



BRITISH POP SENSATION AND FITNESS FANATIC

ELLIE GOULDING

The new hit “Delirium” and fan favorite “Burn” have earned pop artist Ellie Goulding an audience of adoring fans. Becoming a music sensation isn’t the only goal on her wish list. With a resume of marathons under her belt, the idea of movement is essential in her music and in her life.

On HIITing it until you’re drained:

When I’m not on the road, my trainer comes to my house a few times a week and we go for a run outdoors and then do weight training. Or I go to his Barry’s Bootcamp class. I like it because you spend half the session running and half doing weight and floor work. It’s great for endurance, and it keeps me superfocused. I take another class that’s 45 minutes of HIIT training, which is by far the hardest thing I’ve ever done. I come out feeling like something big just happened to my body, and I’m completely drained. Of all the workouts I’ve tried, this one has been the best for me.

On thinking strong, not skinny:

If getting stronger means getting more toned and slimmer, so be it, as long as strength comes with it. I’m happy with my figure. I never intended or tried to be skinny. It’s just not my thing.

On owning her vices:

I’m not ashamed to talk about my past. I smoked for a long time. I still drink alcohol. I believe you have to find balance. We’re expected to stay fit and eat healthy all the time, but that’s just never going to happen. We all have to deal with stress. Sometimes at the end of the day, I want to have a drink, and I’m not ashamed of that.

On eating like a champ...but not always:

I call myself an aspiring vegan. It’s challenging, but not impossible. You have to eat or drink a lot of greens. I make green juice for myself almost every day. I use bananas, avocado, spinach, broccoli – whatever is in my fridge. Sweet-potato fries and salad are my absolute favorites. They make the perfect meal. I eat a lot of quinoa and nuts, but I also love eating chips. It’s easy to be a bad vegan because a lot of junk foods are vegan!

Catch Elle’s newest hits and videos, and see and read about her in the December issue of Shape Magazine where she takes Center Stage looking Fit and Fab as Cover Girl. Shape.com and Fitnessmagazine.com.



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