

Vegan rocker Gwen Stefani reveals her diet and workout secrets



Harper's Bazaar



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Gwen Stefani, who's pregnant with her third child, is fitter than ever at 44, thanks to a a vegan diet and rigorous workouts. Like **other superfit celebs**, Stefani admits being in top shape requires hard work and dedication.

"There is no secret: You just have to eat healthy, work out, and torture yourself!" Gwen told **Harper's Bazaar**. The toned, 5-foot-6 Stefani works out five days a week doing a combination of cardio exercise and strength-training and admits that staying thin is a "daily struggle."

Gwen, who has two children with rocker husband Gavin Rossdale, 47, says her strict fitness regimen is important for helping her look and feel her best. Stefani's workouts typically include high-intensity weight training combined with cardiovascular exercise.

"I work out five days a week, I can't imagine not doing it," said Stefani, whose reportedly **follows a vegan diet**. "I'd like to have no rules and eat what I want, but I've learned over the years that I'm so disappointed when I can't wear the clothes I want to wear."

"If I let myself down, appear on stage when I'm not looking my best, it's not fun for me. I just beat myself up about it.

Gwen, who's never photographed without her trademark platinum blonde hair and dramatic makeup (like her idol **Marilyn Monroe**), admits looking good is key to her self-esteem.

"I've always been a girl who loves to dress up," says Gwen. "I already put my makeup on twice today: I put it on to take my kid to school, and then I went home, washed my face, and put it on again to have lunch with you."

And while most women insist their husbands or boyfriends prefer them more natural-looking, Stefani says Rossdale, a longtime vegetarian, prefers her all dolled up.

"I like to make my husband like me more, and he likes it when I'm wearing makeup," she laughs. "I wear make up every single day. I like to wear make up for Gavin and I don't feel energized until I've put it on. Then I'm ready to go."

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