



The 5-6-7-8 Diet: The 14-Day Plan for Healthy, Lasting Weight Loss

Kym Johnson

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“I know it’s hard to watch TV or movies and idolize celebrities with very small waistlines and seemingly unrealistic appearances. I get it—because I do it, too! As a professional dancer, I need to train for over six hours every day when I’m performing. Now that my schedule has changed, I’ve created *The 5-6-7-8 Diet* and workouts to keep me fit, trim, and brimming with energy. The goal isn’t to be a size two—it’s to move, laugh, and love.” —KYM JOHNSON

Kym Johnson understands personal transformation. As a *Dancing with the Stars* professional, she has taken celebrities from Jerry Springer to Donny Osmond and, in just weeks, turned them into ballroom superstars. She doesn’t just teach these stars to tango—she teaches confidence, healthy eating, and how to build a strong, active body.

Now, with down-to-earth charm, humor, and a dancer’s grace, Kym shares her tried-and-true strategies for health, diet, fitness, and fearless entertaining. From her simple 14-day diet plan and fun 30-day workout calendar, to “cravings swaps” to beat your sweet tooth, and hosting the perfect dinner party, she offers smart, practical solutions for building a healthy lifestyle no matter how busy your schedule. And with behind-the-scenes stories about Kym’s career, finding love with *Shark Tank*’s Robert Herjavec, and lively advice from *DWTS* favorites like Carson Kressley and Cheryl Burke, *The 5-6-7-8 Diet* isn’t only about fitness—it’s about toning your confidence, taking risks, and putting your dreams into action.

What is *The 5-6-7-8 Diet*? It’s simple—5 servings of protein, 6 servings of fruits and vegetables, 7 servings of anti-inflammatory foods, and 8 glasses of water. It’s the ideal balance for regulating blood sugar, fueling your body, and jump-starting your weight loss. 5-6-7-8 is also the dancer’s cue—it means, “Let’s get to it.” It’s time to transform your approach to health and wellness, with refreshed confidence, simple exercises, and a diet plan that exchanges traditional calorie counting for a side of protein-packed pancakes—and unexpected romance. Whether or not you’re a celebrity, *The 5-6-7-8 Diet* is your path to a happy, healthy life.

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