

# Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It



By [Melissa Lee](#)

It feels like celebrities are constantly talking about their fitness routines and how they were able to shed the weight. Although they're not necessarily *normal* – with a team of personal trainers, chefs and nutritionalists, celeb weight loss is never surprising – the basis of weight loss comes down to eating right and working out, and that's a commonality among us and stars. If you're struggling to lose weight, look to the stars and use their tips to get fit.

# Check out these fit celebrities lost weight and how they did it! Plus, fitness tips.

1. [Khloe Kardashian](#): Perhaps one of the most famous celeb transformations, Khloe completely toned her body after being the victim of online bullying for years. Kardashian revealed that she likes to mix up her workouts and enjoy food in moderation instead of sticking to a strict diet. Kardashian says she has “finally learned to process things in a healthy way, and for me, that’s my ‘revenge body.’”

2. [Lady Gaga](#): Lady Gaga is another celebrity that has also been ridiculed for her weight, but continues to radiate confidence and beauty despite the haters. Gaga’s crazy tour schedule makes it hard to maintain her shape, so her personal chef said that her key to staying healthy is planning out her meals. On a day-to-day basis, Gaga’s chef says that he tries to prepare healthy, tasty and nutritious food so she has enough energy to make it through the day.

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3. **Chrissy Metz**: After facing a health scare regarding her weight earlier in the year, Chrissy made the decision to begin her weight loss journey. Since beginning, Metz has lost 100 pounds by following a strict diet of 2,000 calories and walking for 20 minutes every day. “Physically, I really am interested in just feeling better and not having to be put in a box,” Metz says.

4. **Gabourey Sidibe**: Gabourey was diagnosed with type 2 diabetes in 2016, and after dealing with lifelong anxiety, depression, and bulimia issues, she decided to undergo weight loss surgery. Though this was prompted by her diagnosis,

Sidibe still chose to seek help from a nutritionalist and a personal trainer, all of which aided in her weight loss. Her trainer boosted her daily workout regimen, and Sidibe says that, "I wasn't cheating by getting it [the surgery] done. I wouldn't have been able to lose as much as I've lost without it."

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**5. Oprah:** Despite dealing with years of struggling with her weight, Oprah eventually lost an impressive 42 pounds by making a mental adjustment. She says that thinking positively helped her find pure happiness, and giving up numerical goals on the scale helped her lose weight. Oprah explained that the intention behind her weight loss was not about the number on the scale. "It's in the way you see yourself fitting into your life. Embracing your life. Honoring your life. Having reverence and appreciation for your life."

**What are some of your weight loss tips? Share them below.**