

The Hills Star Lo Bosworth on Cocktails, Turn-Ons and Workouts

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This blonde bombshell upgraded from the reality TV scene alongside best friend, Lauren Conrad, on *The Hills* circa 2007 to 2010. She's since moved onto actual reality, and a clean, healthy one.

As an event hostess with the mostess, chef and lover of [fitness classes](#), [Lo Bosworth](#) prides herself on cooking with clean, whole ingredients, and trying all kinds of fitness classes including the [Nicole Winhoffer Method](#), [Soul Cycle](#) and SLT (on top of private personal training).

The New Yorker, by way of Laguna Beach, California, dished on her go-to party planning and [fitness tips](#), plus [her biggest turn ons](#) and what she [wishes she knew at 18](#).

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You've hosted [quite a few parties](#) in your day. What's a definite do? Any absolute no's?

A definite: Have a fully stocked bar...and then hide extra in a closet somewhere. (laughs) Something that's a definite no: trying to buy everything and get ready the day of. If you're hosting a party you should definitely get going at least three days before, make a plan and know where and when you're going to get everything. Have a friend come over and help you the day of. If you're by yourself and a maniac, trying to get things ready, you're going to be so stressed.

Any men's specific advice for a guy throwing a party?

Invite a woman over to help you! (laughs)

What's cocktail you find very popular?

Again it goes back to just clean, basic ingredients. I really like [tequila on the rocks](#) with a squeeze of lime...and most men like it, too.

And you're a classically trained chef, right?

Yes I am! I went to the International Culinary Center in SoHo. So classically French trained. And then my program also had an emphasis on farm to table cooking so it became more important to me.

Do you workout everyday?

Six days a week. I give myself one day off for my bones and my body to recover. Generally its Saturday that I take off—going into the weekend, hang out a bit, relax.

What other sports do you like to play?

I love to run. Apart from that, a bunch of classes...cardio classes.

Do you like a fit man? Does he have to be somebody who works out?

Honestly, yes. I workout so much that it's more just a lifestyle thing. I want to be able to [go to the gym](#) with you and play tennis, and when we're on vacation, go paddle boarding.

What do you look for in a guy? Biggest turn on?

His brain! Somebody who's really smart and really funny.

What's a deal breaker when it comes to men?

I think it's somebody who doesn't treat you with respect. As I've gotten older, dating somebody who wants to take you out on dates, and wants to meet your family and hang out with your friends is really important. If they're not willing to do that, I don't think they care about you that much.

If you could give any advice to your younger self, what would it be?

It would be not to stress the small stuff as much. It turns out that at the end of the day, if you worry so much about inconsequential things, it just gives you overwhelming anxiety that you can't get rid of. You have to take stock of everyday and if you have a roof over your head, and a healthy family and friends that you love, you're OK.

By [Amy Schlinger](#)