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Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body.

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Schauspielerin Cameron Diaz ist die fitteste Frau Hollywoods. Wie man es hinbekommt mit 42 so einen Körper zu haben verrät sie in ihrem Buch "The Body Book"

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The Body Book Entdecke die Intelligenz deines Körpers

Cameron Diaz gab ihr Filmdebüt im Alter von 21 Jahren in "Die Maske" mit Jim Carrey. Ihren Durchbruch hatte sie 1998 mit "Verrückt nach Mary". Heute ist sie eine viel gefragte Schauspielerin und engagiert sich für Umweltprojekte, Erziehung und Gleichberechtigung. Cameron wuchs in Kalifornien auf und lebt heute in Los Angeles und New York.

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