

# People

## Rebel Wilson Celebrates After Losing 8 Lbs. in 4 Days at The Ranch Malibu: 'So Challenging but Very Rewarding!'



Three cheers for [Rebel Wilson](#)!

The *Pitch Perfect 2* star is celebrating after spending "4 fantastic days" at [The Ranch Malibu](#) – and dropping 8 lbs.!

"OMG just finished 4 fantastic days at #TheRanch4.0 ...so challenging but very rewarding!" Wilson, 36, [posted on Instagram](#). "Not to mention I lost 8 pounds from marathon hiking over the 4 days! Thanks to the amazing staff and masseuses (free daily massages are part of the program)!! Feeling great!!"

The Ranch Malibu resort is a celeb favorite for relaxation – [Lea Michele](#), [Minka Kelly](#) and [Julianne Hough](#) are all fans. The entire ranch is cell-phone free, and visitors spend the day in required workouts and hikes, eating plant-based meals, and heading off to the spa for massages.

"The idea behind The Ranch was to give people a place to unplug, unwind, reset and recalibrate from busy, crazy lives," co-founder and CEO Alex Glasscock [told PEOPLE](#). "It's so effective because we have a no options program. We ask people to trust and let go, and put them through a really rigorous daily regime."

"The sum total of eating healthy, low-calorie nutritious meals, coupled with rigorous exercise, massage and stretching, is you detox, your cholesterol levels are improved, you lose fat, gain muscle, and have this overall sense of empowerment, confidence and clarity when you leave," he added.

Wilson, who teamed up for her own line of [clothing with Torrid](#), isn't shy about talking about her body – the size-18 actress says that her shape [worked to her advantage](#) when she started out in Hollywood.

"Being unique and different was a really good thing," she said. "When I walked into my agent's office for the first time [in 2009], they looked at me and said, 'Wow, we have nobody on our books like you.' And they signed me on my second day here."

"I wouldn't ever want to compete with what I call 'the glammers' – the really gorgeous people. I'm about the brain, the heart and what's on the inside. I feel really lucky to be the body type I am."

"Living in LA you learn a lot about health. I now drink green juices and I'm trying to do gluten-free. But I don't do it 100 percent – I'm not a maniac!"