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21 Fitness Pros and Models Tell Us How They Fuel Their Workouts

Sharon Feiereisen
November 5th, 2013

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We asked some of the top fitness experts and models to tell us how they fuel for their workouts.

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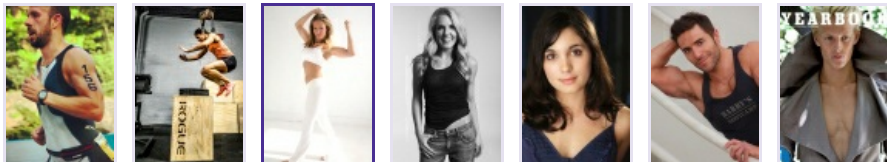
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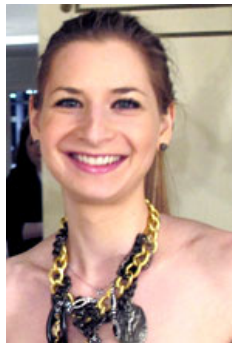
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Sharon Feiereisen

TheFashionSpot's Style Editor, Sharon Feiereisen, is a freelance lifestyle writer based in New York City. Her work has been published in Newsday, The Knot, AM New York, WHERE New York, Dan's Papers, and Hamptons Magazine, among many other print and online outlets. Check out her tumblr blog, [Random Happenings](#).

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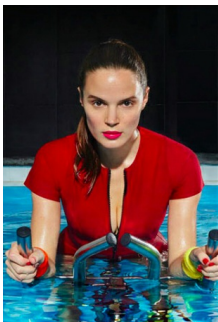
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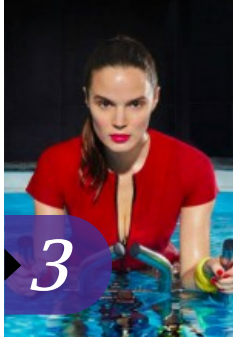
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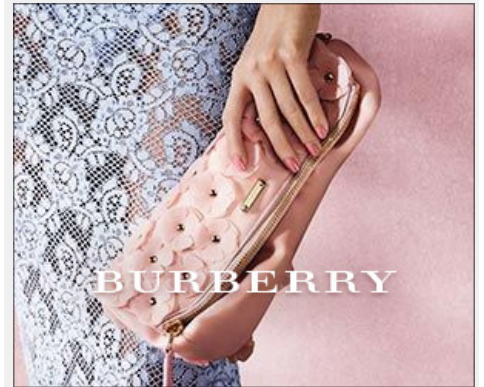


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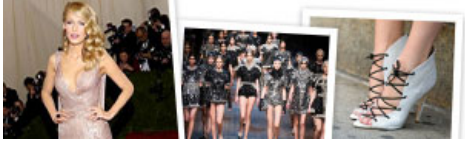
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