



## THE DISH ON HOW CELEBRITIES STAY IN RED-CARPET SHAPE DURING THE FILM FESTIVAL AT EXTREME FITNESS

With over 500 actors attending the 2008 Toronto International Film Festival, Extreme Fitness clubs become a popular celebrity refuge during the festival. Not only do celebs have to attend the TIFF events, they are also expected to be fit and fabulous on the red-carpet. Yes, some of them have indigenous muscle tone and abs of steel, but for the most part, celebs, just like the rest of us, need to workout hard to stay in shape. In fact, with so much attention placed on their appearances, most A-Listers abide by strict workout routines that can't be interrupted by a ten day film festival.



Here are some celebrities training tips that will help you stay in red-carpet condition throughout the festival.

### HIRE A TRAINER AND HAVE A GOAL

Al Greene is Extreme Fitness's most sought after group fitness instructor and personal trainer. Al has worked with some of the top celebrities in Hollywood including Annie Lennox, Chris Noth, Peta Wilson, Woody Harrleson, Brooke Shields, Mary Tyler Moore and John Travolta, to name a few. Al says that one of the most common traits among A-Listers is that they come to the gym with a specific goal in mind. Having a clear understanding of what you want and communicating your goals to your trainer is the first step to getting the results you want.

### PRE-SCHEDULE YOUR WORKOUTS INTO YOUR FESTIVAL CALENDAR

Between the screenings, the press-conferences and late night parties, TIFF can be physically exhausting for both celebrities and festival-goers alike. *"If you pre-plan your workout appointments into your schedule, you will be less likely to miss a workout,"* said Greene. *"There is only ten days during the festival so if you fail to plan ,you can plan to fail"*

### PACE YOURSELF AT THE PARTIES

Yes it can be tempting to stay up all night at the after-parties and over-indulge on champagne and canapés, but over doing it wont help your looks or your workouts. Greene suggests limiting yourself to two or three beverages a night and to make sure to eat a healthy snack before going out so that you won't over-indulge on fattening festival foods . Furthermore, if you have an event scheduled for the next day, try to get to bed at a reasonable hour, so you won't be over-tired and hung-over for your morning red-carpet expose or workout.

#### **WORKOUT WITH AN ENTOURAGE**

While filming a movie in Toronto this past spring, Mark Wahlburg and his entire entourage were members at Extreme Fitness on Bloor Street. *"Wahlberg would always workout at the gym with at least four of his friends,"* said Extreme Fitness Bloor Street Manager Stephanie Beekhuysen. Workouts are more fun and successful when you do it with a friend.

#### **GET SWANKY AND TRY A SPIN CLASS**

This past July, Hillary Swank became a regular guest at Extreme Fitness on Bloor Street. The Million Dollar Baby starlet would come in, incognito, wearing a baseball cap and full cycling gear for her morning spin class. In a one hour spin class you burn up to 700 calories. Its no wonder Hillary is known as one of Hollywood's fittest celebrities.

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