



## Five Celebrity Wellness Tips You Need To Know

*the top tips + advice I've learned from working with  
celeb trainers and go-to wellness experts*



# Whitney Tingle

*Co-founder of Sakara Life, organic, plant-based meal delivery service that celebrities and wellness gurus love*

- “Your skin is a reflection of your overall health. We’ve all had skin issues, and though they’re not fun, your skin is a brilliant detective that lets you know when something isn’t right,” Tingle says. “Be grateful when your skin sounds the alarm.”
- Since your skin is a reflection of your health + diet the only way to truly heal the issue is to look inward at all areas of your life including diet, sleep, stress and hormones.



# Dr. Alejandro Junger

*Cardiologist + functional medicine expert, founder of the Clean Program, and health coach to celebs like Meghan Markle and Gwyneth Paltrow*

- There's always room to upgrade your health + feel better
- Health starts in the gut (and so do dysfunction/imbbalances in the body)
- Identify your "toxic triggers" and eat a balanced diet that is not perfect, but informed
- "We are all different we are all individuals that are the sum of many different things, whether it's genetic predisposition or whether it's the way our liver works or the activities we do."



## Dara Hart

*Celebrity trainer + Co-founder of Dogpound Gym  
(aka the most celeb Instagrammed gym in NYC)*

- We have the power to transform and create our own environment through our thoughts, attitude, and self-awareness
- Movement can be a form of meditation
- Start each day tuning in to what you need to live your best life; don't check social media or emails first thing to avoid starting your day in a reactive state



## Harley Pasternak

*Celebrity Trainer, fitness + nutrition specialist,  
best-selling author*

- Movement is a powerful piece of the wellness puzzle.
- We've all heard that 10,000 steps a day is the minimum requirement to be healthy, right? Hold on to your Fitbits, because according to this celeb trainer and fitness expert, 10,000 steps a day is not enough.
- According to Pasternak if you want to stay in shape, 12,000 steps is the daily minimum and to lose weight and burn fat, you need 14,000 steps.



# Lo Bosworth

*CEO of Love Wellness, Lady Lovin' Podcast Host,  
Wellness + Lifestyle Influencer @thelodown.com*

- "I've approached a slower, gentler way of working out in the past year, and it's helped me."
- Lo learned to quiet the noise of what she thought she "should" do, and instead listened to her body and started doing only what feels good for her.
- Lo openly shared her struggle with anxiety and depression and is an advocate for mental-health realness. She learned that nutrition + self-care are what help her stay well and feel amazing.



## Ready to ditch food perfectionism + anxiety?

My approach to wellness and nutrition is not one-size-fits-all. I believe in getting to know you, your goals, and your needs to work on a plan that feels exciting for you, not one that is overwhelming or feels restrictive or boring. Let's ditch food perfectionism and anxiety and help you reach your goals whether it's to see better results from your workouts, have more energy, get acne/breakouts under control, sleep better, or just feel better overall.

### **BONUS ALERT**

head to **this page** for a free  
20-min one-on-one  
consultation call