

9 Workout Tips From Top Celebrity Trainers

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1. Take 10,000 steps a day. Seriously.



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"No need for a gym, Spin class, or to start training for a marathon. Just move a little more all day long. Take the stairs, park further away from the grocery store, etc. I got rid of my coffee machine and instead, walk to get coffee every morning." —[Harley Pasternak](#), has worked with [Megan Fox](#), [Jessica Simpson](#), and [Katy Perry](#)

2. And invest in a heart rate monitor.



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"Monitoring your heart rate helps you train smarter not harder. And using the tool will help you check in with your body throughout your workout so you know if you're putting in the right amount of effort. Knowing that will help you reach a specific goal much faster." —[Michelle Lovitt](#), has worked with Courteney Cox, Lauren Graham, and Amber Valletta

3. Schedule your workouts and add them to your calendar just like any other important meeting.

"This is the appointment for your health. Take care of yourself so you'll be stronger and more capable of taking care of everyone else in your life." —[Jeanette Jenkins](#), has worked with Kelly Rowland, Pink, and Alicia Keys

4. Make sure whatever program you do—whether it's running, powerlifting or Pilates—that it's progressive, personalized, and sustainable.

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"If it stands up to the litmus test of meeting those three criteria you will greatly decrease risk of injury, get the best results, and most importantly get results that will last." —[Jeff Halevy](#), has worked with Ben Foster and the cast of Lone Survivor

5. Keep your nutrition on point.

"An apple or a protein bar are convenient choices that help boost your workout and give your body an extra edge when exercising." —[David Kirsch](#), has worked with Jennifer Lopez, Kate

Upton, and Liv Tyler (See more [fitness snack ideas](#) here.)

6. And don't forget to be consistent.

"If you find a way to make your workouts a part of your lifestyle, you will always feel and be at your best!" —*Astrid Swan, has worked with Julianne Hough and Kimberly Stewart*

7. Infuse intention and emotion into your movements.

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"Emotions stored in the body can cause imbalance and stagnation. With each movement you make, place any fear, anger, happiness, sexiness, confidence, or frustration into it. Clean your insides and be fresh!" —*Nicole Winhoffer, has worked with Lo Bosworth, Madonna, Mya, and Rachel Weisz*

8. Remember that a **little bit all the time does way more than a lot every now and then.**

"On top of that it sets you up mentally to make better choices with your eating and sleeping as well, which pays huge dividends in the long term. Not every training session has to be fire and brimstone...but keep your water handy just in case!" —*Gunnar Peterson, has worked with Khloé Kardashian, Kim Kardashian, and Sofia Vergara*

9. And never, ever forget to be kind to your body.

"Having the body you want begins with loving the body you have. Love yourself exactly where you are and start there. You don't have to be a certain number on the scale in order to feel confident in your own skin." —*Mandy Ingber, has worked with Jennifer Aniston, Kate Beckinsale, and Jennifer Lawrence*