



LIFE

21 Fitness Pros and Models Tell Us How They Fuel Their Workouts

Sharon Feiereisen
November 5th, 2013

 Like 202  Tweet 6  14  Pin it

SIGN UP FOR NEWSLETTERS

Enter your email

We asked some of the top fitness experts and models to tell us how they fuel for their workouts.

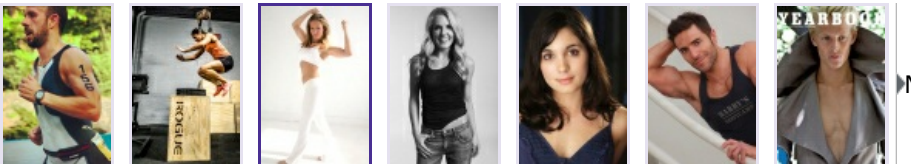
THUMBNAILS

3 of 21

FULLSCREEN



IN THIS SECTION



RELATIONSHIPS

HOW TO

DECORATING

ENTERTAINING

 SHARE ON FACEBOOK

 SHARE ON TWITTER

← **Freaked About Turning 30? Here's Why It's So Much Better Than Your 20s**

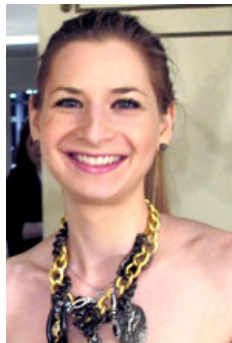
When Vogue Isn't Enough: Get Your Fashion Fix With These Alt Fashion Magazines →

- FITNESS
- HEALTH
- MODEL
- NUTRITION
- WORKOUT

Sharon Feiereisen

TheFashionSpot's Style Editor, Sharon Feiereisen, is a freelance lifestyle writer based in New York City. Her work has been published in Newsday, The Knot, AM New York, WHERE New York, Dan's Papers, and Hamptons Magazine, among many other print and online outlets. Check out her tumblr blog, [Random Happenings](#).

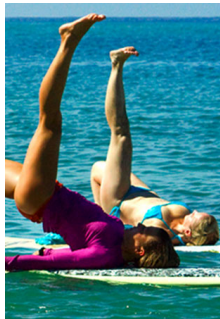
[Read more about Sharon Feiereisen articles...](#)



RELATED ARTICLES



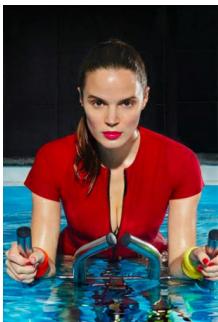
7 Creative Themed Parties Your Friends Will Love This Summer



The Glam Guide to Staying in Shape in the Hamptons



Maria Menounos: Beauty, Fashion and Fitness Tips For When You're Living Out of a Suitcase




14 Challenging Workouts to Take You Out of Your Comfort Zone


DIY


MUSIC


TRAVEL

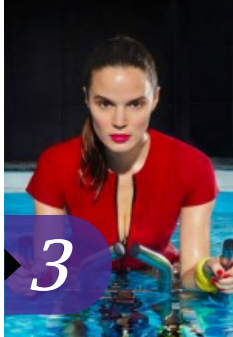
F O L L O W
O U R N : B O







1 

2  **Bodysuits and Thigh-Highs**


3 



4 



F O L L O W

Tweets

 **Anne-Marie Guarnieri** @AMG_OnTheGo
Thanks @fashion_spot for letting me talk @xovain, x
Retweeted by The Fashion Spot
Expand

 **The Fashion Spot** @fashion_spot
Teen and tween designers are getting their own Pro

Expand

OTHER FASHION NEWS



The Worst Celebrity Beach Bodies



Where Does Rihanna Buy Her Clothes?



13 Beauty Tricks Every Woman Must Know



7 Ways to Recycle Your Old Clothes



10 Horrific Trends Only Girls in Florida Think Are Cool



Sexy Swimsuit Styles for Curvy Girls



Style Snag: Can You Interview in 4" Heels?



The Best Recent Hairstyles of Leading Ladies Over 40

0 Comments

The Fashion Spot

Sort by Best ▾



Start the discussion...

Be the first to comment.

ALSO ON THE FASHION SPOT

"Summer Nail Polish Picks for Your Zodiac Sign"

1 comment • 8 days ago



Mey Mey — Great Post !!!<http://blog.shopandtrack.com>

"Maria Menounos: Beauty, Fashion and Fitness Tips For When ..."

1 comment • 4 days ago



Juetta West — Great tips Maria. One fitness fashion travel tip I find helpful to maintain my workouts and at the ...

"Custom Suit: Tailor ..."

1 comment • 19 days ago



Lorenz — I an excellent

"Jessica Hart Cannes"

1 comment • 13 days ago



polywan —

✉ Subscribe

➤ Add Disqus to your site

Tweet to @fashion_spot

RECOMMENDED ON FACEBOOK

Sign Up

Create an account or **Log In** to see what your friends think of this

15 Chic and Creative Ways to Tie a Scarf
1,771 people recommend this.

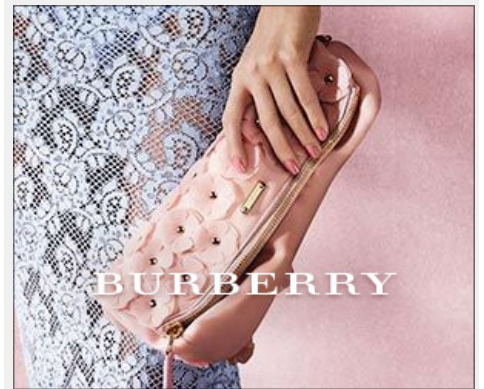


Nika Mavrody
10 people recommend this.



La Perla Ad Campaign Fall 2014 - theFashionSpot
38 people recommend this.

Facebook social plugin



For fashion news that's always #trending



SITES WE LOVE

POPSUGAR

Pretty Little Liars Returns! Time For a Lucy Hale Hair Moment

Find the Perfect Makeup Brush For Every

FASHIONOLOGIE

Reports of Print's Death May Not Be Greatly Exaggerated

14 Black, White, and Neutral Summer Outfits If

she FINDS
WHAT TO WEAR
WHERE TO GET IT

20 Front-Back Earrings That Look Hella Cool From Every Angle

Say Goodbye To The Heartbreak Of Being

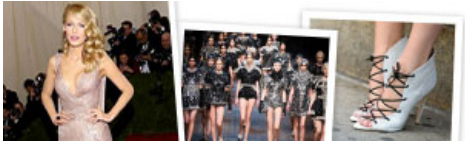
Web2PDF

converted by Web2PDFConvert.com

How to Get Rid of Nipple Hair and Other Breast-Related Beauty Issues

We Challenge You Not to Adore Lauren Conrad's Dress

Cara Delevingne Is Designing A Collection With DKNY, Beanies Definitely Included



For fashion news that's always #trending



ABOUT | NEWS | STYLE | BEAUTY | CELEBRITIES | LIFE | SHOP | BUZZ

TERMS & CONDITIONS | PRIVACY | SUBMISSION RULES | COMMUNITY

ADVERTISE

ADCHOICES

T H E F A S H I O N S P O T . C O M I S A P R O P E R T Y O F 2 T O Q # A A L Y H R E I R G H M T E S

TOTALLY **HER** theFashionSpot