## **KEEP FIT FOR TV STARS**

Many probably thought about how TV stars always in shape

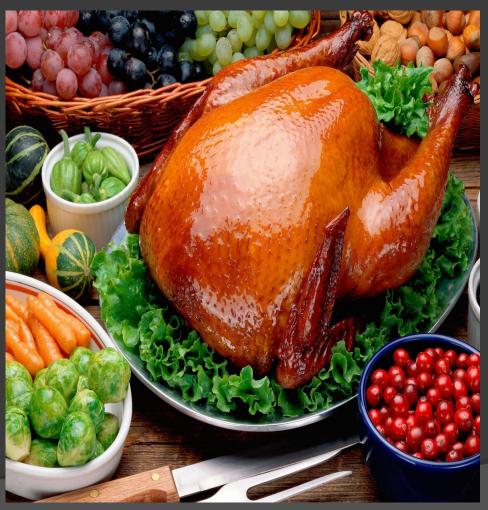






## Rules is easy

- 1. Eating the right food
- 2. Don't eating fast food









- Some meat
- Some nuts









## If you want to become a TV star eat the right food

