



April 15, 2009

<http://www.thatsfit.com/2009/04/15/diet-like-youre-dancing-with-the-stars/>

Diet Like You're Dancing With the Stars



abc.go.com

From Cheryl Burke's perfect back to Edyta Sliwinska's legs that go for days, it's not terribly surprising that the professional dancers on "Dancing With the Stars" have rocking bodies. But what I love to see on the show are the [celebs who shed pounds and really get in shape while quick stepping and fox trotting](#).

Most of the celebrities on the show are still keeping up with their other jobs. [When Cameron Mathison was on the show, he was flying from west coast to east coast](#) in order to be on DWTS and "All My Children." So how do the stars keep up with the rigorous training schedule and still find time to give their bodies the proper fuel?

Many of the celebs rely on a food delivery service called [Freshology](#). [Lil' Kim](#) loves the convenience of the calorie-controlled meals. Past DWTS contestants and Freshology customers include Melanie Brown, Mario Lopez, Marlee Matlin, Laila Ali and Stacy Kiebler. Long before she donned the skimpy DWTS costumes, Denise Richards used the program to shed her pregnancy weight. Even host Samantha Harris has used Freshology's programs to look great in front of the camera.

You might not be dancing on TV, but **would you use a food delivery service?**