



## She Did It! Chelsea Krost

By Abby Elin April 12



Nineteen-year-old Chelsea Krost, the host of Teen Talk Live with Chelsea Krost, has struggled with weight since she was nine years old.

"I was always the cute, chubby kid," says Krost, now a freshman at Marymount Manhattan College, in New York. "It was a huge problem for me, but I kind of rebelled and instead of listening to my parents I ate what I wanted to. But when I got to the end of middle school I decided I didn't want to be chubby anymore. I didn't just want to be guys' friends anymore. I wanted to feel good with myself."

So she made changes: She started competing in dance, and also began eating fewer carbs. She changed from white bread to wheat bread, and ate more fruits and veggies.

Here are some more of her tips:

### What was the number one change you made in your life?

I hate the word diet! My family calls it a "healthy." No one should be on a diet, you should be on a healthy. Right now I'm a freshman in college. I never really had to stock my own fridge and cook every night and decide what I wanted to eat. Now, I'm learning how to cook and how to make better choices.

### What's the biggest challenge?

Dessert! I love my sweets. I have a huge sweet tooth for ice cream, cookies and chocolate. I have a lot of personal trainer friends and they taught me that it's all in moderation. If you have one block of chocolate a day it is not going to affect your diet. It's just that one block. It's also about self-control. Can you just have that one block or not? It's a mental thing as well.

And you have to want to do it. My 16-year-old brother just decided to make a change—he doesn't want to be the chubby kid. But he wanted it for himself. If you don't want to do it nobody else is going to do it for you.

### What's your favorite recipe?

I'm all about my chicken—I can have it breakfast, lunch and dinner. My favorite things are tons of spices, they have no calories. You don't need a lot of oil and butter—all you need is PAM in your pan. I take my chicken breast and throw it in a Ziploc bag and dump rosemary, oregano, peppers, salt and a little olive oil. I let it marinate and then I throw it in my pan so all of the spices get crusty. I also squeeze lemon on the chicken.

### What do you wish other girls knew about healthy eating?

A lot of my friends think I'm a little neurotic with food, but I just have to be more conscientious. If I eat pizza and cookies I'll gain weight. I think some people don't want to look like they're the outcast by ordering a salad instead of devouring pizza like everyone else. If that's what you want to do, stand up and do it! I have gotten my friends so much more health-conscious. I have taught them so much that they never knew. I'd tell them, "You know the Caesar dressing you're using? You might as well be having a cheeseburger. Get the dressing on side and you'll be saving yourself a lot of calories." You're never too young to start a healthy diet.

### How could parents or other adults help teens get healthier?

I think it all trickles from parents. Parents can make their kids neurotic and never let them have one French fry. I think parents should make it a fun, family experience. Some of my best nights at home were when we were all cooking and watching *American Idol*. If it's something you do together, everyone benefits by it.

### How do you stay motivated?

I absolutely love learning about nutrition and love going to the gym—I get a high when I leave. I feel energized, ready to finish my day. I go to the gym five days a week. If not, I go to yoga. I love to de-stress and escape from technology for 90 minutes. When I have a big test coming up, I go to the gym to get my endorphins pumping. I like what I see in the mirror. And when I like what I see it makes me want to keep doing it.

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#### Do you weigh yourself?

My mom taught me to steer clear of the scale. A number's a number. It doesn't represent how you feel when you put your jeans on, when you look in the mirror. The scale can be deceiving. Since I started college and go to the gym and walk everywhere I have definitely built more muscle. If I got on the scale I would weigh more. It's so deceiving. You should never be obsessed with the scale.

#### How do you celebrate your success?

I love food! When I pig out, I pig out! I can eat a lot of my guy friends under the table. Sometimes you just have to let yourself go. Sometimes I will eat whatever I want, and the next day I go back to my normal routine. If you deprive yourself of something for too long you're going to binge. You should never deprive yourself of food so you don't crave it as much.

#### What would you say to a girl who doesn't think she can do it?

There's no excuse. The only reason you don't think you can do it is because you don't want to do it. You need to find out what's going to motivate you to take the initiative to start. Once you start seeing the first results you're going to keep going. The beginning sucks—it's a different lifestyle, and a lot is going to change in your day to day. Just do it for a week or two—you'll feel and look get better. Everybody can do it. The time is now.

You can hear Chelsea on Teen Talk Live on [LATalkRadio.com](http://LATalkRadio.com), Wed from 7 to 8 pm, or go to [TeenTalkLive.net](http://TeenTalkLive.net).

Want to know more about the healthy changes Chelsea's family made? Check out the Q&A with Chelsea's mom, Cindi, on [Fitsmi for Moms](#).

