



Trainers to the Stars: 5 Tips to Staying Fit This Holiday Season

Audrey Cook | November 23, 2013



(<http://www.cheatsheet.com/view-image?x83053>)

With the holidays right around the corner, it's no surprise that many will be tempted with heaps of decadent [holiday](#) desserts and going back for seconds in the presence of a gourmet feast. Instead of making it a New Year's resolution to work off the holiday weight, trainers to the stars are offering tips on how to stay on track this holiday season.

Tip No. 1

This tip is applicable year-round and from the trainer and best-selling author, Harley Pasternak, who has worked with Lady Gaga, Katy Perry, and Megan Fox. His advice: park a few blocks away from the holiday [parties](#) or restaurants you're going to so you will have to walk a bit in both directions, burning off freshly-eaten calories.

Pasternak also reveals a second tip to *Yahoo! Shine* (<http://shine.yahoo.com/the-thread/celebrity-trainer-tips-to-avoid-the-pounds.html>), great for attending buffet-style restaurants. "Eat slower; you'll feel fuller and then by the time you go back, you'll choose less."



Tip No. 2

This tip is from [Hollywood](#) trainer, author, spokesperson, and mom, Kathy Kaehler, who has worked with stars including Cindy Crawford, Jennifer Lopez and Jennifer Aniston. She writes in [Fitness Magazine](#) (<http://www.fitnessmagazine.com/blogs/fitstop/2011/12/12/fitness/5-celebrity-trainer-tricks-to-stay-on-track-all-season-long/>) to watch what you drink just as much as you watch what you eat. Holidays are filled with opportunities to enjoy cocktails, but those calories add up and [show](#) on the scale. Kathy recommends drinking a glass of water before and after each cocktail to keep hydrated and to keep one feeling full.



Tip No. 3

The next tip comes from trainer to the stars Jeanette Jenkins. She's not only founder of The Hollywood Trainer, but her résumé also includes training celebrities such as Robin Thicke and Kelly Rowland. Jenkins knows the holiday season generally entails traveling and leaving the gym behind. Her solution: "Do active things with your family and friends like skating, hiking, swimming, skiing, snowboarding,

salsa dance classes, touch football, or dancing. This way, everyone can still visit with each other and burn calories at the same time,” she tells *Upscale Magazine* (<http://www.upscalemagazine.com/en/living/healthfitness/item/126-holiday-help-br-celebrity-trainer-jeanette-jenkins-offers-you-her-best-tips-to-staying-fit-over-the-season.html?tmpl=component&print=1>).



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Tip No. 4

“Give yourself one meal a week. Christmas dinner is only one meal, not a three-day-long event. For that one meal, say, ‘I’m going to have some candied yams and pumpkin pie and potatoes.’ That’s it.” Bobby Strom, fitness trainer to Jessica Biel, Britney Spears, and Blake Lively shares these words of wisdom to *Yahoo! Shine* (<http://shine.yahoo.com/the-thread/celebrity-trainer-tips-to-avoid-the-pounds.html>). As for the days leading up the holidays, Strom says it’s a mind-over-matter process resisting temptation. “Before you eat something think, ‘If it’s not worth it, don’t waste it.’”



Tip No. 5

Weigh yourself daily. Marco Borges, trainer to Beyoncé, Shakira and Gwen Stefani tells *PopEater* (<http://www.popeater.com/2010/12/24/beyonce-trainer-weight-loss-tips/>), “If you find yourself a pound or two heavier, it’s easier to correct the behavior that caused it rather than waiting until the new year to realize you’ve gained 15 pounds and not only have to deal with the added weight, but also the mental

feelings of defeat that hold you back.”

These are just a few tips to help you stay on track while being surrounded by scrumptious food this holiday season. Do you have any additional pointers on how to avoid the inevitable holiday pounds? Share it with us!

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