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Reality star Heidi Pratt (Montag) is preparing to release her own workout downloadable series  
Celebrity Clothes

## [Heidi Montag Releases Workout Downloadable Series](#)

### *Reality star set on becoming a fitness guru*

Heidi Montag, now known as Heidi Pratt since she legally changed her name after marrying "Hills" co-star Spencer Pratt, is not really famous for being excessively shy in front of the cameras. Currently gracing the latest issue of Playboy magazine and an almost constant presence on the beach, where paparazzi never have problems finding her, Heidi is also gearing to share with the world the exact routine that has helped her get her fit body, [People magazine](#) says.

A favorite with the paparazzi and the tabloid media, they say Heidi would literally sell her soul to make a buck, which would perhaps explain her many endeavors aside from her career in television. Thus, she has already tried her hand at music and in fashion with quite the most unexpected, negative results - this time, she says passion and a love for working out are the main things that motivate her. Moreover, she won't be doing this alone, since she has the help of Chad Waterbury, her personal trainer.

"Staying fit is something I'm really passionate about. I work out with a strength-and-conditioning coach 90 minutes a day, five days a week." Heidi tells People. In the same interview, the star also admits to first going to see Waterbury because she wanted a more rounded backside, since hers was flat and did not look good at all since she was already rather skinny.

Now, following intense workouts, she gets to have the body she always wanted, a body she's no longer ashamed to hide - so she came up with the idea of putting out a downloadable workout series to help every woman out there achieve her goal. The Heidi workout series will not include only exercises and tips on maximizing each routine, though, the star explains. Also with the help of Waterbury, fans will get diet tips with the series, like what's best to eat before and after a workout, and which are the foods that must be avoided.

"The series features full-body conditioning exercises executed as rapidly as possible, 'so you burn fat faster,' says Waterbury, who does both light and heavy weights (think 75-lb. kettlebells!) with Pratt to give her body 'a hard look with a feminine shape.' The Heidi Workout will also offer nutritional advice based on guidelines Waterbury gave to the 22-year-old TV star. She avoids all 'white' foods like carbs, but fills up instead on lean meats including grass-fed beef - ('Heidi loves steak!' Waterbury says) - and green vegetables, apples and berries. 'Heidi has a really healthy appetite,' Waterbury adds. 'There's no way she is going to deprive herself.'" People magazine says.&nbsp;