy recipes. Anything with berries, especially blueberries, and dark leafy greens cleanse your body, provide important antioxidants for repair, and give you a boost of energy. [Gwyneth Paltrow](#), one of the healthiest foodies in the celebrity world, is all about juice diets!

**Related Link:** [Find Your True Weight with the Incredible Dukan Diet](#)

**2. Turmeric:** This is a classic Indian trick that many people haven't quite accepted yet. Turmeric is that yellow stuff you see in a lot of curries (although distinct from yellow curry). Curcumin, the compound in turmeric that makes it yellow, helps with digestive disorders, liver issues, and inflammation. It's great for anyone with IBS or arthritis as a natural supplement, and that's in addition to the cleansing it does! Even [Beyonce](#) has used this detox to drop weight!

**Related Link:** [Celebrity Diet: Get a Red-Carpet Ready Body & a Healthy Mind by Eating these Super Foods](#)

**3. Green Tea detox:** Did you know one cup of green tea has more caffeine than a cup of coffee? The powers of green tea have been the latest rave, but for good reason. The chemical that makes green tea green, polyphenols, help rid the body of harmful chemicals. Studies have shown a cup of green tea a day helps reduce the risk of certain cancers, improves memory, and reduces belly fat. Maybe it's time to add green tea to the "apple a day" philosophy!

**4. Lemon water:** Lemon water is not being taken advantage of. If you're not starting your morning with a cup of lemon water (hot or cold) then you haven't felt utterly rejuvenated yet. Lemons contain antibacterial properties that purifies the blood and balances the pH of your colon. Nobody likes talking about the colon, but it really is quite dirty. Clean it up every once in awhile for much cleaner, easier, and healthier internal processing.

**Do you have any special food tips to get your body in shape for the summer? Share your advice below!**

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## **Top 5 Celebrity Diets That Actually Work**





By [Melissa Lee](#)

It's no secret as to why celebrities are always in shape – between their personal trainers and strict diets tailored to their body types, being fit is basically part of their job descriptions. Fad diets are also typically made famous thanks to the stars that try them out, but thankfully, they tend to pass their wisdom down to us in regard to whether or not they even work. In the mix of all those crazy diet tips (say goodbye to juice cleanses!), there are actually a few diets that are quiet effective – luckily, Cupid is here to explain which celeb diets work.

**If you're looking to lose weight, try checking out some of these celebrity diets and tips!**

**1. The Hamptons Diet:** Made famous by celebrities like Sarah Jessica Parker and Kate Hudson, The Hamptons Diet was created by a former medical director. Essentially, this diet is very

low-carb and focuses on consuming lean meats and healthy fats. Though it has been criticized for encouraging participants to completely cut out carbs, it has been proven to help those lose weight and keep it off.

**2. Balance:** Ayesha Curry recently opened up about her post-baby weight loss journey and how she managed to lose 20 pounds without completely restricting herself. She explained that her personal nutritionist encouraged her change her lifestyle rather than go on a temporary diet. Curry also added that she began eating densely nutritious foods (beans, smoked fish and avocados for example) and focusing on portion control.

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**3. Focus on quality eating:** *The Biggest Loser's* Jen Wilderstrom explained that one day of quality eating is equivalent to two weeks of workouts. She says that solid nutrition consists of a quality day of water, sleep and healthy food (proteins, healthy fats), and from there, it will begin to get easier as you form a routine.

**4. Eat breakfast:** Nike Master Trainer Marie Purvis emphasized the importance of eating breakfast in the morning, regardless of whether or not you're trying to lose weight. Purvis advises to eat 30 grams of protein within 30 minutes of waking up. While this may sound like a lot, she says that starting your day like this is essential for weight loss, staying lean, and powering throughout the day.

**Related Link:** [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

**5. Snack healthily:** When trying to get through that long gap between lunch and dinner, it's important not to munch on fatty foods. SoulCycle instructor Jera Foster-Fell says she likes to snack on dried fruits (simple carbs that give her a quick source of energy), while celebrity trainer Gunnar Peterson

prefers protein bars.

**What are some of your most effective diet tips? Share your thoughts below.**