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Miranda Kerr's lean, toned body is the result of 4 weekly sessions at the gym and a strict organic diet, her trainer reveals. AskMen

Miranda Kerr's Workout and Diet Secrets

The slender frame of the Victoria's Secret Angel is the result of effort and dedication

At 26, Australian-born Miranda Kerr is one of the most appreciated and best-earning models of the moment, her contract with Victoria's Secret alone being more than enough to bring her international exposure and prominence, and a paycheck many other models can only dream of. She's slender and toned so, as expected, her great body is nothing but the result of relatively long hours at the gym and a very careful diet, as [How Celebrities Lose Weight](#) informs, based on her personal trainer's words.

Models, as a rule, must maintain their body lean, without building too much muscle mass. Miranda Kerr and others like her are admittedly the best example that being a catwalk queen is not really about starving oneself, but rather about a combination of good genes and strong motivation. This particular Victoria's Secret Angel for one can surely testify to that the myth of the starving model is nothing but just a myth, as she hits the gym 4 times a week and has been an organic dieter for longer than she can remember.

Her trainer, Justin Gelband, who also works with the other Angels, reveals that Miranda spends about four sessions of 75 minutes each at the gym, as the aforementioned e-zine says. Her workout is usually a combination of exercises targeting all muscle groups, but which places emphasis on her legs. Thus, Gelband says, Kerr does 30 minutes on her legs, 30 on her core, arms and balance, and 15 minutes on stretching afterwards. To keep her legs lean and toned (and, of course, cellulite-free), Miranda also does a 5-kilometer run and weight work, plus some boxing on the side.

Miranda has long been sticking to a strictly organic diet, her trainer reveals. Once he started working with her, he also placed more stress on focusing on eating healthy at all times so that she never lacked the energy required for her busy lifestyle and to avoid piling on the pounds. Consequently, Miranda's diet consists mostly of carbohydrates and lean protein-rich foods, such as egg whites, cottage cheese, oatmeal, vegetables, muesli, fruit and, of course, yogurt. For lunch she has something very light, like a salad with chicken or fish, while dinner mainly consists of fish, turkey or chicken and, of course, vegetables.

In the end, all this hard work pays off. Miranda Kerr is featured on the latest Green Issue of Rolling Stone, tied to a tree and wearing nothing but the chain that binds her to it. The issue is meant to draw attention to the issue of koalas in Australia, and is part of the Koala Foundation "No Tree, No Me" campaign, as [we also informed you](#) a while back.