

Elizabeth Hurley Diet, Weight Loss, Exercise And Beauty Secrets: Bikini Body At 50 Wows

By Samantha Chang, April 11th, 2016



Liz Hurley's bikini body fitness secrets are an organic diet, Pilates and yoga workouts. (Photo: Instagram, Celebrity Health Fitness)

Elizabeth Hurley showed off her fit bikini body on Instagram wearing figure-flattering designs from her own bikini line.

Judging by her smoking-hot bikini body, it's hard to believe Hurley is 50 years old.

Liz's anti-aging beauty and fitness secrets are an organic diet and regular workouts that include Pilates, yoga and running, as **Celebrity Health Fitness** has reported.

Liz admits she hates to exercise, but is active every day to stay healthy.



Liz Hurley says an organic diet is responsible for her glowing skin, toned bikini body and youthful appearance. (Photo: Instagram, Celebrity Health Fitness)

“I don’t do a lot of set exercise, but I’m very active and run around all day,” Hurley told Healthy Living. “I try to run, even though I hate running. I love Pilates and yoga, but don’t do them regularly. I am extremely active, though, and don’t sit still for long.”

Yoga is anti-aging and promotes natural weight loss by reducing stress, building lean muscles and suppressing appetite, said Christina Brown, author of the **Yoga Bible**.

Liz credits an organic diet for her glowing skin, toned bikini body and youthful appearance.

“Good health begins with what you put in your body,” said fitness expert Elizabeth Stein, author of **Eating Purely**. “When you eat better, you feel better. It’s that simple.”



Elizabeth Hurley's beauty secrets anti-aging Estee Lauder lotions. (Photo: Facebook, Celebrity Health Fitness)

Liz said portion control is critical for weight loss and anti-aging health. "If my jeans feel tight I try to cut back a bit, and if I stay home in the evening I'll eat a very light dinner," said Hurley. "I rarely skip breakfast and always eat lunch, but the lighter my evening meal, the better.

"I eat pretty normally but avoid processed and junk foods. A healthy diet will stop you from feeling run-down if, like me, you're super-stressed. I have my own organic farm so [I] eat only my own meat and vegetables."



For Liz Hurley, the combination of diet, exercise and skincare is the ultimate anti-aging formula. (Photo: Facebook, Celebrity Health Fitness)

Liz Hurley's anti-aging beauty secrets include plenty of sleep and careful skincare.

"If I had to choose any Estee Lauder product, I'd have to choose the **Advanced Night Repair**," Liz told Harper's Bazaar. "It's a phenomenal cream. It is wonderful."

Hurley added: "I also use **Resilience Lift moisturizer** — both the day and night cream — which feels amazing on the skin."