

# 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.legendarypothecary.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](http://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.

**Related Link:** [Fitness Trend: Online Workout Classes](#)

### **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.

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

**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.

**Related Link:** [Fitness Trend: Online Workout Classes](#)

**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.

**Related Link:** [Fitness Trend: Online Workout Classes](#)

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!

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

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.

**Related Link:** [Fitness Trend: Online Workout Classes](#)

**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.

**Related Link:** [Fitness Secrets: Chia Seeds Are the Superfood You Need In Your Life](#)

**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.

**Related Link:** [Fitness Tips: How to Stretch In the Morning](#)

**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!

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

**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.

**Related Link:** [Fitness Tips: How to Stretch In the Morning](#)

**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](http://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!**

---

# Celebrity Style: Active Wear Inspiration to Kick Start Your Workout



By

Christine Rudolph

You're probably familiar with the infamous New Year's mantra "new year, new me." People everywhere use (and sometimes overuse) this phrase to help motivate and achieve the goals they have set. For some, the "new me" entails hitting the gym to get that toned body many of us desperately desire. But we all know that making a resolution is one thing and abiding by it is a whole different ball game! We all need the right



amount of inspiration to stick with such momentous resolutions – and cute active wear certainly helps! Gone are the days when workout clothes were incredibly dull and boring. Now you can attract everyone to your newfound style mantra based on active wear. Not only will you stand out from the crowd, but you will also look as good as some of your favorite fit celebrities!

**Here are some of our favorite celebrities that have awesome workout clothes! You don't want to miss out on these bits of [celebrity style](#):**

**Selena Gomez:** Selena Gomez has been making [celebrity news](#) recently since getting back together with Justin Bieber, but what is even more ravishing than that is Gomez's choice of active wear! Gomez was recently spotted leaving a hot yoga class sporting blue Puma leggings with an oversized white sweatshirt with spotless white sneakers. The bright blue leggings added a chic pop of color to her mostly-white outfit, and she looked ah-mazing! We don't blame her for turning up the heat at yoga class his winter.

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

**Gigi Hadid:** Gigi Hadid makes working out look so, so glam! Her active wear ensembles are just as cute as the outfits she wears on the runway. She is frequently spotted strutting down the street of whatever glamorous city she's in, wearing the cutest work out clothes. A recent standout of Hadid's included a chic sports bra paired with an oversized zip-up jacket, and silver metallic fitted leggings. Hadid definitely doesn't sweat when she exercises, she sparkles!

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

## [the Sweat](#)

**Rihanna:** Rihanna isn't all just songs and dance as this diva is more feverishly known for her new beauty line and her fashion choices! Being a global icon is not a small deal, but Rihanna's confidence in her outfit choices shines even when she has on active wear. One standout in particular was a matching Alexander Wang long-sleeved crop top and leggings. She even amped up her look with some red-hot lipstick. Rihanna is your go-to girl if you aspire to create the perfect look to make those jaws drop down to the ground!

Take notes from these celebrities and make this year be the one that you stick to your resolutions, and look great doing it! Your future self will thank you.

*Christine Rudolph is an enthusiastic dreamer and a workaholic to achieve that. She is a blogger, writer, state level badminton player, and technology freak. Currently, she is associated with [Sophie & Trey](#), an online clothing boutique and a team of style conscious millennials. For all updates, follow her [@RudolphBlogger](#) and become friends with her on [@Facebook](#).*

---

# Product Review: Gripbell for a Full Body Workout





By

[Rachel Sparks](#)

*This post was sponsored by Gripbell.*

Post-holidays means extra weight for most of us. With Spring followed by Summer right around the corner, the pressure to get your body back in shape is rising. Gripbell is the perfect accessory to add to your workout routine when you're practicing Cupid's [fitness tips](#) and trying out those latest [celebrity diets](#)!

**Check out our product review to help you get that dream celebrity body!**

Whether you're at home starting your workout routine for New Year's Resolutions, an experienced lifter, or recovering from an injury, Gripbell is designed to be both safe and versatile for your workout needs. The design features soft edges make it safe to use, prevents injury, and its ability to lay flat makes for an easily transportable workout for at home, at

work, on the road, or on vacation.

What started as a Kickstarter project, Gripbell was officially released in June 2017. This new workout product offers a range of workouts that encapsulates the full body. With interchangeable weights ranging from three to twelve pounds, it's perfect for any body and virtually any age.

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

The revolutionary design combines the concepts of traditional handheld gym equipment, such as dumbbells, kettlebells, and medicine balls all into one device! Simplify your workout space and your workout routine with just one piece of equipment! Don't worry; if you love the way [Jessica Biel](#) looks after her famous kettlebell workouts, Gripbell can do the same!

The versatility of Gripbell is what makes this trendy piece of equipment so successful. It can be used to simplify workouts because it's three pieces of equipment in one. It can intensify your workout and is well suited for cross-training, physical therapy, weightlifting, or even interval training sessions. Add Gripbell to workouts where you wouldn't normally have weights. Challenge your yoga, Pilates, or water aerobics routine by adding this flexible and water-safe product!

**Related Link:** [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

If you're recovering from an injury, Gripbell is safe for you to use. It is regularly added to physical therapy sessions and rehabilitation plans because of its safety and versatility in use and weights.

Do you need another reason to add Gripbell to your gym essentials? When you purchase your very own set, Gripbell sends full body and muscle specific training videos that were developed by experienced fitness instructors. It's the perfect

way to start or refine your workout routine! A full set costs \$245, or you can purchase single Gripbells based on weight, the three pounder starting at \$45. It's a worthwhile investment for your home gym!

We've fallen in love with the way Gripbell has changed our workouts and we can't wait for you to feel the same! Are you ready to buy your own? Check out their website at [Gripbell.com](http://Gripbell.com) or [Facebook](#) page!

---

## **Fitness Tips: How to Keep the Beer From St. Patrick's Day Off Your Hips**





By

[Rachel Sparks](#)

St. Patrick's Day is upon us and we need to prepare our bodies. Let's be honest, the Irish have a stereotype for a love of drinking and St. Patrick's Day is no exception. If we're being honest with ourselves, we're going to join in on the fun. So soon after the New Year and our resolutions dangling over our heads, the biggest question is how we can have fun without failing our fitness goals? Cupid's [fitness tips](#) are our secret to you.

**Cupid's fitness tips will help keep all your St. Patrick's Day fun from sticking to your hips!**

**1. Eliminate carbs:** This is a given. If you know you're about to be ingesting a lot of green beer, and the pretzels that come along with them, just make sure that you've balanced your intake. Cut back the days before and days after. Generally speaking, you don't want too many carbs anyway, but a little



moderation will help balance that green beer you're going to have.

**Related Link:** [Fitness Tips: Staying Healthy During the Holidays](#)

**2. Limit portions:** Like any dietary recommendation, rationing portions helps. Smaller meals more often is a much better alternative for your body than a few large meals. Don't starve your body; the extra calories from holiday celebrations will send a message to your starving body to store them while they can.

**3. Watch caffeine:** Caffeine is a jittery high compared to the sleepy lows of alcohol. Be careful to not get stuck in a cycle of highs and lows that make up drinking and too much caffeine. In addition to the energy chaos, both alcohol and caffeine are diacritics. Sounds delicious? Yeah. Both will upset your stomach and mess with your sleep. Monitor caffeine or find kinder alternatives than coffee, such as tea or mate.

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

**4. Work out routine:** If you've been sticking with your resolutions we imagine that you already have a great work out routine. Make sure you stick with it before and after St. Patrick's day. It's much easier to maintain than it is to recover, so don't stress about working out more in order to lose the extra beer weight, just tick with your normal routine to avoid packing it on.

**5. HIIT:** This is extreme. If you're ready for intense workouts with burn and fast results, this is it. High intensity interval training is a celebrity fitness trend that really works. Queen Latifa, [David Beckham](#), and [Carrie Underwood](#) are proud of their hot bods thanks to HIIT, so as a great fall back to get your butt in gear, HIIT will be saving your hips from St. Patrick's day.

How do you plan on keeping the beer weight off? Share your tips below!

---

# Fitness Secrets: Slim Down in Time for Valentine's Day Date Night



By

[Rachel Sparks](#)

Valentine's Day is almost here, and we know you want to look your hottest for the perfect [date night](#)! Your New Year's resolutions may have included a workout plan (and you may have even stuck with it), but all those holiday treats are still

sticking to your hips. Here are Cupid's [fitness tips](#) to get you in sexy shape for your dream Valentine's Day date night:

## **Cupid's fitness tips will help make your Valentine's Day date night the sexiest!**

**1. Juice detox:** If you're trying to make a change really quick, a detox is the way to start. You can lose weight on a detox, but you want to use this as a starting point and not the only technique for losing weight. You need to clean your body of all that junk leftover from the holidays in order to feel better, eat healthier, and kick-start a work-out routine.

**Related Link:** [Look Like a Victoria's Secret Model with These Celebrity Workouts](#)

**2. Stay hydrated:** And we mean all the time. Drinking enough water will give you more energy, replace water you lost during a work-out, keep you feeling full so you don't overindulge at meal time, and it keeps your skin taut and glowing. So really, there's no reason to not drink water.

**3. Cut unnecessary calories:** Drinking, white bread, and junk food are some of the biggest culprits of wasted food. Our bodies need calories to function, and especially while working out, but make sure you're ingesting the right kind of calories. Fruits are high in the good kind of carbs to give you a burst of energy. Proteins like chicken or fish are light and easy to digest while still giving you the heavy feeling of having eaten. If sticking to a diet for too long seems daunting, just remind yourself you're doing this for Valentine's Day. A month is easy, right?

**Related Link:** [Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It](#)

**4. Don't starve yourself:** You think weight loss and you think cutting back on eating, but that's retroactive to your goals. Starving yourself triggers your body into survival mode, which means it will actually run slower and store even *more* calories. When you don't enough, you're telling your body food isn't common. Eat regularly, have healthy snacks often, and you'll actually lose more weight from eating more often.

**5. HIIT workout:** This is one of the latest fitness trends. HIIT stands for high-intensity interval training. Basically, you give everything you can for a short amount of time, rest, and come back. You're pushing your body to the max. It's a lot like heavy-lifting training; you're doing high intensity for shorter reps to gain muscle and burn more fat. This is definitely a hard workout, but it's a quick ticket to that sexy bod.

**Related Link:** [Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill](#)

**6. Find fun workouts:** Ok, so working out usually sucks. Weight training and timed miles remind us of gym class in high school, and no one wants to go back there. Take cues from [Kate Hudson](#) and other celebrity workout plans and find something fun. Whether you follow Kate Hudson's passions for pole dance or you've fallen in love with Zumba, anything that gets you to jump off the couch and burn those calories is a win.

**How do you plan to get in shape for Valentine's Day? Share your own fitness tips below!**

---

# Celebrity Fitness Secrets: Funky Exercise Fads



By

Christine Rudolph

While it may seem as though celebrities keep their exercise routines mum, occasionally we're able to snatch their [fitness secrets](#). While some stick to the standard gym routines, machines, and weights, others have some very interesting ways of getting fit. Leave it to celebrities to find super interesting workouts that help achieve perfectly toned bodies! If you're looking to workout like a celebrity and achieve a fit [celebrity body](#), then some of these exercises might be for you.

# Bored of your routine gym workouts? Check out some of these celebrity fitness secrets that will change the way you workout!

**1. CrossFit:** CrossFit has taken the fitness world by storm over the years, and is one of the most rigorous workouts out there! This super popular workout combines a multitude of exercises such as cardio, weights, and kettleballs in a short 45-minute timespan. Quality trumps quantity; your results aren't determined by how much time you spend in the gym, rather, by how hard you work out. [Jessica Biel](#) is a huge fan of this regimen – and judging by her perfectly chiseled body, she certainly isn't intimidated by its intensity!

**Related Link:** [Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It](#)

**2. Piloxing:** As you may have guessed, Piloxing is a high-energy combination of Pilates and boxing. Celebrities such as Vanessa Hudgens, [Hilary Duff](#), and Ashley Tisdale are all fans of this recently popularized fitness routine. The workout is focused on building the core and muscle toning, which ultimately helps build strength and endurance. Piloxing is also a huge calorie burner – you can burn 900 calories in just an hour!

**Related Link:** [Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers](#)

**3. Barry's Bootcamp:** If you've ever wondered how [Kim Kardashian](#) has achieved her post-baby slim downs, her fitness secret is Barry's Bootcamp. Each class utilizes a combination of resistance training with elastic bands, kettle bells, and body bars, as well as cardio. Barry's Bootcamp has been voted



“The Best Celebrity Workout” by many fitness magazines and other publications, so you’re guaranteed to have a solid workout with each class session!

**Related Link:** [Look Like a Victoria’s Secret Model with These Celebrity Workouts](#)

**4. Belly Dancing:** Belly dancing is a super fun workout that has been around for quite some time! In the celebrity realm, it has become pretty popular among A-Listers like Shakira and [Beyoncé](#). The sultry dances target the abs and sculpts the hip area. Bonus: you’ll learn to move muscle groups in your body that you never knew existed, too!

**5. Hula hooping:** Would you have ever guessed that one of your favorite childhood past times would come back into popularity as an adult? Hula hooping tones your entire body! Zoey Deschanel has embraced hula hooping fitness classes, because they target everything from your core, to your arms and legs. The best part is that it doesn’t feel like a workout at all! If you’re intimidated by exercise, this one’s for you!

*Christine Rudolph is a passionate lifestyle blogger who loves to write about current trends. She is a featured author at various authoritative blogs. Currently, she is associated as a blogger for [Hourglass Express](#), providers of quality waist trainers, belly bands, and other weight loss products. For all updates, follow her [@RudolphBlogger](#) and become friends with her on [Facebook](#).*

---

## **Fitness Tips: Stick to Your**

# New Year's Resolutions



By

[Rachel Sparks](#)

All of us have our body quirks with our bodies – things we don't like about ourselves. While it's important to accept who you are as you are, we also recognize that investing in yourself helps self-esteem. If exercise is a priority, you'll reap so many rewards beyond how your body looks. Cupid knows how hard it is to keep up a strong exercise routine, and we're here to help. Here are our [fitness tips](#) to keep your routine rocking!

**Read on for Cupid's fitness tips to achieve those New Year's**

# resolutions!

**1. There's an app for that:** There's an app for anything, so look out for any of your specific needs! There's apps for fitness that give you a sense of community right on your phone. You can track calories, workouts, miles walked, etc. with other apps. Some apps help you meal plan, interpret labels, and compile shopping lists. There's an app for any need you have to keep you motivated and on track for your resolutions.

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

**2. Classes:** Let's be honest; working out a gym sucks for most people. As much as we want to workout, if we're pulling on a machine all day it's hard to stay motivated. Fitness classes have become so much more fun. To stay on top of your resolutions, find a class that interests you! There's aerial fitness, dance classes, yoga, crossfit, bootcamps...you name it, it's out there.

**3. Friends = accountability:** Who is holding you to your goal? Is anyone motivating you, asking about your progress, celebrating your wins? Self-discipline only goes so far. On the days when you're feeling unmotivated, having a partner who is responsible for kicking your butt in gear is necessary. Prevent any breakdowns by assigning a friend to be your accountability partner. If you can rope your love into a workout, not only is it more accountability, but there's tons of couples workouts to rock to like Elsa Pataky and Chris Hemsworth for an energizing [date night](#).

**Related link:** [Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers](#)

**4. S.M.A.R.T. goals:** Have you heard of these from school or

work? As annoying as these goals seemed at the time, it's a practical approach to personal goals as well. S.M.A.R.T. means "specific, measurable, achievable, realistic, timely" goals. Is what you're asking of yourself something you can track your progress and achieve in a reasonable amount of time? If not, break down a bigger goal into smaller steps so you can feel great about progress and keep building to that bigger dream.

**5. Recognize aches and pains:** How does this help you achieve your goals? When you overdo it, your body will react negatively. You may seriously injure yourself. Learn how to be aware of your body and recognize when it needs a break. It's better to rest for a day than to lose your goal completely from an injury. Remember, your goal is to better yourself; it's a lifelong process. You don't have to push yourself to achieve an Olympian's body in a few months. Commit for a lifetime. Commit to yourself.

**How have you bested your demons and achieved your New Year's resolutions? Share your advice below!**