



## Britney Spears Workout Routine and Diet

*"I don't like defining myself. I just am." –Britney Spears*

**Britney Spears is one of my favorite female celebs of all time.**

I want to profile the Britney Spears workout routine and diet for a couple of reasons. First, she's turning 30 this year (hard to believe, right?) and has never looked better. Not to mention she has two kids. Second, she didn't always look this good. She has had some highly publicized issues with weight gain in the past, but has since overcome them and gotten into back into phenomenal shape. This is important because a lot of readers can identify with this. Many of the celebrity routines I have reviewed display a near flawless lifestyle from the beginning. It's not always like that for everyone.



**Back in 2007, Britney struggled with binge eating.**

After losing custody of her children, she turned to burgers, chips, candy, and other sweets and reportedly got up to 160 lbs. To put this in perspective, she is 5-4, so this definitely put her in the overweight BMI category. She tried taking diet pills and diuretics, but as we all know, this is not a healthy approach to dieting. Of course it didn't help that she wasn't a fan of fruits and vegetables. This is also understandable. There was a point when I didn't like fruits and veggies either, but since I started eating them regularly, they've grown on me. She also drank a lot which wasn't helping her case.

**Since then, she has cleaned up her diet significantly.**

She now eats five small meals a day. These meals are healthy, small in size, and high in protein. An example would be something like eggs or grilled chicken. She has also cut out liquid calories. This includes booze which is key because excess alcohol suppresses fat burning.



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She has also eliminated drinks like Starbucks frappuccinos which are a few hundred calories a pop. This is like the equivalent of a meal! [Getting rid of drinks like this is a simple fix for someone who has them regularly.](#) Instead, you can enjoy a coffee with Stevia, cinnamon, and cream for less than 100 calories. She also replaced sugary fruit juices with raw fruits, which are much better for you. She currently maintains a 1,500 calorie per day diet six days a week and a [cheat day](#) once per week.

**Britney's overall workout routine is very simple.**

She enjoys working out, seeing it as a "spiritual thing". Since she travels a lot, she does quite a bit of cardio on the treadmill at least every other day and sometimes every day. She also incorporates some light resistance training. Before her most recent tour, she amped up her workout routine by incorporating five hours of dance per day. Without a doubt, the metabolic effect of this helped her burn even more calories and slim down even quicker. [Dance is one of the best activities you can do to increase your metabolism because it taxes the entire body.](#) This is yet another example of how celebrities undergo long, rigorous training in preparation for a role or event. Most women wouldn't have time for this and would benefit more from a workout routine that employs strategic resistance training and cardio for a slim physique such as [Visual Impact for Women](#).

**One aspect of Britney's workout that's not so simple is her ab routine.**

Below is a clip from the Ellen show back when Britney was 22. She was obviously in excellent shape from all of her dancing, but she took it a step further with her ab workout. [I don't know if she still does this now, but she used to perform 500 to 1,000 crunches per day.](#) Skip to the 5 minute mark to see her demonstrate a few of the variations that she does. Pretty impressive stuff. I hope she continues to succeed in music as well as in being a fitness role model for women. What are your thoughts on the Britney Spears workout routine?

