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Celeb Fit Tips: Chaeza

Staying in shape is not difficult for this Puerto Rican sensation. Chaeza sings and dances and shakes her stuff in her role of “Peep Diva” in the “Peepshow” at Planet Hollywood. However, even a dancer and singer like her needs to be on top of her game to have her physique in its best shape to show off in front of a nightly audience from all over the world.

“I don’t diet but I try and watch what I eat. For breakfast I’ll have oatmeal, egg whites and orange juice or fiber cereal and lots of vegetables,” she said.

Although Chaeza does her best to not eat meat, she considers herself a flexitarian since she does eat a lot of salmon.

The former elite runner, who trained for Olympic trials with Marion Jones, still runs every day from four to five miles while she practices a little singing.

“It’s fun and it helps me strengthen my diaphragm,” she said.

The three to five miles she runs every day are not enough for this tough athlete, however, Chaeza says she also does squats and lunges to tone up the butt and the legs and sit ups every day for 15 minutes.

However, this bombshell reassures us she is still human and even fesses up to her weakness for Doritos.

“That is my biggest temptation, I do believe that everyone gets a treat and that is mine, but I know if I have some Doritos I have to hit the gym,” she said.