

Fitness Trend: 5 Benefits of Pole Dance Classes



By

[Lauren Burczyk](#)

When people think of pole dancing, they may seldom think that it's becoming a very popular form of exercise. While this [fitness trend](#) is a great way to embrace your inner sexiness, it can greatly improve your quality of life and has many health benefits. Not only are pole dance classes a ton of fun, but they help to build stronger core muscles. These classes work the entire core and will work your front and back muscles equally. If you're having trouble sticking to an exercise routine because it lacks the excitement you're looking for, take this [fitness advice](#) and try a pole dance class!

Check out this new fitness trend! Here's five benefits of pole dance classes:

Pole dance classes have many great health benefits. This unique form of exercise is fun and exciting. While there are many advantages of pole dancing, we have included five reasons why you need to check out it for yourself:

1. You'll burn calories quickly: With pole dancing, you're constantly moving, thus constantly burning calories. This is a great form of isometric and cardiovascular exercise, where you can burn as many calories in 30 minutes as you would doing aerobics.

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2. It builds self-confidence: Once you start to get the hang of pole dancing, you'll begin to gain mad skills. These skills will allow you to become better coordinated and more confident, in and out of the classroom.

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3. You'll reduce your stress levels: Exercise is proven to help reduce stress levels. Partaking in an exercise routine that's fun and exciting will relieve some of your everyday stress. To keep stress at bay, it's important to set aside time for yourself each day, so make that time count by incorporating some sort of activity like pole dance classes.

4. You'll become motivated to be more active: Incorporating a regular exercise routine into your daily life is vital for your health and well-being. Adding an activity like pole dancing can help you feel happier, healthier, and more motivated. The more motivated you become from attending a class, the more likely you are to stay active throughout the

day.

5. You'll improve your sleep: Exercise is known to promote healthier sleep habits. Physical activity like pole dancing lifts mood and reduces stress, leading to a more sound and restful sleep.

Can you think of some other benefits of pole dance classes? Let us know below!

Fitness Trend: 5 Multivitamins Good for Your Immune System



By

[Jessica Gomez](#)

Having a healthy immune system is important because the immune system is our body's defense against sickness. Vitamins that are essential to our immune system's well-being are ones like vitamin C, vitamin B6, vitamin E, Folic acid, Iron, Selenium, and Zinc. Honestly, many things can help, so you can add to this list. Don't worry though, that's where multivitamins come in. These bad boys are all the [fitness trend](#) because you get multiple vitamins in just one pill! They save you time and money and there is less pill popping, of course. In addition to these multivitamins, be sure to eat healthy and exercise for the best results.

Follow our fitness trend! Here are five multivitamins you can get online with a few clicks! :

As a [fitness tip](#), do things right. The following multivitamins are natural. Plus, these babies are vegan/vegetarian and cruelty free, so yes, natural and without animal products or testing. That's how you do it!

1. [Deva Vegan Daily Multivitamin & Mineral Supplement](#): In addition to these vitamins being vegan, they're also gluten free! A 90 tablet pack of 2 at Amazon.com will cost you about \$18.00 – not bad! The formula is enriched with green whole foods, vegetable powders, and special herbs to help give your immune system a boost. Also, these multivitamins emphasize vitamin B12 and Iron! Take a tablet daily with food.

2. [Mega Food's One Daily multivitamins](#): This multivitamin, according to their site, "supports optimal health and well-being." What vitamins does this product feature? Beta Carotene, as well as vitamins C, E, and D, to name a few. You can take these pills anytime of the day and on an empty stomach – convenient! Get a bottle of 30 for \$22.00 on their

site.

Related Link: [Fitness Tips: Incorporate Superfoods in Your Diet](#)

3. [Pure Vegan Advanced Vegan Multivitamin](#): These possess folic acid, along with vitamins C, D, and E. You have to take two of these pills daily. You can get 60 capsules for \$21.00 by clicking on the link.

4. [NoorVitamins Adult Gummy Multivitamins](#): These apparently taste great and contain vitamins C, E, and Zinc to help maintain your immune system. It also has vitamin B to boost your energy. Lastly, it's fruity; who doesn't like fruity flavors? You can buy a 90 capsule bottle from Amazon.com for about \$18.00.

Related Link: [Fitness Trend: Acai Bowls](#)

5. [Gummi King Sugar-Free Multivitamin Supplement](#): These are gummies! We had to throw a multivitamin in here for kids, who do not like pill popping of course. You get a variety of flavors: strawberry, lemon, orange, grape, cherry, and grapefruit – that's what we're talkin' about. To make these even better, they're sugar free! You can get a bottle of 60 from Amazon.com for \$12.00.

Which multivitamins are you looking to try? Comment below!

Fitness Tips: Incorporate Superfoods in Your Diet



By

[Ivana Jarmon](#)

As the end of the year approaches we often want to start the new year by getting our bodies back in shape. A great way to get fit is to insert superfoods into your diet. Superfoods are a new way to offer the maximum nutritional benefits for minimal calories. They're packed with minerals, vitamins and antioxidants. Cupid has some [fitness tips](#) to help you incorporate super foods into your diet.

Check out these fitness tips on how to incorporate superfoods in your diet:

- 1. Make a smoothie with spirulina:** Spirulina is a blue green algae powdery substance, rich with nutrients, that prevents damage and stress to the body. It's not the easiest thing to add in your diet, so why not make it into a smoothie.

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2. Add nuts to your pesto: Traditionally pestos are made with pine nuts, but you can add more (toasted) tree nuts in your sauce. By doing this, you up the amount of the antioxidants making your meal even healthier.

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3. Use pure maple syrup in salad dressing: If you need to add something sweet to your salad, go for something more natural like pure maple syrup. It's high in polyphenols, which can increase brain function and health.

4. A pinch of nutritional yeast on popcorn: Nutritional yeast is a B-complex vitamin and is an easy way to boost nutrients like folates, zinc and niacin into your diet. By putting it over popcorn instead of butter for flavor, it will taste like parmesan cheese.

5. Just add blueberries: Blueberries are low in sugar and packed with anthocyanins, also a anti-inflammatory agent. Blueberries can be added to any breakfast such as oatmeal and pancakes etc.

Where are some Superfoods you can incorporate in your diet? Share your thoughts below.

Fitness Trend: Establish a Workout of the Day



By

[Courtney Shapiro](#)

If you are busy throughout the day, it can be difficult to establish a solid fitness regiment. A popular [fitness trend](#) right now is to set up a workout for each day. These workouts can be something different everyday; for example, Monday can be strength training, while Thursday can be more aerobic type exercises. Planning a workout every day will definitely help you get on the right fitness track.

In fitness trends, check out why you should establish a workout of the day.

1. A routine is a good way to achieve accountability: Plan a workout for each day and keep track of what you accomplish that day. The workouts you plan can change from day to day, but giving yourself a way to stay in shape everyday can help

improve your accountability.

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2. Helps with organization: A lot of people use planners or calendars to keep track of the events going on in their daily lives. Use these tools to plan a workout as well. You can easily create a time where you will workout, and planning for the same time can make you more organized because working out will be something you expect in your routine.

3. You'll feel good about yourself: If you're able to get even a little exercise in throughout your day such as a short walk or weight training, you'll probably start to feel pretty confident. Working out has many benefits including better sleep, stronger metabolism, and boosted self esteem.

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4. You can inspire others: Once you start telling your friends or co-workers that you workout every day, they may be inspired to join you. You might even be able to start working out together and incorporating a partner workout into your routine.

5. Your health will improve: If you workout every day, your stamina and metabolism are sure to improve. You will also prevent yourself from certain diseases or medical problems that can arise if you are unhealthy.

What are some of the benefits of incorporating a daily workout into your routine? Let us know in the comments!

Fitness Trend: Get Motivated in Group Classes



By

[Ivana Jarmon](#)

The catalyst for change is often due to a new year approaching and a little thing called New Year's resolutions, a tradition in which millions of people take stock in their lives to make positive changes. An example is making the decision to get in better shape through exercise. But, we know that it's easier said than done. We can all relate to the promise we make at the beginning of the new year. An excellent way to motivate yourself to stick to your fitness-related resolution is by joining a group class. Group fitness classes have many benefits such as structure, motivation, proper form, and variety. Cupid has some [fitness tips](#) on what classes you should take this coming year.

Fitness Trend: Check out our top five favorite group fitness classes!

1. Cardio classes (The Art of Strength): This is a circuit of strength-based exercises using kettlebells, logs, and ropes. Twenty-second micro-sets are followed by one-minute rest periods. It's intervals at their finest.

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2. Pilates: What you should expect is a traditional core-building Pilates exercise with arm and leg work courtesy of a wall unit and a magic circle.

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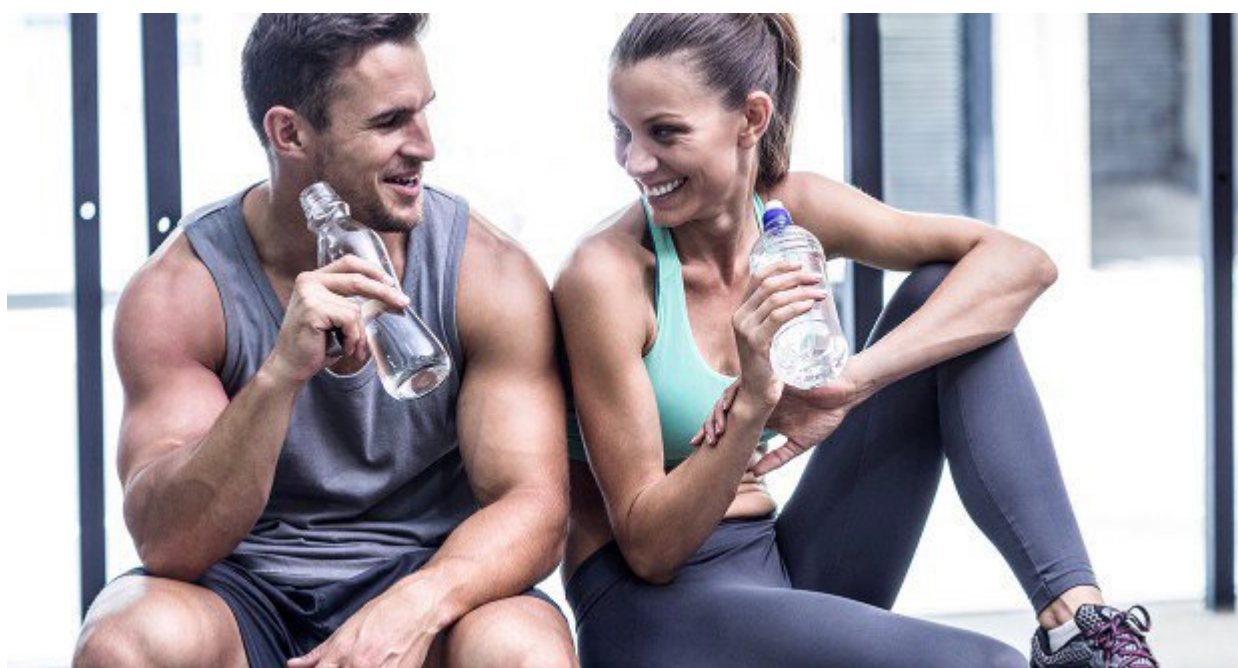
3. Dance classes (Ballet): Class starts with a gentle barre warm-up, but quickly progresses to long, brain-teasing movement phrases with challenging footwork and lots of weight and direction changes.

4. Martial arts classes (Kick Boxing): Boxing improves coordination helping to burn calories and boost your energy. It's a form of martial art that combines boxing with old-school cardio stunts like jump roping and jogging with muscles building ab work.

5. Yoga classes: Yoga focuses on using postures to build balance, strength, and flexibility. What you should expect are some yoga poses and other spine-expanding moves.

What are some group fitness classes to start of the new year right? Share your thoughts below.

Fitness Trend: 5 Best Workout Apps



By

[Courtney Shapiro](#)

In today's society, it can be pretty difficult to make it to a physical gym. Workout apps are a huge [fitness trend](#) right now that will help you save time and money. You can still burn calories and sweat from an at-home app workout; you just have to find what works best for you.

Check out which workout apps will get you the best results.

1. PEAR personal fitness coach: The free version of this app offers a wide variety of workouts and intensities that adapt to your personal fitness level. It also includes packages and coaches that gives you hands-free audio-based guidance.

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2. Workout Trainer: A good thing to have in a workout app is versatility. In this app specifically, you can pick from the step-by-step video or audio workouts, or you can create your own routines. The workouts range from gaining muscle to conditioning training, as well as other options.

3. Aaptiv: Unfortunately this training app is not free, but there are over 2,500 different types of workouts in various class styles that are offered. Workouts can be configured for distance, duration, intensity, or calories burned.

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4. Freeletics Bodyweight: This app requires nothing, but your body. The routines cover an array of muscle groups as well as fitness levels, and uses no outside equipment. Step-by step routines are also provided.

5. Nike+ Training Club: The workouts featured on this app are designed by professional athletes and celebrities. Workouts focus on strength, endurance, or mobility and offer three levels of difficulty. Users can also share photos after their workouts, and progress with the Nike+ Community.

What are some of your favorite workout apps? Let us know below!

Product Review: A Runner's Essential Product Guide



By

[Ivana Jarmon](#)

If you're new to the running world, or newly addicted, there is so much out there in terms of running tips that you can use to improve your [fitness](#) routine. That being said, having the right running gear is essential to becoming an experienced runner. In this [product review](#), Cupid explores the newest fitness must-haves for beginner runners.

Product Review: Check out some of the best products for beginner runners.

AZIO HEARA Headphones, \$89.99



AZIO HEARA headphones

Anyone who runs knows that headphones are a necessity! AZIO HEARA headphones are the new must-haves in the world of running. The headphones are tuned hybrid drive with a structured hi-resolution earphone. The dynamic woofer provides a rich bass and precise mids, while the ceramic tweeter creates a clear high-range harmonic. The earbuds are also known as gaming earbuds that were designed to match up with the AZIO retro classic gaming keyboard. AZIO HEARA headphones are JAS hi-res certified to give you a studio-grade sound reproduction of every detail and wide frequency range. Just imagine running with that kind of sound reverberating in your ears.

Related Link: [Product Review: Back-To-School Products For Kids Of All Ages](#)

Tart Cherry Juice Concentrate, \$12



Stoneridge Orchards Tart Cherry Concentrate

Stoneridge Orchards Tart Cherry Juice is not only refreshing and delicious, but it also provides great health benefits. It's rich in nutrients like potassium and iron and provides a high amount of anthocyanins, which promote anti-inflammatory processes in the body. As a beginner runner, your body experiences a lot of aches and pains. Taking Ibuprofen is unhealthy in quantity and can cause more issues if you choose to keep taking it. This juice helps with maintaining hydration, blood pressure and muscle recovery, as well as digestion. It helps fight inflammation and arthritis pain and boosts immunity. Plus, it helps regulate your metabolism, fights fat and blocks cancer growth. This is just a portion of what it does. Stoneridge Orchards Tart Cherry Juice Concentrate is all-natural and allows you to recover sooner without having to take ingest chemicals that may do more harm than good.

Related Link: [Product Review: YouTuber Heather Marianna's Created ORganic Beauty Line, Beauty Kitchen](#)

3. Smooth Feet by Legendary Apothecary, \$35



<https://www.legendaryapothecary.com/store/smooth-feet->

subscription/

If you have dry feet, rough heels, and have tried a variety of creams and lotions that just don't work. then Smooth Feet is for you. The oil is an old recipe that will leave your feet hydrated and smooth. The product uses organic ingredients and prevents evaporation of water from the surface. Smooth Feet doesn't use any synthetic fragrance, toxic chemicals, artificial colors, animal derived ingredients or preservatives. It only has three USDA certified organic ingredients: vegetable glycerin, pure lavender oil, and sugar cane alcohol. The old-world recipe was passed down from co-creator Sara Saidy's grandmother, Masy. All it takes it's a few drops to get Smooth Feet.

Make sure to check out more of Cupid's [product reviews](#).

Hack Your Way to Frugal Fitness Workouts with These Tips





Achieving a toned, fit body does not have to break the bank. Yoga and Pilates classes, personal trainers and gym memberships are not financially realistic for all people. For parents, going to the gym means having to worry about childcare, therefore adding another expense. Just because you don't have a fat wallet does not mean you can't get buff. The following are budget friendly at home [fitness tips](#) from Gerald Mayes, a certified fitness trainer with www.vshred.com

Here are the hacks:

Use soup cans for weights.

Gerald Mayes says that "You can do any triceps or biceps exercise at home using cans of soup that you'd do at the gym with dumbbells. To properly gauge the weight, don't go by the ounces listed on the can – that's liquid weight. Instead, weigh the cans on your scale to figure out the poundage that's best for you."

Use jugs as weights.

Fill a household bucket or jug with water (or sand, rock salt, or powdered detergent) and secure the top with duct tape. Lift

it up and down in front of you as you do squats.

Substitute paper plates for body sculpting equipment.

“The key here,” Gerald says, “is to use the plates to help your body slide on a carpet. This allows you to do body sculpting moves that would ordinarily require workout equipment. You can do the sliding lunge (put the paper plate under one foot and lunge forward). Try simulating skating to work your butt and thighs – just attach the plates to your feet with rubber bands and slide away. Or, get down on all fours, put the plates under your hands, and use them to work your chest by sliding your arms back and forth.”

Substitute a counter-top for a push-up bench.

In most homes, at least one counter-top, either in the kitchen or the bath, is the right height for a push-up. Put both hands on the counter-top, extend your legs behind you at an angle, lean down into the counter, and then push back up.

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Substitute pantyhose for resistance bands.

“Almost any exercise you can do with a resistance band, you can do with old pantyhose or tights,” says Gerald. For example, sitting on the floor with your legs straight, loop a pair of pantyhose around the balls of your feet and pull back with both hands as if you are using a rowing machine.

A fitness ball.

Sometimes called a stability ball, looks like a large beach ball. You can do many core exercises, including abdominal crunches, with a fitness ball. You can also use a fitness ball to improve your flexibility and balance.

Kettle-bell

A kettle-bell is a round weight with the handle attached at the top. A kettle-bell can be used to do strength-training exercises and to help improve grip strength. Kettle-bells are available in many sizes.

Jump-ropes.

Skipping rope can be a great cardiovascular workout.

Related Link: [Fitness Advice: How to Use Resistance Bands](#)

Resistance tubing.

These stretchy tubes offer weight-like resistance when you pull on them. Use the tubes to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.

Chair or step stool. Use a chair for support when doing exercises such as leg curls. A low, sturdy step stool can become exercise equipment if you use it for step training – an aerobic exercise resembling stair climbing.

Towels

Make your waist-whittling planks more effective with towels says Gerald . Take two and place them under your hands or feet, then move forward, backward and sideways.

Clean Sweep

This one's easy: You can burn 80 calories every 20 minutes of sweeping. Pull out the broom and get to sweeping every corner of your house or apartment. How's that for multitasking?

Laundry Twist

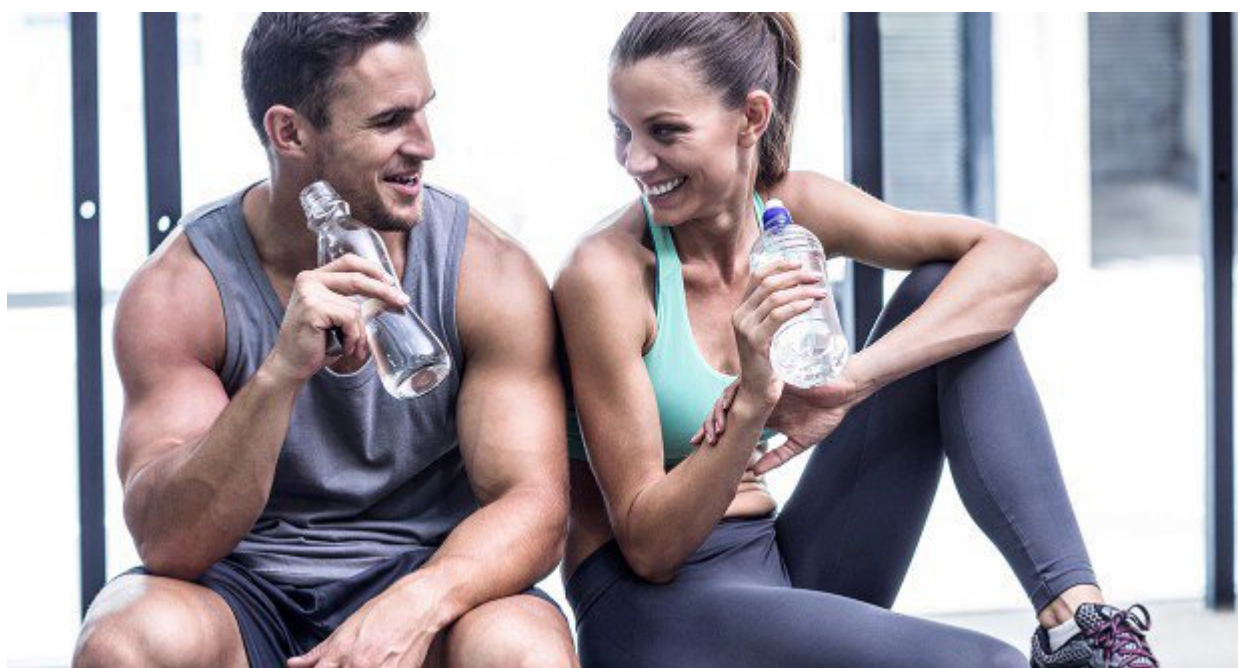
Gerald says, "Sit next to a full basket of laundry and twist to grab an item from the basket. Twist to the other side to lay it on a pile. Continue until your laundry is finished."

Become a member of an online fitness platform

Vshred.com guides users to the very best program for their body type and fitness goals while giving them some amazing tips they can use that day in a video and then offers them a program that's perfect for them if they don't want to do it themselves.

[Take the V Shred Quiz Here.](#)

Fitness Trend: Reaching New Heights in Aerial Classes



By

[Courtney Shapiro](#)

Aerial classes are currently a super fun [fitness trend](#). These

classes are also known as aerial yoga or anti-gravity, and use suspended ribbons to achieve a workout. There are various types of aerial workouts including ones with silks, ropes, lyra, which is a steel ring attached to two ropes straps, hammock, as well as conditioning. The classes are usually small and help people work on the aerobic and conditioning skills in an innovative way.

Check out why Aerial Fitness classes can be beneficial for your body and why you should try this fitness trend

1. The workout is fresh: If you're tired of the same routine, you should try Aerial classes. This acrobatic style class will probably get you out of your comfort zone, but will also help with balance, as well as strengthen your muscles.

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2. Muscle toning and strengthening: The classes use a lot of upper body and core strength since you have to hold yourself up on the ribbons. The ribbons can support up to 1,000 pounds and can be used with any body type.

3. Improves Posture and Flexibility: The workout is made up of more free movements, and the suspension from the ribbons helps to release tension in the muscles.

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4. Learn new skills: These classes teach how to balance your body while in the air. You can also try workouts with rings, trapeze elements, and three dimensional movements.

5. Aids mental health: The aerial classes help with focus as

well as rebuilding emotions. The trendy workout releases stress and helps to combat future negative energy.

Would you try an aerial fitness class? Let us know below!

Fitness Advice: How to Get Your Best Booty



By

[Jessica Gomez](#)

It's time to get off your butt and make it the best one you've ever had! We are in the age of the booty and a lot of us want a celebrity body. Hard work pays off, and combining a healthy diet with exercise is key – no surprise there. Eat plenty of protein and good fats (like avocados, nuts, beans, etc.) and veggies (broccoli, spinach, and other greens). Combine that

with some killer workouts, and you're well on your way to your best booty! You'll be building muscle, toning, and shaping. What are some of the best workouts you should consistently do for your bum, you ask?

Well, here are six workouts to start doing on the daily that will work out the different parts of your booty. Let's change our daily routine and get the butt we deserve with these [fitness tips](#)!:

If you'd like to include break days and not do these everyday, you can most definitely do so. It all depends on what your body is used to. You should always push yourself, but not beyond your limits. Remember to pace yourself and always stretch for about five to 10 minutes before exercising:

1. [Squats](#): These bad boys workout your thighs, hips, and butt. Make squats your best friend. You can try starting with 20 to 50 squats the first day (depending on your current limit). After that, each day, you can add five squats. You can increase the number of squats from five more to ten more gradually. Just pace your progress. Like mentioned before, make sure to push yourself, but don't stress your body.

2. [Donkey Kicks](#): These are great for the bottom of your butt, your lower back, and legs. Aren't butt workouts wonderful? They workout multiple body parts simultaneously! Make these your best friend, too. These should be easier than squats, so aim to do more of them.

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3. **Marching Hip Raises**: Guess what these workout? Besides your butt, they workout your hamstrings and abs. Talk about shaping your booty and your bod! Try to do as many as you can and start from there. Everyone can do it at their own pace. Just remember, the more you workout (at a healthy rate of course), the faster the results. Again, please make sure not to strain your body aka your temple.

4. **Glute Bridges**: Working your abs and butt, these babies should be included in your exercise routine. It's a strengthening move that will help your core. They can also improve your posture. Hey, for some of us, this can be a way to ease ourselves into yoga!

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5. **Side Skaters**: This move works out all of the above: your butt, thighs, hamstring, and core. It's both an essential part of your butt workout and it provides you with good cardio. They can be pretty fun to do once you get out of a lazy mood.

6. **Lunges**: These are famous, but can be a pain. Remember, it's all about consistency and making these exercises practically a habit. They workout your hips,quads, hamstrings, core, the hard-to-reach muscles of the inner thigh, and your glutes. You can do lunges at the gym, in your room, [on the stairs](#), etc. Speaking of stairs, if you can, take them. [Walking up stairs](#) is a fabulous exercise because it works so much out, including your rear end, of course!

Your best booty is on its way! Are you as excited as we are? Share with us your favorite butt workout below!

Fitness Trend: Acai Bowls



By

[Courtney Shapiro](#)

Acai bowls are a super yummy indulgence [fitness trend](#) right now. The bowl is made from the acai berry, a super fruit originally hailing from Brazil. The berry gets pureed and takes on a sorbet-like texture as the base of the bowl. The puree can then be blended with other fruits, or left as is. As a finishing touch, it then gets topped with anything ranging from oatmeal to fresh fruit, or different types of obscure food items including chia seeds or bee pollen. The combinations are endless, but the health benefits from eating these are also worth checking out.

Check out why Acai Bowls are

beneficial for your health and are the latest fitness trend.

1. Full of nutrients: Acai berries are pretty unique because they have a high fat content, but are super low in sugar. They also have vitamin A, calcium and a bunch of important minerals.

Related Link: [Fitness Trend: Cold Therapy](#)

2. Loaded with antioxidants: Without antioxidants, free radicals in our body can damage cells as well as lead to further diseases such as diabetes or heart disease. The acai berries have three times the antioxidants as blueberries, and are definitely good for you.

3. Good for the skin: The oils in the acai berry have been used by the Brazilians for years to achieve younger and healthier looking skin. By eating the berries, your body is able to get rid of old or unwanted skin cells faster.

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4. Improved digestion: These berries can help you clear out unwanted toxins, and are also a great source of fiber. They can help keep your digestion regular and will improve your morning energy as well.

5. Brain function is boosted: Acai berries are full of various plant compounds that can prevent brain damage as you grow older. This super food can also improve memory and learning.

What is your favorite way to eat an acai bowl? Let us know below!

Fitness Trend: Cold Therapy



By

[Haley Lerner](#)

Cold therapy, or cryotherapy, is one of the coolest (pun intended) [fitness trend](#) going on right now. Cold therapy is when you apply something frozen or cold to an area of your body to treat pain. There are various methods of cold therapy, such as icepacks, ice massage, whirlpools, ice baths or coolant sprays. We've got some reasons why cold therapy is one of the best ways for managing pain.

Check out our [fitness tips](#) on why

cold therapy is a great pain management option for you!

1. Pain relief: Cold therapy is a great pain relief option instead of pain relievers. Cryotherapy can reduce swelling and sensitivity to pain. Cold therapy is very useful directly following an injury, as it constricts blood vessels to reduce blood flow to the area, limiting inflammation and muscle spasms.

2. Burn fat: By exposing yourself to the cold, you activate brown adipose tissue, or BAT. BAT helps produce energy and oxidize fat in muscle tissue. By using cold to activate BAT, your body generates heat, raises your metabolism and burns off fat.

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3. Be more alert: Nothing wakes you up more than a cold shower. Cryotherapy can be a great option to help you focus and stimulate your mind to be more awake during the day.

4. Better your mood: Some studies show that cold therapy can actually increase your mood. Since there are a high density of cold receptors in the skin, a cold shower can actually send a huge amount of electrical impulses from peripheral nerve endings to the brain. This can then result in an anti-depressive effect.

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5. Increased immunity: Cold therapy can apparently help your immune system, as thermal stimulus to cold gives your body an increased tolerance to stress on your body. So, your body is better equipped to handle any diseases thrown at it.

Have any more reasons why to try cold therapy? Comment below!

Fitness Trend: Online Workout Classes



By

[Haley Lerner](#)

We know the dilemma: you seriously need to hit the gym, but you have absolutely no time to make it there. Nowadays, who doesn't have a totally busy schedule? Plus, who has the money to pay for an expensive gym membership that you might never use? Luckily, we have the perfect solution for you. Online workout classes are the hottest new [fitness trend](#) that are totally convenient and will give you the [celebrity body](#) you've been dreaming of. We've got the perfect online workout classes that will get your body sweating.

Join in on the hottest new fitness trend with some of these online workout classes!

1. Ballet Beautiful: Looking for some dance-inspired workout routines? Look no further than Ballet Beautiful, a website created by professional ballerina and celebrity trainer Mary Helen Bowers (who also trained Natalie Portman for her role in *Black Swan*). The website offers live, interactive online classes along with pre-recorded videos. All of the workouts are ballet inspired and help build your muscles and improve your posture. You can buy a monthly subscription to the workout videos or pay individually for a class.

2. Blogilates: Casey Ho hosts Blogilates, an online Pilates class full of fun music and challenging workouts. Ho also shares diet and nutrition tips, so Blogilates can be the perfect health and fitness class all-in-one!

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3. Tone It Up: This online fitness site is free and comes loaded with health and fitness resources for you. Subscribe to the site for weekly workout schedules, daily workouts, motivational messages, health advice, workout tips, and recipes. You can also download the Tone It Up app on your phone.

4. Booya: This is a streaming service that offers you an unlimited supply of 30-minute fitness classes, including yoga, bodyweight training, kickboxing, boot camp-style classes and any other of the latest workout trends. Plus, only costs \$10 a month.

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5. Peloton: This online workout also involves purchasing a pricy physical fitness bike, so it is an investment, but it definitely can be worth it. Peloton is an indoor cycling bike that includes a screen attached to it to stream daily live classes to your home. Plus, you can also access pre-recorded classes at all hours of the day.

Know any more awesome online workout classes? Comment below!

Celebrity Workout: Take a Swing with Boxing



By

[Haley Lerner](#)

Ever feel like your workout routine has got you in a rut? It sounds like you need to try out something new. Luckily, we've

got the perfect fitness trend for you: boxing. Boxing is a great workout that so many celebrities love, such as [Kim Kardashian](#), Adriana Lima, Karlie Kloss and [Kendall Jenner](#). Boxing is the perfect [celebrity workout](#) to let out your anger and get a great workout in. Read our [fitness advice](#) on why you need to head straight to the gym and sign up for a boxing class right now.

Check out our fitness advice and see why boxing is the perfect new workout for you!

1. Burn a ton of calories: One reason why boxing is a great workout is that it burns a huge number of calories. Boxing increases your heart rate and engages multiple muscle groups to burn anywhere from 700 to 1500 calories per hour.

2. Total body workout: Another reason why boxing is so great is that it engages your entire body. Punching while boxing engages your upper body, core, hips and legs.

Related Link: [Fitness Trend: Break A Sweat With Piloxing](#)

3. Stress relief: Boxing can also be an incredible method of stress release. If you're stressed about work, your family or anything else, you can take out your frustration on a punching bag. Boxing is a healthy outlet for getting through your aggravation.

4. Incorporates high intensity interval training: HIIT is fat-burning method that spikes your heart rate, followed by a period of short rest, then intense working out again. Boxing totally incorporates HIIT and helps your burn fat way more than a regular cardio workout would.

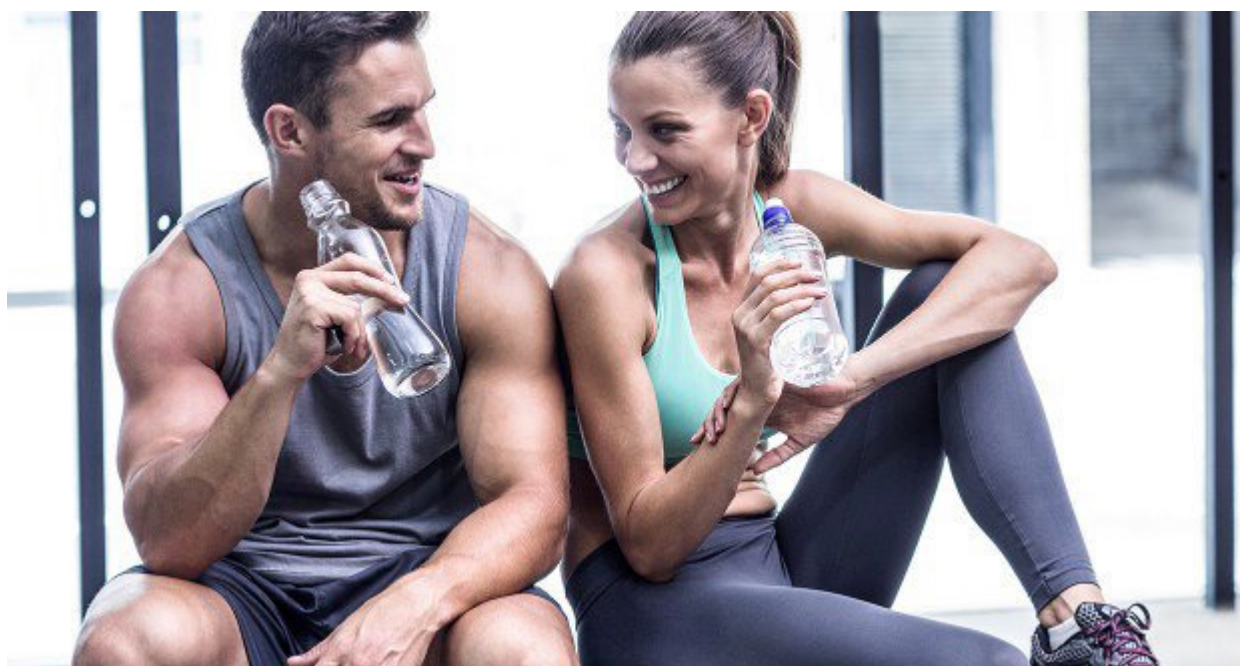
Related Link: [Fitness Trend: High Intensity Interval Training](#)

[\(HIIT\)](#)

5. Gives your brain a workout: Boxing isn't just a physical workout, but also tests your brain! When you box, you have to focus on using proper technique and following your combinations. Boxing requires both mental and physical exercise and helps you build way more skill than a regular workout.

Have any more reasons why boxing is such a great workout? Comment below!

Fitness Tips: Form A Work Out Squad



By

[Haley Lerner](#)

Sometimes motivating yourself to hit the gym can be pretty tough. Exercising alone can be intimidating and it's difficult to get yourself to actually do it and get the [celebrity body](#) you've been dreaming of. That's why forming a work out squad is the perfect solution to all your problems. With a group of other people to work out with, you can't simply bail out on going to the gym and will have others to help motivate you. Luckily, we have the [fitness tips](#) to help you find others to work out with.

Check out these fitness tips on how to form a work out squad:

1. Assemble your members: The first step to forming your squad is finding members to join it. Recruit friends of yours who enjoy working out and ask them to invite their friends. The more, the merrier! If you have a smaller circle of friends, post in local fitness Facebook groups that you are looking for some buddies to hit the gym with.

2. Choose your work out style: Now it's time for you and your group to figure out what method of working out you want to do. Will it be yoga, Pilates, spinning, kickboxing or something else? Find out what your members are interested in doing and take it from there.

Related Link: [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

3. Make a plan: Once you know what style of working out you and your squad are going to do, set up a schedule of when you all are going to work out together and what your overall goals are. Signing up for a work out class that you have to pay in advance for can help make sure your members are actually going to show up to scheduled work out sessions.

4. Keep in touch: It's important that as a group every person

stays up to date with each other regarding when they're hitting the gym. Create a texting group chat or Facebook group so all members of your squad can talk to each other and make plans.

Related Link: [Fitness Tips: Mediate and Practice Breathing](#)

5. Have fun: One of the best parts of forming a workout group is that you can make new friends and get closer to old ones. To get the group closer and make your work outs together better, set up times to hang out after gym hours. Hit up bars, have movie nights and have fun with your squad!

Have any more tips on how to form a work out squad? Comment below!

Fitness Secrets: Chia Seeds Are the Superfood You Need In Your Life





By

[Haley Lerner](#)

With summer starting, we know you're looking for some [fitness secrets](#) to help you get that [celebrity body](#) you've always desired. Chia seeds are the answer. Chia seeds are a popular superfood that can be easily added to many recipes without affecting the taste of your food. The chia seed is dense with nutrients and provides energy, promotes healthy skin, reduces signs of aging, supports the heart and digestive system, and builds stronger bones and muscles. This amazing seed has high levels of omega-3 and omega-6 fatty acids, soluble fiber, potassium and antioxidants. So, now's the perfect time to add chia seeds to your diet to help improve your physical fitness and health.

We know you're wondering how to implement this superfood into your diet and life. Here are some ways to include chia seeds in your

meals:

1. Top it off: Chia seeds are the perfect healthy topping to add to any salad, yogurt or oatmeal before you hit the gym. Sprinkle some seeds on top of your meal right before you eat for that added kick of nutrition.

2. Chia smoothies: We know your favorite healthy treat is a cold fruit smoothie, so why not throw some chia seeds in to make it even healthier? Add about one tablespoon into your mixture before blending it all together.

Related Link: [Fitness Trends: Shakes & Smoothies](#)

3. Use them for baking: Every health nut loves the occasional sweet treat. To make your muffins, cookies, pancakes and other sweet stuff healthier, throw some chia seeds into your mixtures before baking. They will add a nice extra crunch to your treat.

4. Snacks: Many food stores sell pre-made chia snacks, such as chia-packed energy bars. Throw one of these into your purse or gym bag so you always have a healthy treat to snack on.

Related Link: [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

5. Incorporate them into your beauty routine: Chia seeds are also great for the outside of your body as well! A chia scrub is the perfect exfoliant that will leave your skin feeling smooth and bright.

Have any more ways to use chia seeds? Comment below!

Fitness Advice: How to Use Resistance Bands



By

[Jessica Gomez](#)

Resistance bands are a great workout tool that help you get a killer workout in by using your own body weight. They're elastic stretch bands, and if you don't have weights at home, resistance bands are a good alternative. There are benefits to using them as well, aside from working out your full body. They include maintaining stability throughout your movements and using multiple muscles at once. Also, they're inexpensive, easy to carry around, and easy to store.

Here's a [workout tip](#): Incorporate

resistance bands into your workout or use them solely for specific exercises. Try the following exercises to get that celebrity workout type of routine in:

Resistance bands can help you workout any part of your body from your legs and arms to your back and booty. Start your light strength training to help you get that celebrity body you want this summer. Here are five workouts to try with them:

1. [Ankle jumping jacks](#): Simply place the band around both ankles and stand in quarter squat position. Once you're in position, jump and bring your feet out and in – that's one rep. You can do 20 of these or more. This is a good butt exercise. Also, remember not to jump too high, and land straight on your feet, not toes.

2. [Standing glute kickback](#): This is another butt workout to get your booty looking great this summer. Again, simply place your band around your ankles. Next, shift your weight onto your one of your legs and move your other leg backwards and up a little, like a donkey kick, but not as high. Continue doing this motion for 20 reps or more and then switch to the other leg. You can rest your hands on your chest or hips.

Related Link: [The Coolest Gadgets to Achieve Your Fitness Goals!](#)

3. [Bicep and tricep workout](#): Hold each side of the band, each in one hand. Place the other part on the floor and step on the middle with both feet. To workout your bicep, pull up with each hand toward your chest. For triceps, bend over with your back straight, looking at your feet. Then push your arms down and backwards. Now get ready for sculpted arms this season.

4. **Leg press:** Extend the band around your back and around the outside of your shoulders. Next, lay down with your back on the ground and your legs at a 90 degree angle (knees pointing at you), then put the rest of the band under your feet. When finally in position, push your legs back and forth (knees toward your chest and then outward, back and forth). Do 20 reps or more. This will work on your quads.

Related Link: [Celebrity Fitness Secrets: Funky Exercise Fads](#)

5. **Kneeling back row:** This exercise will target your outer back. Secure the band around a door or pole first. Then plop down on your knees and pull the band back with your arms until they're by your chest, squeezing your shoulder blades as you do it. Return to starting position while controlling the resistance, and repeat. You can 20 reps or more.

Which body part/s are you trying to work on this summer? Comment below!

Fitness Tips: How to Stretch In the Morning





By

[Haley Lerner](#)

Waking up in the morning can be tough, especially if it's early! A great way to increase your energy levels is to start your day by stretching. Stretching is proven to prevent injury and relieve pain by increasing your range of motion, taking pressure off of your joints, and preparing you to exercise so you can get that [celebrity body](#) you've been dreaming of. It also improves circulation to your muscles, helping your body recover faster. Plus, it helps to relieve stress so you can unwind and calmly start your day. But, while stretching in the morning, you want to make sure you're doing it right! We've got some [fitness secrets](#) to help you stretch properly in the morning.

Check out these fitness tips to help you stretch the right way!

1. Warm up: Before you start stretching, it's important your body is ready for the task. If you stretch right when you wake up, you have an increased risk of getting injured. This is because while you're asleep, your spine swells with fluid, so it's vital to warm up first to prevent muscle strain. Try

doing jumping jacks or walking around your home for 10 minutes to get your body ready to stretch.

2. Form a routine: If you want to make stretching a part of your daily schedule, putting together a routine will make the practice easier to manage. Find what muscles in your body feel tight and target those areas. Creating a routine means doing the same stretches daily, therefore increasing your flexibility in those focus areas.

Related Link: [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

3. Don't hold your breath: When stretching, it's important you aren't holding your breath, as this will result in your muscles tensing. Instead, try to relax and focus on exhaling longer than you inhale. The breathing itself will help calm you, and it's sometimes helpful to practice deeper breathing by meditating as well.

4. Make sure you're not in pain: While a subtle pulling sensation can be good and show that you are properly stretching your muscles, you want to make sure you don't feel any sharp pain. If you feel a significant amount of pain, it's important to stop what you're doing. You definitely don't want to injure or irritate a problem area.

Related Link: [Celebrity Style: Active Wear Inspiration to Kick Start Your Workout](#)

5. Cool down: After stretching, it's important to give your body a rest. Drink some water to replenish your body and focus on stabilizing your breathing. You'll feel much looser, which is the goal, but wait a few minutes before plunging into your workout routine.

Do you have any additional tips for stretching in the morning? Comment them below!

Fitness Tips: Meditate And Practice Breathing



By

[Jessica Gomez](#)

Meditation is a technique where deep breathing is used to clear your mind and relax you. It's something that we can all benefit from. People who believe in meditation usually meditate anywhere from five to 30 minutes a day. If you're just starting out, you can begin with five minutes and gradually increase the time. There are many different types of meditation and ways to go about it, so it's important to do research before you start practicing.

Meditating is a great [fitness tip](#) due to the positive effects it has on the mind and body. Here are several healthy benefits:

Meditation consists of regular deep breathing and specific breathing practices. This is what contributes to the following beneficial effects:

1. Reduces stress: When our bodies experience stress or threat, they respond with a “fight or flight” response. The adrenaline rush we endure increases blood pressure and pulse rate, and produces faster breathing and increased blood flow to the muscles. When we meditate, it produces a relaxation response, which is the exact opposite from the “fight or flight” response – a state of deep relaxation where our breathing, pulse rate, blood pressure and metabolism are decreased.

2. Promotes emotional health: A study in the journal *Perspectives on Psychological Science* noted that there are several benefits of mindfulness on symptoms of anxiety and depression and its ability to improve sleep patterns. It points out, “Compared with novices, expert meditators’ brain activity diminished in anxiety-related regions – the insular cortex and the amygdala – in the period preceding the painful stimulus.”

Related Link: [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

3. Slows aging: A small and growing body of evidence suggests that regular meditation can indeed slow aging, at least at a cellular level, according to an article in *The Guardian*. A study published last month found that long-term meditators had a reduced inflammatory and stress response to psychological

and chemical stressors in the lab compared with a control group. This would seem to mean that if we counter the effects of stress with meditation, we can indirectly slow cellular aging.

4. Can decrease blood pressure: Meditation techniques appear to produce small yet meaningful reductions in blood pressure either as monotherapy or in conjunction with traditional pharmacotherapy. Transcendental meditation and mindfulness-based stress reduction may produce clinically significant reductions in systolic and diastolic blood pressure. What a great natural way to achieve what most use medicines to treat!

Related Link: [Celebrity Fitness: 5 Basic Yoga Poses by Celebrities](#)

5. Good for your immune system: Since your immune system responds to both negative and positive thoughts, meditation creates a positive mental environment for the immune system to flourish. A study from ScienceDirect showed a reduction of pro-inflammatory gene expression in older adults.

What are some other things that meditation can help with? Share your thoughts below.

Product Review: The Coolest Gadgets to Achieve Your Fitness Goals!





By

[Rachel Sparks](#)

In this [product review](#), Cupid explores the newest [fitness](#) gear to help you fully engage in each workout. The innovative technology will encourage you to conquer those summer fitness goals while you work towards building that [celebrity body](#)!

Product Review: Workout Technology for Every Fitness Need

Related Link: [Product Review: Gripbell for a Full Body Workout](#)

1. [PowerGear Sound](#)



PowerGear Sound. Photo courtesy of mycharge.com

Have you ever been at the gym, your muscles pumping to a great rhythm and then your bluetooth headphones die? It's a real buzzkill to your workout. PowerGear has designed a case that both protects and charges your headphones! It's compatible with both of PowerGear's headphones and regular earbuds. With 1400mAh battery capacity, it adds 14 times extra battery to your headphones.

For only \$39.99, it includes the case and a micro-USB charging cable. It's the perfect size to fit in your pocket or gym bag at 4.3 inches by 3.7 inches by 1.9 inches. It weighs less than half a pound, so it's virtually unnoticeable. The 4.9 star rating and 93% suggestion rate, we're excited to get our own for our next workout!

Related Link: [Fitness Tips: The 5 Best Fitness Apps to Help You Stay on Track](#)

2. [WeCoup Cold Roller](#)



Chryosphere. Photo courtesy of recoupfitness.com

Far more important than your workout is what you do post-workout. Serious injuries can happen if you don't care for your muscles after a gym session. This cold ball is the perfect tool for your recovery needs! Toss out those foam rollers and ice packs because the Cold Roller is everything in one tool. Filled with 3.4 ounces cooling gel, it is safe for travel and can hold its chill for up to six hours after only two hours in the freezer. It's reusable and comes with a hard shell for holding.

The design combines traditional rolling techniques with cold temperatures to help muscles to release metabolic waste and reduce inflammation for a quicker recovery time. With the cover on, it's just about the size of a baseball, so it's an easy addition to your gym bag. Priced at \$39.99, it's a great investment into your muscles' health. You can also buy the ball without the cover for \$19.99.

Love these fitness must-haves as much as we do? Hurry up and click buy on your phone for the best workout of your life!

Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout



By

[Jessica Gomez](#)

We all wish to be fit, but for many of us there is always something getting in the way somehow. Whether it be our lack of motivation or lack of time – where there is a will, there is a way! Getting an early morning workout in should be a goal we all put on our list. There are many benefits to working out in the morning. “But I just don’t have the time!” many of us say. Well, enough is enough– it’s time to learn the celebrity fitness secrets that can help you put your game face on in the morning. Follow this piece of workout advice: you don’t have to work out for two hours; you can work out for a short time each morning, but the key is to do a mix of workouts quickly.

It's time to achieve that celebrity body, so here are a few celebrity fitness tips to ensure that you start working on yourself first thing in the morning by doing what Hollywood trainers advise:

To get a butt like [Jennifer Lopez](#): J. Lo gives 500% when working out, according to her trainer David Kirsch. And that's what we have to do – give it our absolute all. In addition, Lopez combines cardio with strength training to tone that booty and those thighs. A couple of workouts that are easy to include in your morning routine are squats and donkey kicks, which will tone your butt and can even build it overtime! Create a personalized mini morning routine with sets and circuits, adjusting it daily or every other day. Ideally, you can start with five sets of 10, totaling in 50 squats and 50 donkey kicks per leg.

To get arms like Cameron Diaz: Like Jennifer Lopez, Diaz is highly dedicated to a fit lifestyle and also does strength training with cardio. Moves to tone up your arms that you should add to your morning workout are plank push-ups, triceps dips, and bicep curls. Get on the treadmill also to help burn off fat. Create a personalized mini morning routine with sets and circuits for this as well, adjusting it daily or every other day to gradually increase.

Related Link: [Fitness Tips: 5 Most Effective At-Home Workouts](#)

To get abs like [Gwyneth Paltrow](#): Building great abs is more about overall body training than just spot training. You can definitely include workouts like crunches, curl ups, and sit ups to your routine however. But do not exclude Paltrow's

workout tip from her trainer Tracy Anderson: [Goop, an ab workout circuit](#). Let the sweating begin, and let's expose those abs we have hidden!

To get legs and thighs like Beyonce: Obviously dancing plays a part in her great bod, so let's dance to tone and shake the pounds off. In addition, you can add jumping lunges and pelvic lifts to your morning workout like Queen B does to tone those thighs. Doing a few sets of 10 in the morning, gradually increasing the set number or doing more than 10, will help.

Related Link: [Fitness Tips: 5 Couple Exercises That Are Worth the Sweat](#)

To get an overall toned physique like Shakira: It seems like the key to everything is cardio and strength training intervals, because guess what, yes – Shakira does it too, according to her trainer Anna Kaiser. Simple exercises you can add to your morning routine are jumping jacks, jogging/running, and lifting some weights (no, they won't get you muscular like a body builder).

Which of these are you excited to include in your new morning workout routine? Share below!

Fitness Trend: Break A Sweat With Piloxing





By

[Carly Horowitz](#)

Imagine a world where fitness gurus combine the intricate skills of boxing with the flexibility of Pilates. Well, you don't have to imagine anymore, because we are living in such a world! Allow us to reveal the latest [fitness trend](#): Piloxing. People around the globe are partaking in this cool new workout.

Piloxing is a fitness trend that will get you feeling sexy and powerful!

There are a multitude of ways to work your body in order to achieve the fitness level you desire. This piloxing movement is striving to target both the mind and body by inspiring everyone to reach their fullest potential.

Here are some benefits to this exciting fitness trend:

1. Burn up to 1200 calories per hour: Not only is this workout fun, it also works to burn an abundance of calories so you can be rocking your summer body in no time!

2. Improve cardiovascular ability: This amazing workout will enhance the transportation of oxygen to your muscles from your heart, lungs, and blood. It truly strives to improve your overall well-being.

3. Strengthen and lengthen muscles: Piloxing isn't designed as a workout to help you get buff. It works to lengthen your muscles for a lean, toned look while still gaining plenty of strength.

4. Improve balance and posture: By practicing piloxing, you will gain agility as well! So many different aspects are added into this workout so that it serves as such an inclusive total body experience.

Related Link: [Celebrity Style: Active Wear Inspiration to Kick Start Your Workout](#)

The ornate mixture of both pilates and boxing works to combine grace and power. A touch of dance is even added in! The movements are meant to empower everyone and exhibit that you can be elegant yet strong during this workout. Look into where piloxing is offered near you and try it out!

Related Link: [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

If you live in New York City, try visiting the Piloxing Studio at Adelante Studios or Bally Total Fitness. If you reside in the LA area, check out the Real Ryder Cycling Studio on San Vicente Blvd.

You can even purchase a piloxing DVD or search for some fun piloxing YouTube videos. Work those muscles!

Do you want to try out piloxing? Comment below!

Fitness Trends: Shakes & Smoothies



By

[Jessica Gomez](#)

Shakes and smoothies are delicious ways to stay healthy because of all the nutrients they provide and the fact that they keep your body hydrated. You can get healthy shakes and smoothies at cafes and juice bars or make them at home with a juicer. Many celebrities juice and drink smoothies to nourish the body, mind, and spirit. Among them are [Jennifer Aniston](#), Jessica Alba, [Blake Lively](#), and [Kate Hudson](#).

Get a celebrity body by learning the health benefits of the [smoothie fitness trend](#), along with some yummy, healthy recipes. Here are our fitness trends:

Vitamins and minerals: Making a fruit smoothie ensures you get plenty of vitamins and minerals like vitamin C, vitamin A, vitamin K, vitamin B6, potassium, manganese, and folate. Find out [the benefits of vitamins and minerals here](#). The vitamins and minerals won't only make your body work better and feel more energized, but it should boost your mood as well.

Related Link: [Top 5 Celebrity Diets That Actually Work](#)

Fiber: It's a carbohydrate that is a necessary part of our diet! Approximately, women need 25 grams and men need 38 grams. Fiber helps with digestion and lowers your blood cholesterol. Blueberries, apples, carrots, cucumbers, and tomatoes are all fruits and veggies that contain good amounts of fiber and can be included in your shakes, smoothies, or juices.

Related Link: [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

Protein: You can definitely add protein to your shakes and smoothies by adding nuts or peanut butter. Protein is important because it helps your bones, muscles, cartilage, skin, and blood. Women need approximately 46 grams and men need about 56 grams per day.

Making smoothies with water is the healthiest option because you cut back on calories and just get pure deliciousness full of health benefits. [Here](#) are some scrumptious smoothies and

juices that celebs incorporate into their celebrity diets. Paired with nutritious meals, smoothies and juices are a yummy addition to a healthy lifestyle.

What benefits are you now planning on attaining when incorporating smoothies into your diet? Comment below!

Fitness Secrets: 5 Simple Tips to Stay Healthy



By

[Jessica Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick

is to find easy ways to stay healthy without the struggle – isn't that the dream? There are simple healthy habits that even fit celebrities take on.

When it comes to staying or becoming healthy, there are things you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:

1. Get enough sleep: Eight hours should be your aim. Getting enough sleep is not just about not being tired. Sleep offers so much more than that! It helps you think clearly and improves your productivity, while also reducing stress and improving your mood. You are less likely to get sick as well, and can lower your risk for heart disease and diabetes. So, make the time!

Related Link: [Active Wear Inspiration to Kick Start Your Workout](#)

2. Drink lots of water: It's extremely good for you! Up to 60% of the human body is water, so that goes without saying that it's important to stay hydrated. Hydration has major effects on brain function, energy levels, and physical activities. Water is also good for many other things including healthy skin. Many celebrities drink water religiously, among those are [Kylie Jenner](#), [Kim Kardashian](#), [Jennifer Aniston](#), and Cameron Diaz. And you can tell that it works!

3. Get a massage to boost immunity: Who doesn't love massages? What a wonderful and pleasurable way to stay healthy! Studies

have found that a 45-minute massage can cause an increase in white blood cells that fight bacteria and viruses. And of course massages reduce stress and muscle aches – and feel amazing! *Books massage*

Related Link: [6 Ways to Avoid Putting on Extra Holiday Pounds](#)

4. Small workouts: including stretching. Walk as much as you can, take the stairs, and take time to stretch throughout the day. If you want to kick it up a notch without a full blown workout, then try jumping jacks and/or jumping rope. Simple, right? Consistency is key. After a while of being consistent with small workouts, your body will get used to it and then you can up your standards and up your game!

5. Meditate: Probably everyone has heard of the relaxing and stress-reducing effects of meditating. It just chills you out! But wait, there's more: studies have shown that people who practice yoga or meditation long-term had much more "disease-fighting genes" present! Mind over matter, right? Take at least 10 minutes of your day to clear your mind and take deep breaths. You will see the changes pretty soon! Celebrities like Oprah Winfrey, [Angelina Jolie](#), and Eva Mendes are among many who meditate.

Related Link: [5 Couple Exercises That Are Worth the Sweat](#)

Not everything has to be super hard, like we assume celebrity fitness to be. Make these five fitness tips into habits, and watch how they affect your health. It's game time!

What are some easy fitness tips you swear by? Share below!