

# Miley Cyrus Tops Maxim's 2013 Hot 100 List

Paul Gavin May 12, 2013



Miley Cyrus for Maxim

**The ex teen star has grown into a full-fledged woman. Maxim's fans were fast to realize this by voting Miley Cyrus as 2013's hottest woman.**

(Newswire.net - May 12, 2013) Los Angeles, California -- A surprising win for the country star was revealed by men's magazine *Maxim* last week. Maxim readers voted Miley Cyrus as the hottest woman for 2013 leaving behind breathtakingly beautiful women including Rihanna, Mila Kunis, Beyonce and Scarlett Johansson. There are numerous features about the big reveal, but YourDailyWorkout.com spokesperson Robyn Kelly has something interesting to say:

*"Many rushed to downplay this big victory for Miley Cyrus, claiming other women deserved the title better. What they don't understand is that the Maxim's Hot 100 was not an editor's choice, it was up to public voting. Men who voted for Miley Cyrus obviously see a talented young woman with a much-coveted fit body."*

The soon-to-be Mrs. Hemsworth has gone a long way since her Hannah Montana years. Today, she is leaner, lives a healthy lifestyle and oozes self-confidence. "That's what attracts men... Confidence.", added Ms. Kelly. After her surprising but unanimously well-deserved victory, teenage girls and young adults inevitably started searching for her lifestyle and fitness regime. "If she's hot, she must be doing something right", Ms. Kelly said emphatically.

YourDailyWorkout.com, in an effort to provide insights into Miley Cyrus' lifestyle, published a detailed [article](#) on the specific workout routines she follows as well as her dieting. The informative and revealing feature authored by Ms. Anna Watts illustrates how the combination of consistent exercise and a carefully monitored gluten-free diet can generate great results— as Miley's victory deafeningly confirmed.

According to the feature, Miley commends her Pilates classes with top-notch trainer Mari Winsor for her 15 pound weight loss and her coveted, svelte silhouette. Miley Cyrus' toned stomach has been the highlight of the workout regimen that she follows devoutly. According to the website, Miley Cyrus does 1-hour Pilates sessions, six days a week. During her pilates classes, even though she engages all body muscles, the abdominal muscles are at all times at work, hence the toned, slim stomach Miley so proudly flaunts.

Miley, super excited with the results her Pilates sessions were having, wanted to amplify her results with a gluten-free diet to further boost both her fitness state and health. The result?

*"In a short period of time, Miley managed to safely acquire a slender, fit physique that men find excessively hot."* Ms. Kelly stated. Also, she was rather surprised with her victory which gave lower positions for hot stars like Kate Beckinsale and Megan Fox. In fact, Miley was so surprised that she hurriedly [tweeted](#) about it saying, *"Didn't know this was coming out yet! I'm so happy to be #1 on Maxim's HOT 100!"* Miley felt especially flattered since the award was the result of her fans' voting and explained how this has been a dream of her; to top a magazine's hottest women list.

The feature emphasizes that the award given to Miley Cyrus by Maxim readers is a reflection of an enduring truth; that men prefer women who are fit and healthy, and not skin and bones. Additionally, it provides readers with the whole gamut of physical exercise for women who wish to find inspiration and start their fitness regimen too.

Visit <http://yourdailyworkout.com> and know about the latest fitness regimes and diet tips of your favorite Hollywood stars. You can now look fit, healthy and sexy in no time!