

AUDRINA PATRIDGE

The reality star lets *Us* tag along on a fun day of self-care and mother-daughter bonding

My **HEALTHY** Day



1. SMOOTH MOVE

Who needs coffee when there's celery juice? Patridge starts her morning by blending with daughter Kirra, 3. "She loves to help me make smoothies and juices," she tells *Us*. "It's important to teach kids healthy habits."



3. SAVING FACE

Self-care is essential. Patridge, 34, likes to make time for CBD facials and eyebrow touch-ups. "Thankfully, both of my sisters are in the beauty world," says the Prey Swim designer (here with sis Samantha).



4. CAN YOU DIG IT?

Patridge always makes time for Kirra and their new favorite hobby: planting succulents! "I feel it's very important to stay grounded — literally," she notes, "and not be afraid of getting dirty." "You grow, girl!"



2. FITNESS IN A FLASH!

The Lightning Fit workout (a high-intensity 25-minute sweat sesh that's equal to three hours of exercise) is how the *Hills: New Beginnings* star stays toned. "I don't have a lot of free time," she says, "so this works perfectly."

5. TASTE THE RAINBOW

"I try to eat as healthy as possible," says Patridge, who says she "functions [best]" when eating foods that are high in protein and good oils and veggies that are high in vitamins A and C.



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