

Chilli Shows Moms How to Be Fit and Sexy, Even at 40-something

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Chilli is hot and everyone knows it.

The TLC group member dawns the cover of the May/June issue of FitFigures Magazine with double cover stories.

The singer who is a fitness nut, has a great body and makes 40-something look delectable. She tells readers it's all about a serious routine of good healthy eating and a regular fitness plan. She's got a six-pack ... who wouldn't listen to her?

"Being healthy isn't just about looking great, for me its about really living your best life. The things you do to and for your body today predict your health tomorrow," Chilli said. .

FitFigures CEO and founder, Dionne D. Davis, explained that the publication's goal is to encourage great all around health, especially with women:

"Our goal is to reach out and encourage those that struggle with diet and exercise and give support to those that implement this lifestyle on a daily basis and felt that Chilli was a perfect example of how you can balance being a mother and a business woman, and still get that workout in. She is the Twitter mother of workouts. She encourages her fans to workout and eat right. Chilli is the epitome of a multitasker. NO EXCUSES!"

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And Chili has none. The fit mother of one is getting ready to launch her summer camp in which she encourages great health, fitness, and self-esteem.