

Four Personal Trainers Try Junk Food

Four personal trainers try junk food and give their reactions. Personal trainers have a reputation of looking healthy, physically fit, vigorous, with an athletic build. And, it takes a lot of willpower and determination to get that way and stay that way.

Personal trainers need to eat healthy foods and avoid [junk foods](#) that will move them along the path to flabbiness with too much fat and that dreaded “middle-age spread.” They would have gotten used to eating healthy, nutrient dense foods and avoiding junk foods.

So how would you think four personal trainers would describe various junk foods when they were given them to eat? Explore this reality in the following video.

One of the personal trainers looked at a chocolate topped donut and called it “Diabetes on a plate.”

Another trainer tried a Whopper and fries and said, “It tastes good, but again, is it worth it? How many burpees do I have to do later?”

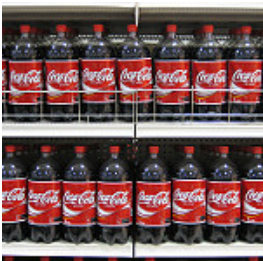


Photo by [ReneS](#)



Given a can of Coke, one trainer said, “440 calories for a few sips of Coke. Definitely not worth it...”

About the whole experience, one personal trainer said, "That's what people don't get. They need to put the work in to then be able to afford to eat that kind of stuff."

What is your attitude about junk food?

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Four personal trainers taste test some of the most popular forms of junk food, from ice-cream to a fast food chain burger and chips.

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