

## The Fit 5: Tips to Feel (and Look) Like a Star!

From new mom Samantha Harris's baby-friendly workout to Blake Lively's organic snack, get the scoop on how to look fab ...

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### SNACK ORGANIC

Blake Lively and Jessica Biel are fans of [Kopali Organics](#), snacks you don't have to feel guilty about eating. The tasty line (\$3.99 per bag) includes organic dried fruits – including the amino acid-rich Goji berries and goldenberries – as well as dark chocolate-covered bananas and a berry-nut mix. Besides being free of sulfites and sugar, the socially conscious Kopali Organics supports fair trade practices around the world. Get five more ideas for energy-boosting snacks on [Health.com!](#) – *Serena Kappes*

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