

# Fitness Tips for Working Out While Wearing a Mask



By Alycia Williams

During the pandemic it's really important that we wear masks when going outdoors, but going on your morning runs can seem really difficult with a mask on. Wearing a mask should not exempt you from continuing with your exercise regime, but what is true is you need to know a few [fitness tips](#) before you embark on masked fitness, whether you are a seasoned athlete or just an enthusiast.

**Here are some fitness tips for**

# working out with a mask on:

**1. Start slow and easy:** Using the mask will increase the feeling of air hunger resulting from the accumulation of carbon dioxide, and what you need to do is gradually decrease your sensitivity to CO<sub>2</sub>. The best way to decrease your sensitivity and increase your tolerance to CO<sub>2</sub> is to slow down your breath and train yourself with nasal breathing before your workout.

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**2. Prepare your lungs:** If you just workout without preparing your lungs, you'll breathe fast and shallow, which makes you more prone to anxiety and performance fatigue. Before working out, start with a few slow breaths moving your belly and diaphragm. Your entire middle should expand as you inhale and squeeze as you exhale.

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**3. Breath through your nose:** Breathing through the nose will help you build up CO<sub>2</sub> tolerance, despite making you feel that you are not fast or efficient enough. You will leave fewer water droplets on your mask and keep it drier while decreasing your exposure to viruses and pollution. Ideally, you have a few cloth masks in hand to change them, depending on the duration of your workout.

**4. Ladies need to be extra careful:** Women under the age of 48 need to be extra mindful, especially during their menstrual cycle. This is the time when your carbon dioxide levels drop by 25% caused by hormonal changes, and that typically means faster breathing, an increased heart rate, and a tendency towards fatigue and body pain, among other things. Be gentle

with your body, take it easy and observe your body signals.

**5. Find the right mask to workout in:** Your comfortability is important, because if you're working out in a mask that is uncomfortable it'll lead to breathing heavier or not wearing it all. Try out different mask and find that one that's right for you.

**6. Plan for breaks:** Although you may be used to doing your workout routine without any breaks, you may want to reconsider. Wearing a mask while working is going to create different experience for your body which will lead to your body becoming fatigued easier. Plan for some breaks in between your workout .

what are some more fitness tips for working out with a mask on? Start a conversation in the comments below!

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## Fitness Tips: How to Shed Holiday Weight After the New Year





By [Ahjané Forbes](#)

As we welcome the new year, we plan to draft our resolutions. The majority of our new commitments will be to lose weight. Sometimes, this process can be tricky and may not always go as planned. However, it is important to make mistakes and learn from them to make a healthier you!

## What are some [fitness tips](#) to help ring in the new year?

Attempting to lose weight can be hard, especially if you're trying to do it around the holiday season. Make sure that this is something that you want to do, and you're not just succumbing to pressure from others. Avoid losing weight for a better body image, and focus on the [health benefits](#). Here are some [fitness advice](#) on how to get through one of the most difficult resolutions:

- 1. Create a realistic goal:** Don't make a New Year's resolution stating that you're going to lose 30 pounds by Easter. That'll

only put more pressure on yourself. Think of short term goals like walking 10,000 steps per week. If you're on your feet a lot, this will be easily obtainable. Be honest with yourself. If you know you definitely don't want to try a new sport or sign up for that Zumba class, then don't do it. Find something that you will enjoy doing. Losing weight with a group of friends will give motivation as well.

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**2. Slowly eliminate your guilty pleasures:** It will not be easy to stop eating candy, chocolate, fast food, unhealthy snacks, and drinking soda. Start small. If you're used to buying a 24 pack of soda, then lower your consumption to a 12 pack. Let's say you eat two bars of chocolate every day. Begin by only eating one per day. This will help you to curb your habit and begin to see your weight change.

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**3. Ease your way into the gym:** As soon as the ball drops, don't just head to the gym. Create a workout plan that will benefit you. For example, if you know you cannot run a mile, start off by only walking one fourth of it. Also, it is okay to not go to the gym. You can do most exercises within the comfort of your own home. A lot of trainers have online videos that you can watch and do in your living room. Do something simple like stretches or yoga, and heighten your intensity level from there.

**4. Just dance:** A lot of people forget that dancing is a good form of exercise. You can go to classes that are geared toward losing weight and having fun. Many of the group members are making their way through this just like you. It will be easier to build a connection with them and learn from their experiences.

**5. Keep a positive mindset:** If you keep thinking that you're

not going to lose enough weight by a certain time, then you will not actually do so. Even if you lose one pound in one month, try to celebrate that. It's all about progress. Learn to understand your body. Be proud of what you are doing even if the process might take a long time. Move at your own pace.

**6. Reward yourself:** Now we know we mentioned you should slowly eliminate your guilty pleasures, but sometimes we all need a little cheat day. If you're on a diet, take one day out of each month where you eat until your heart's content. Keep the date you set consistent. If you start on January 15th, make sure that on that day every month you fully indulge. This will actually give you something to look forward to each month and you'll start to feel good about yourself. Remember, you still have to get across the finish line. So, always remember to stick to your diet and drink plenty of water, and you'll definitely get through this year's New Year's resolution a winner!

**How do you plan on losing weight this year? Share your New Year's resolutions in the comments below!**

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## **Celebrity Diet: Are Detox Teas Good for You?**







By [Ashley Johnson](#)

Going on a detox can sometimes be the best thing for your body and mind. However, taking detoxes to the next level can be dangerous if you are not careful. While the primary goal of a detox is to eliminate harmful substances from your body, detox teas may actually be inviting them in. In celebrity diet news, celebrities like [Khloe Kardashian](#) and Cardi B have endorsed detox teas on their Instagrams, while other celebrities like Jameela Jamil and U.S. Paralympic gold medallist Brenna Huckaby`have spoken out against them calling them 'toxic'. Before you take the detox tea diet to extremes in true [celebrity fashion](#), Cupid has some [fitness](#) and [food](#) advice on what you should consider.

**Here's some fitness advice on what to keep in mind before trying out the detox tea craze:**

Teas are typically one of the healthiest drinks you can

consume. They have been known to boost your immune system and protect your bones with the power of its antioxidants. However, detox teas are not always healthy and can sometimes contain a lot more than tea leaves. While some detox teas contain normal tea ingredients, others may contain toxins, drugs or medication. Contrary to drinking normal tea, here are some things you may want to watch out for when drinking detox tea:

**1. Water weight loss:** Detox teas don't actually make you lose body fat, but can help you lose water weight. Water weight is all the extra water that your body retains, and losing that water weight can certainly make you feel lighter. Even if you are not necessarily losing actual body fat, you can be tricked into believing you have, as two cups of water weighs approximately one pound.

**2. Electrolyte imbalance:** Consuming too much detox tea and having to frequently use the bathroom can lead to dehydration and ultimately electrolyte abnormalities. An electrolyte imbalance in your body means you are at risk for muscle spasms and an abnormal heart rhythm.

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**3. Unwanted side effects:** Detox teas are primarily made up of the senna plant and caffeine, and these two ingredients together very much act as laxatives. This means the tea can be accompanied by diarrhea, abdominal pain, gas, nausea, and much more. The list of side effects for detox teas is rather long and also includes heart attacks, seizures and even death.

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**4. Caffeine:** While the average tea contains less caffeine than a normal cup of coffee, detox tea may actually contain the highest amounts of caffeine when comparing the two. Of course this means the detoxifier also comes with some of caffeine's



most unpleasant, yet common side effects. Side effects may include restlessness, nervousness, headache and fast heart rate.

**5. Sleep problems:** With detox teas having such high amounts of caffeine, having sleep problems should come as no surprise on this list of things to consider. You may not only experience problems falling asleep, but may also find yourself having trouble staying asleep. Furthermore, not getting enough sleep has also been studied to be linked to weight gain, which is probably the exact opposite of what individuals aim for when starting the detox tea diet.

**Have you ever tried a popular diet? Did it work well for you? Share your comments below!**

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## **Fitness Trend: Move Away from Your Dependence on Technology**





By [Katie Sotack](#)

Admit it: technology has become an addiction. It's easy to get lost trying to grow your following on social media. You've maybe gotten so wrapped up in a game on your iPad you've forgotten to wash your work clothes for the next morning, too. Consumers are reclaiming [fitness](#) as a time to disconnect and recommit to [health](#). The gym, which had become flooded with big screens and Fitbits, has now become a place to find solitude.

**As technology integrates further into our lives, how can we achieve mindfulness through this unplugged [fitness trend](#)?**

Mindfulness is the act of bringing one's attention to the current moment. Psychologists recommend it as a way to deal with emotional distress and to live life to its fullest. The task has become increasingly more challenging as we've become more attuned to our screens and less invested in the physical space around us. Here's some [fitness advice](#) to help you unplug and lead a healthier life:

**1. Go harder:** To maximize a full workout, mindfulness is

essential. The presence of a phone or other distraction limits the workout by dividing attention and providing a slower tempo for movement. It's suggested that songs with high BPM (beats per minute) increase the speed of a workout. Plus, with distraction comes bad form. Give your body the respect it deserves by focusing on structure and engaging muscle groups, ultimately disconnecting from life and experiencing a workout your health and the impact of the workout.

**2. Breathing:** 2019 has seen an increase in breath-focused fitness like yoga and swimming. A key component to mindfulness is meditation, which largely focuses on breathwork. Exercises that stress the importance of deep and measured breath will aid in focusing the mind. The 'breathe through the pain' mantra of yoga will bleed into everyday life. Even emotional challenges will feel less stressful as you take measured breaths to remain calm. Plus, there's the added benefit of regular exercise, which leads to increased endorphins. By participating in an exercise that emphasizes breathing, a person will increase their mood and decrease their waistline simultaneously.

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**3. Fatigue:** Constant tiredness may be brought on by stress, chronic pain, or trouble sleeping. A mindful workout, which focuses on a strong mind-body connection, will alleviate all of the above. Psychologists use the connection to adjust lifestyles and attitudes. When a person is cognizant of their entire being, emotional wounds and physical pains begin to heal. This phenomenon happens by processing our emotions and therefore healing that which plagues us. A mindful workout is a great start to both emotional and physical health (and should exercise alone work for you, it's a lot cheaper than never-ending doctor's appointments).

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## [Calories](#)

**4. Alertness:** A downside to our constant internet connection is that we as a species have become horribly unaware. People cross busy Manhattan streets without looking up from the movie on their phone. Friends' voices have become background noises to our texting. Taking an hour a day to workout unplugged reminds us that it is possible and can feel *amazing*. Ever heard of runner's high? The endorphins of a full-fledged mindful workout are off the charts. You'll feel superhuman, pushing your body and mind to the limits and not caring about the time spent away from your screen. Plus, a strong mind-body connection makes people more aware in everyday life. You'll begin to pick up on details your brain had been filtering out as well as upping your quick-witted banter skills.

**How do you emphasize a mind-body connection? Share in the comments below!**

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# **Fitness Tips: How to Workout After Having a Baby**





By [Bonnie Griffin](#)

Working out after childbirth might seem like a daunting task. Your body is out of whack after pregnancy due to hormones that can linger up to six to eight weeks postpartum. Exercising will only make you stronger and will help you recover faster after giving birth to your new little one. According to *Prevention.com*, [Eva Longoria](#) has been following a strict [celebrity workout](#) and a healthy eating plan since giving birth to her [celebrity baby](#) boy six months ago, and it shows! This celebrity mom looks amazing. You might be interested in these [fitness tips](#) for working out after having a baby if you want your pre-baby body back.

**In these fitness tips, find out how working out will benefit you after having a baby!**

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles.

Not only will it physically help you heal, but you'll be in a better mood and have more energy when exercising. Physical activity relieves stress and helps you to lose weight, which leads to you becoming a fitter and happier version of yourself. Cupid has some [fitness advice](#) to help you decide on a workout routine after having a baby:

**1. Abdominal exercises:** When you are a new mom, you'll want to start out with low-risk exercises such as abdominal bracing. For this exercise, pull in your lower tummy towards your spine and brace for a few seconds. These can be done three to four times a day in reps of eight to twelve. Stop working out if you experience any pain. Physical activity is beneficial, but not if you push your body too hard too soon.

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**2. Pelvic floor exercises:** Another low-risk option for new moms are pelvic floor exercises. You can sit and lean slightly forward while keeping a straight back. Squeeze your pelvic muscles for a few seconds. Do these in reps of eight to twelve.

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**3. Walking:** Walking is another great way to exercise after having a baby. You can walk on a treadmill, or put your new son or daughter in the stroller. Take a nice walk around the neighborhood. Not only is it a good and safe exercise after childbirth, but it will get you out of the house for some sunshine. It's also a fantastic mood booster!

**4. Swimming:** You'll want to avoid high impact workouts. Swimming is an ideal way to exercise post-childbirth. You can exercise without any of the impacts you'll experience with something like running. You'll have fun in the water, too!

**5. Rest after your workout:** When you're a new mom, rest seems



like something impossible to come by with a newborn who isn't on your schedule. It is important to take a few moments after a workout to rest because it can help replenish your strength and leave you feeling rested and restored.

Working out safely after having a baby can improve your health and mood. Let us know some of your workout routines after having a baby in the comments below.

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## **Celebrity Workout: Take Leg Day to the Next Level like Jessica Biel**





By [Bonnie Griffin](#)

These days there are so many different diets and workout programs around it can be hard to choose one that will work for you. Well, [Jessica Biel](#) keeps her legs toned with the most intense [celebrity workout](#), doing a variation of skater squats. According to *Shape.com*, Biel “is known for taking leg day to the next level.”

**Fitness Trend: Want to up your leg game? Turn up your leg day like Jessica Biel in her celebrity workout.**

Maybe you don't have a trainer to push you to do ten sets of six intense skater squats to keep your legs toned like Jessica Biel's, but you can turn up your leg day right from home. Remember, when you are building muscle, your body can get strained, so it is important to space leg days at least forty-eight hours apart to give things time to heal. You don't want

to end up burning off the muscle you just worked so hard to gain. Here are some great leg workouts that will keep you sweating and have your legs looking like a celebrity's in no time.

**1. Goblet squats:** This squat is one you can easily do at home. According to *LiveStrong.com*, you want to spread your feet wider than your hips, and sit back until your thighs are even with the floor, then come back up. Better yet, add in a dumbbell or kettle-bell and hold it chest height as you squat. Don't have your own weights at home? No problem. Grab a gallon of water or the laundry detergent and put your strong leg game to work. For best results, try to complete at least three sets of ten reps and rest thirty seconds between each rep.

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**2. Walking lunges:** Walking lunges are challenging enough that no extra weight/resistance are required to put your legs through a great workout. However, if you feel like the lunges are too easy, or you feel like you want to push yourself a little more, grab that gallon of water again and hold it up to your chest with each lung you take. You should keep your feet hip-distance apart, and step three to four feet forward with one leg and bend the other knee. Rise up and step forward to lunge, then repeat.

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**3. Step up:** The step up workout can be easily done from home. Grab a small bench or chair that is no more than twenty-four inches from the ground. Lift one leg and step up, step down, and repeat with the other leg going to the top of the chair first. If you want to add some extra "gain" to your workout, grab your dumbbells or gallon jug of water one more time.

**Squats, lunges, and stepping up are all great ways to tone**

your legs and really take your leg days to all new heights. Let us know your favorite leg workouts in the comments below!

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## Fitness Trend: Hire a Certified Professional



By [Mara Miller](#)

You might have done this: you try a new workout video, but you have no idea which dumbbell weight you should use. You aren't sure what your heart rate should be after a workout. Or, worst

case scenario, you injured yourself because you overextended your muscles. The [fitness trend](#) of hiring a certified professional is on the rise. A personal trainer has specific training geared toward giving you [fitness advice](#). People of all ages can hire a professional to help them learn to get fit and stay fit.

## Check out our reasons you should consider following the certified professional fitness trend!

There are many reasons to consider hiring a certified professional when it comes to getting an effective workout. Here are a few [fitness tips](#)!

**1. Accountability:** It's easy to say you're going to start working out, but then not go through with it. Hiring a certified professional will help you stay motivated. They can call you out when you try to back out of the workout and prevent you from making excuses.

**Related Link:** [Fitness Tips: Dumbbell Training for Total Body Toning](#)

**2. Expert Fitness Advice:** A personal trainer can help you attain achievable goals that will motivate you to continue your fitness journey. They'll be able to design your workouts around your current fitness ability and health condition.

**3. Avoid injury:** A certified professional will teach you the correct form when working out. They will also be able to gauge how much weight you can lift. Your workouts will be catered to maximize the benefits and to avoid over-training.

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**4. It's fun:** Working out by yourself can get boring fast when

you aren't sure what you're doing. Boredom and insecurity can prevent you from attaining your fitness goals. Your certified trainer will help you stay on track!

**5. Motivation:** Your certified trainer will help you stay motivated to stick with your workout. If your trainer feels you can do it, they'll push you to do just one more rep, and then another, and then another... as long as they feel it's safe. They'll cheer you on and celebrate your fitness milestones with you, too!

**Do you have other ways that hiring a certified trainer can help you attain your fitness goals? Let us know in the comments below!**

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## **Fitness Trend: Mobile Exercise Apps**







By Megan McIntosh

It seems like there is always a new [fitness trend](#) popping up. It's hard when you don't have time to go to the gym to get down to business burning calories. So, why not embrace mobile exercise apps with this fitness advice? These apps give you the opportunity to get a gym-worthy workout from the comforts of home.

**It can be difficult to get to the gym for our health. Cupid has the top reasons the fitness trend today is to use a mobile exercise app instead.**

Regular workouts help you stay fit and healthy. Why not embrace a mobile exercise app when you're limited on time? Cupid found some great [fitness tips](#):

**1. You don't need a huge time commitment:** Fitness mobile apps allow flexibility around your schedule. Even if you only have 20 minutes a day, you can improve your overall health by doing a quick workout to get your heart rate up.

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**2. They're free:** You can sweat it out without breaking the bank! A lot of fitness apps are free. You only have to pay if you want more customized workouts.

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**3. Work out at home:** Carve out a small space in your living room or backyard and you can get a gym-worthy workout. You can also do workouts that only require minimal-to-no equipment or that are body-only workouts.

**4. Variety:** There's yoga, body-workouts, cardio, and even weights if you have some at home. Pick whatever you're in the mood for before your workout. Try popular apps like the Nike+ training club, Daily Yoga, or the Body Foundation—the creator is responsible for [Ryan Gosling](#)'s abs.

**What are some fitness mobile apps you recommend? Share below!**

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## **Fitness Tips: Prepare for a Day of Hiking**





By [Mara Miller](#)

Celebrities like [Kate Hudson](#), [Jessica Biel](#), and [Kendall Jenner](#) say hiking helps them stay crazy-fit, so why not think about taking a hike yourself with this [fitness tip](#)? Pack up your gear, grab your sweetie or your dog, and go for a nice long walk. Taking a hike is a good way to reduce stress levels, it makes you unplug from electronics, and it helps you lose weight!

**In this fitness tip, we'll explore what you need in order to have a safe hike for a mini getaway from life.**

It's important to be prepared for your hike. If you're not used to hiking and decide to do it spur of the moment, it can have some disastrous consequences like dehydration or injury. If you follow these tips, you'll have fun on your hike and won't have to worry about any of the negatives:

**1. Make sure you have a buddy:** Depending on the trail you take, it can be dangerous to hike alone. It's best to plan your hike with your partner or a friend in case anything happens on your hike. Remember, you've probably chosen a day of hiking to be closer to nature, but nature (and snakes and other wildlife) will be closer to you!

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**2. Research the trail you've chosen:** Finding a map of the place you plan to hike is important. You don't want to get lost and it's a good idea to know where it comes out so you don't end up hiking for days.

[Travel Tips: Three Historical Colonial Towns You Need to Visit](#)

**3. Make sure you're physically prepared:** Hiking is just like any other workout. You want to make sure you're prepared so you don't injure yourself. Yoga is a good way to prepare because you're stretching out your muscles before you do any intense walking.

**4. Dress smart:** Cotton dries slowly, which can cause chafing, and loses its thermal properties when wet. Try modern backpacking clothes, which do away with all the problems cotton can cause. And don't forget a good pair of hiking boots—the more lightweight, the better—either.

**5. Water, water, water:** Make sure you bring enough water to support you while you're hiking. The last thing you want to do is get so dehydrated that you have a migraine for two days after you are finished with the hike, especially if you choose to do it on a hot day. Dehydration is dangerous, and it can be more dangerous when you are cut off from the world if your cell phone loses signal on the hike.

**Are there any other essential things you need for a day of hiking? Let us know in the comments below!**

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# Fitness Tips: Dumbbell Training for Total Body Toning



By [Mara Miller](#)

If you've been looking for [fitness tips](#) and [fitness advice](#) to start a new morning workout routine, a bit of training with dumbbells may be just what you need! They can be used in everything from traditional bicep curls to incorporation with Pilates exercises like a glute bridge. Throw in some isometric exercises with dumbbells, and you'll get a true full total body toning experience.

# We've gathered some fitness tips for working out with dumbbells for a total body toning!

**1. They are inexpensive:** If you don't want to shell out the cash for a gym membership, dumbbells are a great alternative. They don't take up an exorbitant amount of space like other home-exercise equipment, either.

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**2. It's safe to train without a spotter:** When you're working out for a total body toning with dumbbells, you don't need someone to sit with you to make sure you aren't lifting more than you can handle since you're only lifting a five or ten-pound weight (unless you feel you can lift more).

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**3. It's good for bone density:** Weight-bearing exercises increase bone density. While you are only lifting dumbbells to tone your muscles, consider that you must still lift the weights to actually reap any benefits associated with dumbbells. Bone density is important because having strong bones can prevent bone fractures and breaks later in life (or osteoporosis).

**4. Variety:** If you're not ready for *total* body toning yet and want to work your way up to larger weights, dumbbells are great because they can be used for many different things. Machines allow for movement in one direction and are too heavy; they're also intended for building muscle rather than toning. You control where the dumbbells go, so you have more choice in how you want to use them to work out your body.

**What are some of the other benefits of toning with dumbbells?**



Let us know in the comments below!

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# Fitness Trend: 5 Ways Hot Yoga Melts Away Calories



By [Mara Miller](#)

Yoga is an ancient practice originating in India in about 3000 B.C. It's long been used as both a way to meditate and as a fitness tactic. Something that's been around for so long is no doubt effective! Now that swimsuit season is approaching, have you been looking for [fitness advice](#) to melt away calories? Well, you're in luck! Hot yoga is a [fitness trend](#) that has

major calorie burning attributes.

## **Hot yoga is a popular fitness trend that burns away pesky calories. Find out how!**

**1. It allows your blood vessels to be more flexible:** Flexible blood vessels means moving more blood through your system. This can result in an instant loss of water weight and will give your skin an instant glow.

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**2. It makes you sweat:** Sweating is good for you because it helps you flush toxins from your body that might be clinging to your system, resulting in fat burning.

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**3. You need to drink water before and during:** Water is a natural way to keep away those pesky calories that help pack on the fat. (And you're going to need it because the hot yoga room is HOT!) Sweating will cause loss of water weight—so make sure you're hydrating, especially since some hot yoga rooms can be up to 105 degrees Fahrenheit.

**4. It raises your heart rate:** Along with expanding the blood vessels, hot yoga also helps increase your heart rate. The higher you can get your heart rate, the more calories you'll burn.

**5. More than anything, it's intense:** Yoga is more than stretching. Some sessions can last up to ninety minutes. It's *hot*. You're going to stretch and you're going to hold several positions more than once. It's more of a workout than a relaxed morning yoga session.

Do you like hot yoga? Let us know in the comments below!

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# Fitness Trend: Help Your Neighbors!



By [Lauren Burczyk](#)

Believe it or not, you can actually get a great workout just by helping your neighbors. These [fitness tips](#) will not only have you scoring brownie points in the neighborhood, but will also help to burn some of those brownie points off. Listen to our [fitness advice](#), and help your neighbors during a snowstorm, as this random act of kindness will provide many

health benefits for you. All you have to do is pick up a shovel, start clearing off their driveway, and wait to feel your serotonin levels start to rise.

## **Here are five reasons why helping your neighbor is becoming the latest fitness trend:**

Instead of relaxing on your couch all day during a snowstorm, try combining exercise with helping your neighbors. Shoveling your neighbor's snow will benefit both you and your neighbor, so next time it snows, lend a helping hand!

**1. Fitting the gym into your busy schedule can be tough:** There's always a good enough excuse to skip going to the gym when you have trouble finding time for it to begin with. During a snowstorm, your schedule has already been cleared for you and instead of staying cooped up indoors, it's a great excuse for getting out of the house and fitting in some exercise.

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**2. Fitting in exercise for at least a half an hour each day is great for your health:** Since it's so annoying to get to the gym on a daily basis and you may be unsure of how to fit in other types of physical activity, helping your neighbor can greatly improve your health. Since less than five percent of people partake in exercise for a half an hour each day, it means the majority of people are at risk of developing heart disease, diabetes, hypertension, and other serious medical conditions.

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**3. Helping your neighbors doesn't take much willpower:** Since

there's an actual chore that has to get done, it doesn't take much willpower to engage in this type of physical activity. It actually won't even feel like exercise because you'll be accomplishing an important task.

**4. This type of exercise won't cost you anything:** You won't have to pay for a gym membership or an expensive piece of equipment for your house, this is completely free. In fact, you may even earn a bit of cash helping out.

**5. You're providing help to people in your neighborhood who need it most:** There may be people in your neighborhood who may have heart conditions or other health problems that prevent them from shoveling snow. Start a Facebook group for your neighborhood and ask that your neighbors post some jobs they need completed. It doesn't have to be limited to shoveling, there's other physical labor that you can do for exercise and just to help out.

Can you think of any other reasons why helping your neighbor is becoming the latest fitness trend? Comment below.

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## **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.

**Related Link:** [Fitness Trend: Establish a Workout of the Day](#)

**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.

**Related Link:** [Fitness Trend: 5 Best Workout Apps](#)

**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!**

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# 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!**

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## **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.

**Related Link:** [Fitness Trend: Get Motivated in Group Classes](#)

**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.

**Related Link:** [Fitness Tips: Form A Work Out Squad](#)

**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.**

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## **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.

**Related Link:** [Product Review: A Runner's Essential Product Guide](#)

**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.

**Related Link:** [Hack Your Way to Frugal Fitness Workouts with These Tips](#)

**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 stints 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.**

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# 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!**

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## **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!**



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# 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!**

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## **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!**

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# 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!**

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# **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!**

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**Fitness Secrets: Learn More About Your Body in a Metabolic Chamber**



By [Cortney Moore](#)

Thanks to modern scientific advancements, losing weight has become somewhat easier. Don't believe this to be true? Well, researchers and [fit celebrities](#) have long kept the [fitness secret](#) that are "metabolic chambers." Before your imagination runs off to a sci-fi fantasy, just know that metabolic chamber is just a regular room. The only difference is that your vitals are monitored and analyzed by experts to figure out your energy expenditure, and how variables such as diet and exercise affect your metabolism.

## **Metabolic chambers are the latest fitness secret for weight loss.**

A few metabolic chambers exist in the U.S. However, each of these chambers have a few features in common. Metabolic



chambers tend to be found in hospitals and university research centers, and usually require you dedicate 24 hours of your time. Being able to stay a whole day allows doctors and metabolic analysts to accurately ascertain how your body functions under normal and active circumstances. Inside the chamber you will, eat, sleep and partake in slow-paced and/or high-energy exercises, alongside daily activities. By the end of the study, researchers will show you your results and provide insight on how your body burns calories. Not only will you learn great weight-loss tactics, but you'll also help scientists demystify the human metabolism in regards to nutrition, genetics, caloric burn during rest and exercise periods.

**Related Link:** [Up and Coming Fitness Trend: Indoor Rowing](#)

Recently, *ABC News* anchor Mara Schiavocampo investigated the effectiveness of metabolic chambers in a "[Good Morning America](#)" segment. Schiavocampo stayed in a 9-by-11-foot metabolic chamber at Mount Sinai St. Luke's Hospital in New York City for a full 24 hours. The chamber was airtight and measured her oxygen consumption along with carbon dioxide production to determine exactly how many calories she burned while inside. During her time in the chamber, researchers were able to determine how Schiavocampo's body best burned calories and even offered her customized fat-burning [fitness tips](#). "I was really shocked about the high-intensity interval training, I'm someone who reads about this stuff and I'm really into health and wellness, I thought it would burn more because I felt like I was working so much harder. But that just goes to show you it's all about perception," Schiavocampo explained while comparing workout results during the segment. "And that's what the magic is about the chamber, it tells you what's *true for you*."

**Related Link:** [Let Your Partner Be Your Inspiration To Getting & Staying Fit](#)

Although metabolic chambers are helpful in determining your best fitness plan, they also aren't accessible to everyone. A single night inside a chamber can cost anywhere from \$1,500 and up. Yes, it's a lot of money, but ultimately it's up to you if it's worth it to know exactly how your body expends energy and other valuable [workout advice](#). If a metabolic chamber seems out of reach, then regular cardio and weightlifting may be your best options in cutting and toning.

**What do you think of this fitness secret? Would you give a metabolic chamber a try if given the chance?**

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## **2016's Worst Fitness Trends That Need to Go Away in 2017**





By Justin Thomas

As we enter the New Year, almost everyone's annual resolution is to get in better shape. In the internet crazed world we live in today, social media is a way that many of us get all sorts of information. So it's no surprise many people take to social media for fitness tips and #Bodygoals. It's a true sign of the times in realizing how much social media affects the day-to-day life of everyday people. Luckily, trends are only here today and gone tomorrow as some of social media's biggest claims to fame are silly at best. Not to be confused, social media and the internet at large are great innovative tools when we use them appropriately. Social media is also the common thread in many of these trends we're shaking off this New Year.

**Here are some of 2016's failed fitness trends to steer clear of in**

# 2017:

**1. Fitness teas:** If you're one of those who finds yourself spending time scrolling through Instagram, it's safe to say that you've seen pictures of some of your favorite celebrities or Instafamous bloggers posed strategically with a cup of tea. No doubt you've thought to yourself, "What's the big deal about this tea?". Turns out, the answer is nothing! The celebrity endorsement fitness tea ploy was a marketing goldmine. These fitness teas promise to promote fat burn, weight loss, and to get rid of stubborn belly fat. Here are the facts. According to [Health.com](http://Health.com), you're actually only losing water weight from drinking the tea. The way it works is the tea filters out the excess salt in your body allowing retained water to be flushed out which then makes your stomach appear less bloated. Subsequently the more tea (water) you intake, the more your stomach feels full and so it's expected that you're eating a lot less. Many of the teas often come with many unwanted side effects. And if you thought this meant you could cut down on the cardio, but think again! Many of the teas clearly mention on the labels that exercise is still necessary to see results.

**Related Link:** [Get Fit In Time For Date Night With A Twerk-Out](#)

**2. Waist trainers:** Squeezing into corsets with literal bated breath isn't anything new. Since the 19th century, women have been essentially "waist training" their bodies with tight lace-up corsets in hopes of having that "perfect" feminine curvature to their bodies. Now due in large part to social media, the trend is bigger than ever. Marketing, marketing, marketing! Waist trainer brands have teamed up with countless celebrities like Kim Kardashian and sister Kylie Jenner to have them sport (endorse) their waist trainers on Instagram as a way of helping sculpt their hourglass shapes. The idea is to progressively wear the corset enough hours to permanently take

inches off your waist matching that of the corset. Some waist trainers even promise to help drop a few lbs. The flaw in this concept is that, according to [Dr. Oz](#), “There is no clinical proof that this is effective or beneficial to a woman, and in fact, it may be harmful to a woman’s body over time.” Scary, right? It gets worse! “As a corset squeezes a woman’s outsides, it is also squeezing the insides. If the lungs are prevented from properly expanding, it can increase risk of pneumonia. As the stomach and colon are prevented from moving its contents, heartburn and chronic constipation can occur. Forcing the ribs and muscles into a tight and restrictive garment can cause chronic pain and bruising. The corset can also prevent return of blood flow to the heart, which can affect blood pressure and may result in dizziness and even fainting. Homes in the 18th century had “fainting couches” for this very reason.”

**Related Link:** [Relationship Advice: 5 Basic Workouts to Do With Your Partner](#)

**3. Social media work-out routines:** 5 words... “Leave it to the professionals”. This is more so targeted towards the social media bloggers turned trainers than the actual fitness trainers turned social media bloggers. Just because someone has a large number of followers doesn’t mean they have the slightest of clues on training and fitness. Be careful where you get your fitness information and always fact check your sources. It’s best to get an actual trainer or visit a local gym than to try to keep up with social media hype.

**4. Fancy workout gear:** Expensive workout clothes like “toning shoes” and gym suits are definitely a trend to leave in 2016 and all the years to follow. Instagram has been operative in helping promote some of the latest gear available. However, a new study, released by the American Council on Exercise (ACE), shows that toning shoes from brands like Sketcher and Reebok do not “help exercise more intensely, burn more calories, or improve your muscle strength and tone”.

**5. Body shaming:** Body shaming in the gym, on social media, at work, at school, and body shaming everywhere needs to stop. The definition of body shaming is “the practice of making critical, potentially humiliating comments about a person’s body size or weight”. Body shaming could affect all genders, all ages, and all sizes even those who are considered “too thin”. People sometimes even body shame without realizing that they’re doing so which is why it’s so important to get the message out there. It’s easier now for body shamers than it was 20 years ago because social media is so pervasive. Hiding behind an online profile doesn’t hold the same accountability as face to face interaction. Many celebrities like Demi Lovato, Emma Stone, Tyra Banks, Kelly Clarkson and Amy Schumer have fought back against body shaming and their own struggles with the issue. In last November’s issue of [Glamour](#), Demi Lovato discusses how she handles body shapers online in saying “If somebody calls me fat, even in a vulnerable moment, I laugh to myself and think, I’m doing everything I can, so there’s nothing I can do about it,” she told the magazine. “I don’t have a six-pack. Maybe I don’t even want a six-pack. It doesn’t sound very appealing.” You should know there is no perfect body but only being the best version of you. Live and let live! 2017 is about living happy and healthy lives filled with positive energy.

**What are some trends you wish would be left in 2016? Share your opinion below!**