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Hugh Jackman, in enviable shape as Wolverine in "X-Men" unificationfrance

## [Hugh Jackman Reveals Tricks to Staying Fit](#)

*The "X-Men" star also needs to stick to a diet and workout regime*

While women might often be tempted to think that men drew the longer stick in life, in the sense that what they have to do in order to fit to certain standards or to ultimately be accepted by their peers pales in comparison with what they have to do, it's famous cases like Hugh Jackman's that come to prove us wrong. Not only does this particular actor work out hard to keep that body fit, but he is also on a diet, as he openly admitted just recently.

Speaking with the media, the actor, who is to appear next in "X-Men Origins: Wolverine," revealed that a body like his didn't just fall out of the sky, and that serious work had gone into it, with even more required to keep it like that. For starters, as far as dieting is concerned, Jackman admitted that he wasn't on a specific plan but he was a believer in the golden rule of more frequent, but smaller meals.

"I get up at 4am and eat egg whites, then every three hours after that. I have a combination of protein or steamed vegetables and brown rice. Then after midday, no rice or carbohydrates. It's just vegetables and meat or fish." the actor is quoted by Showbiz as saying.

Training is also an important part of his life, Jackman reveals, having now reached a point in which not a day goes by without him training for at least an hour. "I train for an hour and a half a day, five days a week - weights, treadmill, rowing, everything. Then I do what my trainer calls 'a play session' on the sixth, which previously would have killed me in itself." he further explains.

To conclude on a brighter note for us, regular folks, Hugh Jackman also admits to cheating as often as he gets the chance. Going to show that it's not just women who can't live under the stress of constant dieting, the actor voted by People magazine the hottest hunk of 2008 says that he would never picture himself living like this until his old age. "I'm not going to live this way for the rest of my life. I do have treats, I love dark chocolate, beer and red wine. I love going out for dinner and do cheat sometimes." Jackman admits.