



GL chats it up with teen radio host Chelsea Krost!

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19-year-old Chelsea's radio show, *Teen Talk Live with Chelsea Krost*, premiered when she was 17 (catch it at 7 p.m. EST/4 p.m. PST on Wednesdays at LATalkRadio.com). Recently, she took some time to talk with *GL* about everything from body image to goin' for your dreams.

What's in an age?

Despite her age, Chelsea wasn't afraid to present her thoughts to a local station after working really hard in a TV production class at her high school. "When I was 16 and I started talking about my idea for the show, people thought I was crazy! Crazy, crazy. I said, 'OK, so the worst thing I could do is bring this idea to the network and then [have them] laugh in my face.' And what happened? I was signing a contract within an hour."

Battling Body Image Probs

On her show, teens share their probs on everything from the serious stuff (like pregnancy) to lighter topics (think: fashion).

We wanted to chat up the advice-dishing diva on a super-important topic: Body image. Chelsea says she hasn't always felt as happy with her bod as she does now. "I went through a really tough time with body image and self-esteem. I called myself 'the chipmunk'—that was my nickname. The contradiction was I always stood for what I believed. I never followed the crowd."

Feel Great About Y-O-U

Chelsea says girls shouldn't compare themselves to images they see of celebs. The best way to feel amazing? Exercise! "There is nothing better than being physically active. When you're done, your endorphins are pumping, you feel like you did something great to benefit your body and then [you can] go have this awesome healthy meal." Sounds good, girl!