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Madonna's grueling exercise routine has been the subject of much speculation
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Madonna's Diet and Exercise Routine Revealed

The key to the singer's enviable slim figure is no longer a secret

Even if we're not all die-hard fans of Madonna's music or lifestyle, we can't help but look at her ultra-fit physique (minus the veiny hands, some would say) with a twinge of envy and wonder how she manages to keep herself so slim and yet so energetic. Some may argue that since she's such a versatile, world famous entertainer, it's part of her job to look good - however, while the "why" may be anyone's guess these days, the "how" is not that big a secret anymore. The answer to Madonna's enviable silhouette? A short-term diet that ensures a weight loss of 3 to 5 pounds a week over six weeks, combined with one to two-hour workout routines six times a week. "It's perfectly healthy", Madonna's trainer Tracy Anderson told US Weekly. "My formula works on everyone as long as they're consistent", adds the personal trainer, who has a studio in L.A and promises she can shape pretty much any body into a "teeny-tiny dancer type". The key to Anderson's fitness regime (and the key to Madonna's ultra-fit physical shape) is to constantly change the routine and mix dancing with other types of cardio training (such as treadmill sprints, jumping rope or running on a trampoline) as well as various other types of crunches and weight lifting. The constant switching will prevent any group of muscles from bulking up. As for the aforementioned diet, it bans processed food, dairy and just about all kinds of spices, which Anderson says are "bloating and upset your digestive system, which causes you to store fat", as well as any oil and sauce intake. Alcohol and caffeine are out of the question. The daily water intake, on the other hand, should be between 1.5 to 3 liters. Also, Anderson recommends only one serving of whole-grain carbs a day, preferably in the morning. Have a look at what Madonna has to eat on two separate days of her diet and make up your mind if you could bring yourself to stick to it, too. Keep in mind that while you don't have to eat the same thing every day, you can only mix and match complete days' menus if you feel your eating routine is getting too boring. Enjoy.

Sample daily menu 1
Breakfast 1 cup Kashi (wholegrain) cereal, with ½ cup plain - or vanilla - nonfat rice milk
Lunch 3 oz grilled chicken breast - or fresh turkey breast (no deli meat!) - with ½ cup each of chopped cucumber and tomatoes
Snack 1 cup mixed berries (preferably raspberries, blackberries and blueberries)
Dinner 1 cup organic pasta with ½ cup steamed spinach

Sample daily menu 2
Breakfast 1 cup Kashi cereal, with ½ cup plain-or vanilla-nonfat rice milk
Lunch 2 hardboiled eggs with ½ cup each of baby carrots and cherry tomatoes
Dinner 3 to 5 oz grilled sea bass with ½ cup steamed spinach