Fitness Magazine Shares Celebrity Workout Routines, Diet Secrets and Exercise Programs to Achieve a Red Carpet-Ready Body

FitnessMagazine.com features celebrity workouts, diets and exercises by Christina Aguilera, Madonna, Jennifer Aniston, Kelly Ripa, Paris Hilton, Jessica Simpson, and Angelina Jolie.

New York, NY (PRWEB) February 18, 2009 -- FitnessMagazine.com is sharing celebrity workout routines, diet secrets, and exercise programs to achieve a million-dollar body. Developed by the experts at Fitness Magazine, the website features celebrity workouts, diets and exercises by Christina Aguilera, Madonna, Jennifer Aniston, Kelly Pipa, Paris Hilton, Jessica Simpson, Angelina Jolie and more than three dozen other female celebrities.

"Forget the celery-and-seltzer silliness. Our extensive list of celebrity workout routines and diet tricks reveals the real exercises that top celebs do with their trainers to achieve a red carpet-ready body," said Stephanie Jones Wagle, Site Director for FitnessMagazine.com.

The Fitness Magazine website features more than 40 celebrity interviews, photos and videos about how celebrities stay fit. This includes:
* Abby Wambach, Soccer Star
* Alicia Keys' Butt Exercises
* Alison Sweeney, Host of "The Biggest Loser"
* Angelina Jolie's Butt and Abs Workout
* Anne Hathaway's Butt Exercises
* Ashlee Simpson's Back and Shoulders Workout
* Cameron Diaz's Abs Workout
* Daryl Hannah's Arms and Shoulders Workout
* Christina Aguilera's Butt Exercises
* Christina Applegate's Abs Workout
* Claire Danes' Strength and Lower Body Workout
* Demi Moore's Butt Workout
* Eva Mendes' Butt Exercises
* Gwen Stefani's Abs, Arms, and Butt Workout
* Halle Berry's Butt and Lower Body Workout
* Heidi Klum's Abs Workout
* Hilary Swank's Arm and Shoulder Exercises
* Jennifer Aniston's Yoga Workout
* Jennifer Garner's Shoulder Exercises
* Jennifer Lopez's Butt Exercises
* Jessica Simpson's Butt and Leg Exercises
* Julia Roberts' Arms and Shoulders Workout
* Julianne Moore's Butt and Abs Workout
* Kristi Yamaguchi's New Pilates Body
* Kristi Yamaguchi's Pilates Workout
* Dance Your Way to Fitness Like Laila Ali and Nikki Blonsky
* Lucy Liu's Abs Workout
* Madonna's Arm Exercises
* Madonna's Top 5 Workout Secrets
* Mandy Moore's Workout
* Maria Menounos' Krav Maga Workout
* Mary J. Blige's Butt and Hips Workout
* Naomi Campbell's Butt Workout
* Naomi Watts' Pilates Workout
* Paris Hilton's Abs Workout
* Queen Latifah's 21-Day Cardio Workout Plan
* Rachel Weisz's Butt Workout
* Reese Witherspoon's Arms and Shoulders Workout
* Sarah Chalke's Xflowsion Workout
* Sarah Chalke's Stay-Slim Secrets
* Sheryl Crow's Arms and Shoulders Workout
* Uma Thurman's Shoulders Workout
* Celebrity Workout Secrets: 17 Fitness Tips
* 12 Workout Secrets from Celebrity Trainers
* Spotlight on The A-List Workout
* What It Takes to Be an Olympic Athlete

View the workout routines at [http://www.fitnessmagazine.com/workout/real-plans/celebrity/](http://www.fitnessmagazine.com/workout/real-plans/celebrity/)

In addition, the Fitness Magazine website includes a Celebrity Fit Guide, which features:

- Get the latest celebrity workout secrets
- The Celebrity Workout Video

"Celebrity trainers reveal their fitness strategies for getting Hollywood's hottest bodies ready for the red carpet," said Wagle.

About FitnessMagazine.com
Developed by the experts at [Fitness Magazine](http://www.fitnessmagazine.com), this is the premiere Web site for exercise, health, and nutrition information. From our Personal Fitness Trainer to our healthy recipes, from Video Workouts to our free exercise logs, FitnessMagazine.com is the guide you need to help you reach your fitness goals and celebrate your successes.

Like the magazine, FitnessMagazine.com is dedicated to delivering strategies and tools that help women make little changes to achieve big success. With a you-can-do-it attitude, our workouts, health and beauty advice, diet plans and success stories motivate readers to get strong in mind, body and spirit. The magazine empowers women to embrace fitness as a lifestyle--not an age or dress size--and to change the conversation from "skinny" to "healthy."

For more information, contact:
Greg Jarboe
SEO-PR
greg.jarboe @ seo-pr.com
978-549-9537

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Greg Jarboe
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