Dancing With The Stars' Edyta Sliwinska keeps herself healthy and fit during grueling rehearsals with USANA supplements. With MyHealthPak by USANA ($80 to $120, at usana.com), you can customize nutritional supplement packs according to your age, diet and health.

"I'm training six hours a day preparing for my performances on *Dancing With The Stars*. USANA vitamins keep my body strong and healthy during those long days of hard work," says Edyta. "I always have couple of USANA bars in my purse. They provide me a great nutrition in between training sessions when I need to keep my energy up."