**Celebrity Workout Routine**

Directions: Choose a celebrity that has the body type you would most like to resemble. You will research on the internet to find his or her diet and exercise routine. You should provide a detailed description of what this person does for their fitness and nutrition. Be as specific as possible. Include days of training, reps, sets, exercise names, and other details you find in your research. Also include the foods they consume as part of their daily regimen. You will present this information to the class!

Celebrity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Provide a picture of your celebrity below:

Exercise Routine:

Diet: