

Fitness and Diet Tips From Celebrity Trainer Harley Pasternak | SweetFit

In the Spotlight: Harley Pasternak



When it comes to whipping celebs into shape, there's no one better than **Harley Pasternak**. Born and bred in Toronto, the in-demand trainer is now working his butt off as well as those of his A-list clients, like

Lady Gaga, Jennifer Hudson and Katy Perry in Los Angeles. During a recent stop in his hometown, DailySqueeze caught up with Harley for to chat about his fitness routine and the importance of «cheat» days.

Your diet plan *5 Factor Diet* says in order to be healthy and fit, people should work out five days a week (for 25 minutes), eat five meals a day made up of five food groups (protein, fibre, healthy carbs, a healthy fat and a sugar-free beverage). So, when it comes to food, what are the top five foods anyone following your diet plan should be eating?

First, Greek yogurt. It's full of healthy fats and protein as well as calcium and vitamin D. From there, something filling like garbonzo beans (they're full fibre and minerals and nutrients). Then comes a sweet fruit. I love Fiji apples. I put them in everything to sweeten up dishes. From there, egg whites

are great for protein and for cooking dishes from scratch. And my personal favourite is oats I use them for everything from mixing up pancakes to «breeding» chicken. You can check out some of my recipes [online](#).

Your diet also discusses this concept of a «cheat» day. Can we really eat anything we want one day a week?

Absolutely! Psychologically speaking, it's important to have one day where you can eat or do whatever you want without feeling guilty. There are no rules to getting healthy. All you have to do is try. I like to say you're taking five steps forward by following my plan; one step back (like a cheat day) won't ruin your entire healthy living plan. And, come on, if it's your birthday or a special occasion, you should never deprive yourself of something sweet to celebrate with.

What's the one thing people, even well-meaning fitness gurus, are doing to ruin their healthy living plans?

Drinking sugary drinks, from orange juice to pop. These drinks are loaded with sugars and calories that sneak into a person's diet, making them gain weight without even knowing it.

Speaking of sweet, do you have any favourite foods when it comes to cheating on your diet?

Nutella! I eat it straight from the jar with a spoon.

What's one fitness goal you're working on now?

Oddly, as I get older, my focus is on conditioning my body so I don't feel pain (from muscles aches to muscle tears, etc.). I'm really focusing on building my back and joint strength by doing very specific muscle strengthening activities.

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So what's your workout routine?

A lot of cardio. It's meditative for me. I hop on the stationary bike and get into the zone. My promise to myself is I'll never watch TV unless I'm on that bike. So I hop on and watch one of my favourite television shows (*The Office* or *30 Rock*).

Any advice for those who want to try your healthy living plan?

My advice is to make the program your goal, not the results. If you follow the program and enjoy it, the results will follow and your body and health will start to improve. You'll feel the difference. Find ways to work out that make you feel good (it doesn't have to be hopping on the stationary bike like me). You don't have to be perfect – no one is. Do this plan as it works for you. You deserve to feel this good.

For more tips from Harley, visit www.facebook.com/SplendaCanada