

# Fitness Trends for 2021



By Carly Silva

2020 has been a chaotic 12 months, but this new year calls for new beginnings, and that means new workout routines. Getting fit this new year is a great way to start 2021 off with a fresh start, but choosing your workouts might look different than normal.

**If you're looking to get in shape this new year pandemic-style, check out these new [fitness trends](#) to**

# follow in 2021!

**1. Utilize at-home workouts:** With the coronavirus pandemic surging the country, staying at home is one of the best ways to stay safe, and that doesn't have to mean skipping the gym. Bring the workouts to your own home by following along in YouTube or online workout programs. This is a great way to stick to a fitness routine without the risk of leaving your home.

**Related Link:** [Fitness Tips: 5 Yoga Poses for Stress Relief](#)

**2. Find outdoor workouts:** Outdoor workouts are becoming a very popular trend during the coronavirus pandemic, as staying outside is much safer than being indoors. Try finding classes that are held outdoors, or conduct your own outdoor exercise like bike riding or hiking.

**Related Link:** [Fitness Tips: The 6 Best YouTube Workouts to Try Right Now](#)

**3. Focus on health-oriented workouts:** A lot of times, workouts are focused on improving body fitness and appearance. But this year, health is increasingly important. Make sure to remember to focus on your health by choosing workouts that will improve cardiovascular health so that your body stays healthy all year long.

**4. Find gyms with good hygiene standards:** Another major trend this year is finding places with good hygiene standards and coronavirus precautions, especially gyms. Be sure to do research about your gym's efforts to keep members safe, and keep health and safety as a priority throughout your workout.

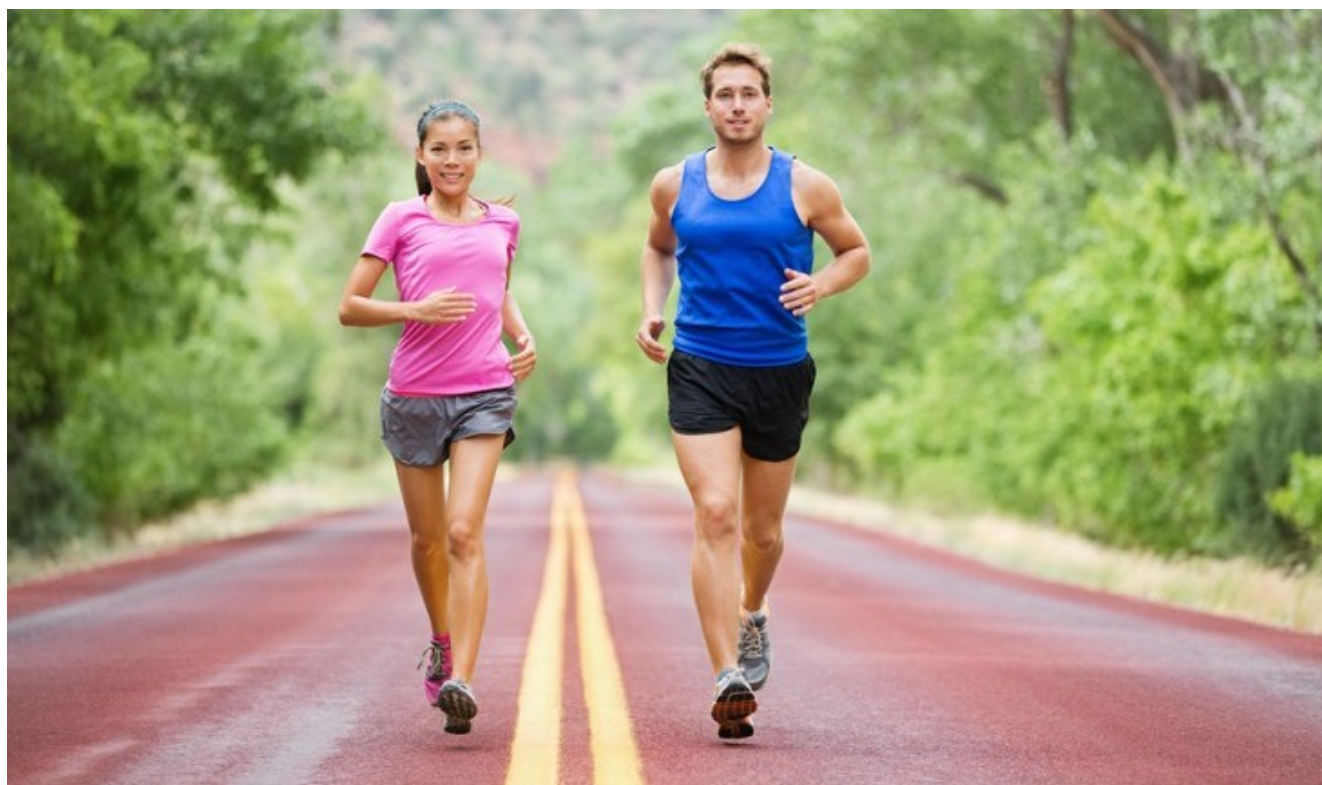
**5. Try exercising the mind, too:** Another fitness trend to follow in 2021 is to remember to take care of your mind just as much as your body. The coronavirus pandemic has brought on a plethora of distress for everyone, so keeping your mind,

body, and spirit in good health is a must for 2021. Try to focus on workouts that release serotonin for you, or even think about adding a meditation to the end of your workouts to take care of your mind as well!

**What are some other fitness trends to follow in 2021? Start a conversation in the comments down below!**

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# Fitness Trend: Exercise Snacking



By Nicole Maher

Many of us began the new decade with high hopes of our fitness

New Year's resolutions. However, with the shut down of gyms across the country and drastic changes to our daily schedules due to the pandemic, these goals may have appeared unachievable. Faced with these new circumstances, many people began to turn to the new [fitness trend](#) of exercise snacking as a way of staying in shape, or beginning their fitness journey.

## **Find out some of the benefits of the new fitness trend, exercise snacking.**

The question is, what is exercise snacking? Despite its name, it does not involve any food. Instead, exercise snacking refers to the act of breaking down a workout into five minute intervals throughout the day rather than completing it all in one sitting. Learn about the benefits of this new phenomenon:

**1. Fits into a busy schedule:** Whether we are working, attending classes, or spending time with friends and family, it can be difficult to devote an hour or more to working out during the day. Exercise snacking is a great way of breaking down workouts into smaller sections that you can fit between all the other activities in your day. Moving your body for five minutes before you leave for work or ten minutes before dinner can help you fit working out into your schedule without forcing you to compromise time on something else.

**Related link:** [Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020](#)

**2. Great way to get started:** If you are just beginning your fitness journey, exercise snacking is a great way to start. Jumping straight into a two-hour workout when your body is not used to it can sometimes cause more harm than good. By taking part in the fitness trend of exercise snacking, you are

allowing your body to warm up to new movements. Over time, you can increase the amount of five-minute circuits you do a day, or transition to longer workout sessions once your body has adapted.

**Related link:** [Fitness Tips for Working Out While Wearing a Mask](#)

**3. Useful addition to existing plans:** While exercise snacking is a great way to begin a fitness journey, it does not have as many benefits for those who are already deep into their fitness plans. However, it can still be a useful addition for the days that you can't make it to the gym or set aside a large amount of time. Rather than forgoing exercise for the entire day, try exercise snacking in the spare time you have between tasks to keep yourself on track for your fitness goals.

**4. Forgo the gym:** There are many reasons people choose to avoid the gym. Whether you do not feel comfortable in a gym setting, or are concerned about the current health conditions around us, exercise snacking is the perfect way to workout from home instead. Many of the exercises found in plans surrounding this new fitness trend only require an exercise mat or a few weights, and can easily be accomplished from the comfort of your living room.

**5. Master the moves:** Exercise snacking is the perfect way to learn a new move. Rather than switching between exercises every set, you are spending the entire five minutes working on one move. This will allow you to really focus on nailing the move and strengthening that part of your body rather than thinking about what exercise you are going to do next. Once you have this move mastered, it will be much easier to complete accurately if you eventually move to a longer workout routine!

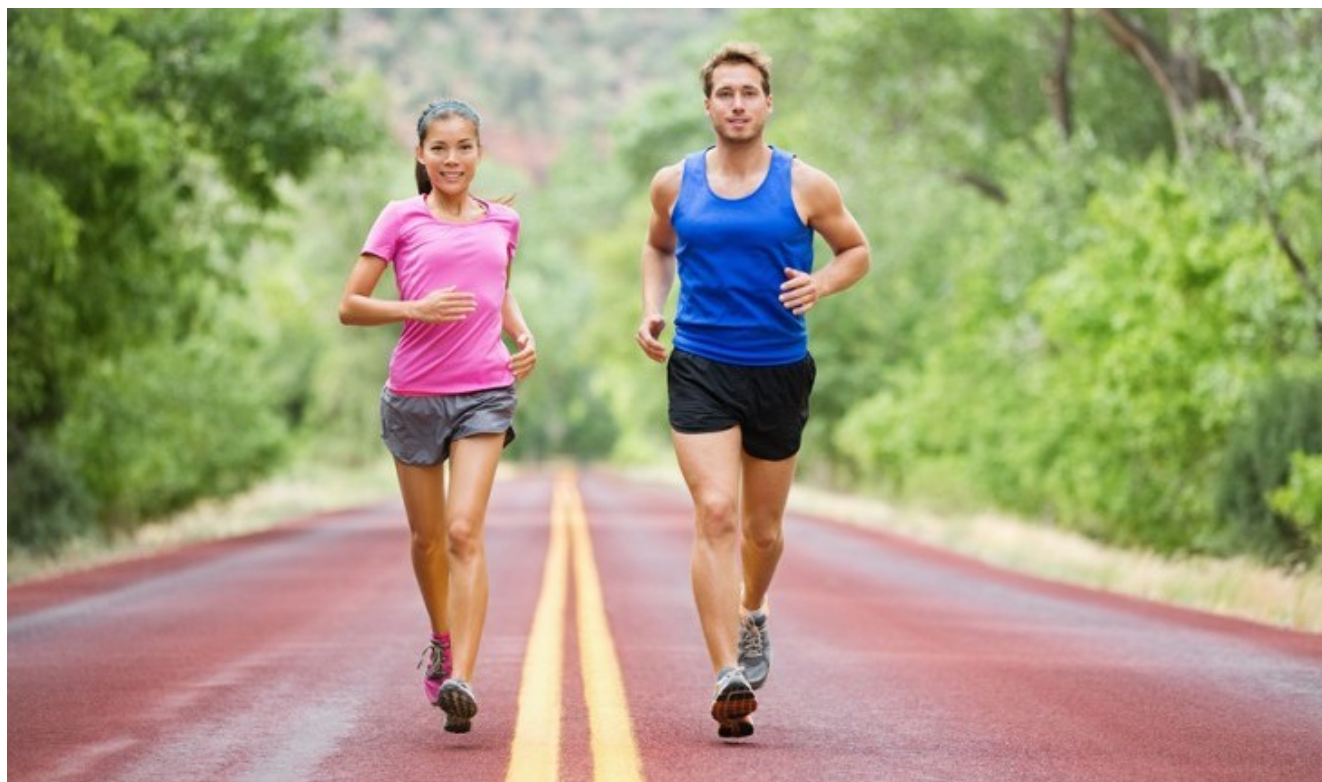
**What are some other benefits to the new fitness trend of**



exercise snacking? Start a conversation in the comments below!

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# Fitness Trend: How CBD Can Be Used In An Exercise Plan



While exercise is an integral part of a healthy lifestyle, it can be challenging to maintain a regular habit because of the workout effects on the body. After exercising, the body sustains muscle pain and inflammation. In most cases, you have two options to choose from: to bear the pain and continue working out, or allow the body to heal first before picking up your workout routine again.

CBD, or cannabidiol, products are gaining popularity because it promises huge benefits, specifically in treating the body. Right now, there are products infused with [CBD for athletes](#), bodybuilders, and fitness-minded individuals. They sing the praises of different CBD products they've used as part of their exercise regime.

If this is your first time hearing about how CBD can be helpful in an exercise plan, you should stick around to learn. Perhaps, it can help you decide if it's worth incorporating into your routine.

## **In terms of an exercise plans, some notable ways to use CBD are as follows:**

### **1. As a Supplement for Pre-Workout**

CBD products are known to have stimulative effects. Taking CBD supplements before exercising can boost energy levels and improve a positive attitude without any known adverse effects. With increased energy, you end up doing more training than what you typically do. As a result, you build your stamina and strength while placing your body in a good workout condition.

Also, taking a CBD supplement before working out minimizes the breakdown of muscles while exercising. Taking the [best CBD for pain](#) is the solution to lower your body's sensitivity to pain, so it becomes bearable during training sessions.

Nowadays, there are many brands of supplements infused with CBD to optimize overall performance, including in working out. If you're new to CBD supplements, choosing which brand may be confusing. The best way to start is to ask a friend or someone you know for a recommendation.

## **2. As a Post-workout Health Drink**

Sometimes, a healthy CBD health drink, mixed with lemon or pineapple juice, after a workout can offer you several good things. One of the many ins and outs of CBD includes the normalization of your body's metabolism.

It's known that stress impedes metabolism. By drinking CBD products with stress regulating effect, you keep your metabolism on a healthy balance. CBD also aids in the body's natural endocannabinoid system. This system is responsible for maintaining the homeostasis inside your body, including mood, metabolism, and appetite. CBD enhances all of these aspects by creating harmony inside your body.

Don't forget to stock some healthy CBD infused health drink at home to feel relaxed and refreshed after your exercise routine.

## **3. As a Daily Tincture**

Taking CBD as sublingual is one of the best ways to absorb it in the body. Its benefits include reducing inflammation, better sleep, and lower blood pressure.

After a grueling exercise, your body sustains inflammation. Whether you're weightlifting or running, the muscle fibers in the body break down, and it becomes inflamed. Taking a CBD tincture can alleviate the joint inflammation acquired from a heavy lift.

CBD helps your body recover faster after exercising, too. Compared to just letting the body heal naturally, the anti-inflammatory properties of CBD support your body's recovery. Moreover, it's challenging to get a night of good sleep when your body is sore and in pain. But, by using CBD to reduce the inflammation, you get a good night's rest.

CBD tinctures can be bought in any health food store. Before



buying, ask from a store clerk if they have any guide to CBD products you can check, which is helpful when trying out CBD products.

#### **4. As a Healing Stick**

There are other ways to take CBD or use it, but healing sticks are the best when it comes to decreasing muscle soreness. Using healing sticks help you feel relaxed after exercising.

CBD has been found to have painkilling effects, so it's a helpful remedy with aching muscles. Just apply the healing stick to any joints or muscles after working out. Depending on the brand of the product you use, visible effects may appear at varying times.

#### **5. As a Leg and Foot Cream**

Apart from the muscles and joints, CBD can also be made into creams that you can use to relieve your legs and feet of any discomfort, especially if you're into running.

Right after your training, you can apply the cream to massage on your legs and feet. Doing this eases the tension and improves blood flow, thus reducing soreness and inflammation. If you do this, by the next day, you can certainly keep running.

#### **Conclusion**

The things you learn today are just partial uses of CBD relative to exercise. With studies about it continuing, it won't be a surprise to know that in the future, it'll become a product present in every household. What's important right now is you know it can be a significant factor in your morning routine because of the vast array of benefits it gives.

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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.

**Related Link:** [Health Trend: Intuitive Eating](#)

**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.

**Related Link:** [Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts](#)

**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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# 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).

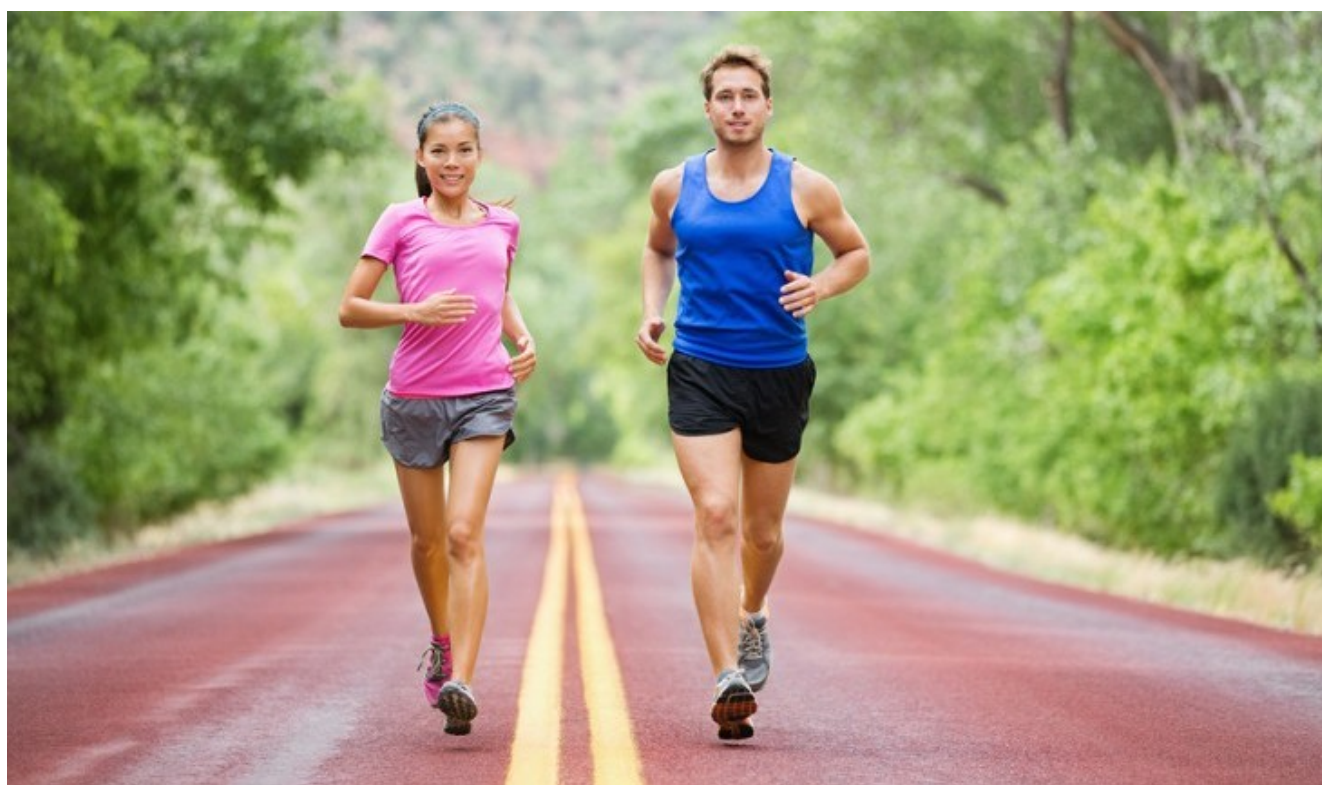
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**4. Alertness:** A downside to our constant internet connection is that we as a species have become horribly unaware. People cross busy Manhattan streets without looking up from the movie on their phone. Friends' voices have become background noises 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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# Celebrity Workout: Group Classes That'll Have You Sweating With Obsession



By [Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

# Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building yoga to fast-paced cardio like Zumba, there's a group class for every future workout junkie. Here are the details on who does what and why you should try it:

**1. The model workout:** Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

**Related Link:** [Fitness Trend: Hire a Certified Professional](#)

**2. Tracey Anderson Method:** These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

**3. Soulcycle:** This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle very week. With 70 locations across the United States, it's as easy said

as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

**Related Link:** [Fitness Trend: Mobile Exercise Apps](#)

**4. Body by Simone:** Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear not, there's an eight-week transformation program available to stream.

**5. Gotham Gym:** Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

**Do you think you'll try group fitness classes? Let us know 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.

**Related Link:** [Fitness Trend: Isometric Strength Training](#)

**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: Battle Rope Workout



By Megan McIntosh

There's a new [fitness trend](#) in town, and it looks like it's going to stick around. The Battle Rope workout has been making the rounds in the fitness world. Celebrities like [Khloe Kardashian](#) and Naomi Campbell swear by this fitness trend as an effective total-body workout. It's an easier and faster way to have a bit of cardio in your workout.

## Fitness Trend: The Battle Rope

# Workout has many benefits for the body.

Battle Rope Workout allows your heart rate to kick up while using multiple muscle groups. Though celebs are making it popular, it's also popular because it has many benefits for the body. Cupid has some of them:

**1. It's a great core workout:** When you're using the battle ropes, you're using muscles in a different way. The abs, glutes, and back are all engaged. Looking to get your body looking great for a wedding or for warmer weather? This exercise is definitely going to help you burn calories and tone those muscles.

**Related Link:** [Fitness Trend: 5 Ways Hot Yoga Melts Away Calories](#)

**2. It's A HITT workout:** Battle ropes are a HIIT workout. This means you can exercise for less time but with the same benefits of regular exercise. HIIT workouts are High Intensity Interval workouts. This means you are using short bursts of energy to see both anaerobic and aerobic results.

**Related Link:** [Fitness Trend: Help Your Neighbors!](#)

**3. Makes your body all around more mobile and stable:** Doing battle rope workouts requires the body to adapt and become more mobile and stable. There are a variety of moves you can incorporate into your workout and these repetitive motions allow you, as an athlete, to see improvement in your overall workout and performance.

**Are there any benefits that make you want to try Battle Rope? Share 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.

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**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: Isometric Strength Training



By [Mara Miller](#)

Isometric strength training is a [fitness trend](#) that involves exercising in place. It focuses on the way the muscles are supposed to move with no crazy movements like tossing a tire or bouncing around. You don't even need weights to do this type of strength training—the point is to tighten up your muscles without even moving.

# Find out more about this fitness trend!

If you find these [fitness tips](#) are working, you can do some research online to find more exercises to add to your regimen. Yoga, for example, is a type of isometric strength training. Remember, the best thing about this kind of workout is that you don't need equipment to do it. Be sure to always drink plenty of water and to warm your muscles up before your workout. Here are a few poses you can try if you're interested in isometric strength training:

**1. High Plank:** Get into the top of a push-up position and hold. Be careful not to put your butt up too high or too low. Hold it for as long as you can. This is a great exercise that works out your core and back muscles.

**Related Link:** [Fitness Trend: Help Your Neighbors!](#)

**2. Prayer Pose:** If you do yoga, you probably know of this pose. You stand still and place your hands together like you're praying. Only, with this isometric strength exercise, you're actually pressing your palms together to create some force and are thereby working out your muscles. Be sure not to hold your shoulders up high because it can cause them to get too tense. This is a great workout for your chest.

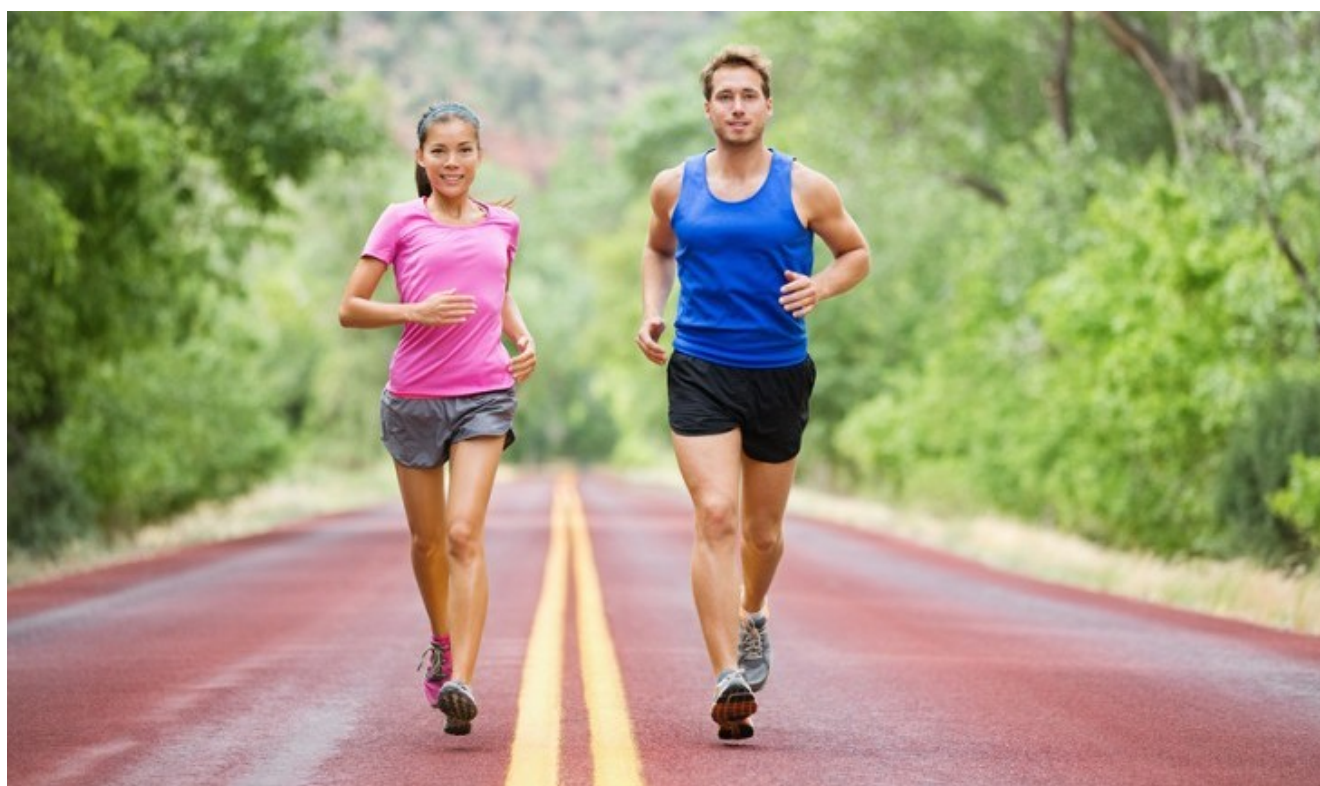
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**3. Forearm Plank:** This is similar to the high plank, but you are holding yourself up with your forearms. Be sure with this pose not to lift your butt too high or too low like in the other position. It helps to work out your abs since you are placing your muscles in a different position.

**What are some of your favorite isometric strength training exercises? 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.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**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.

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

**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.

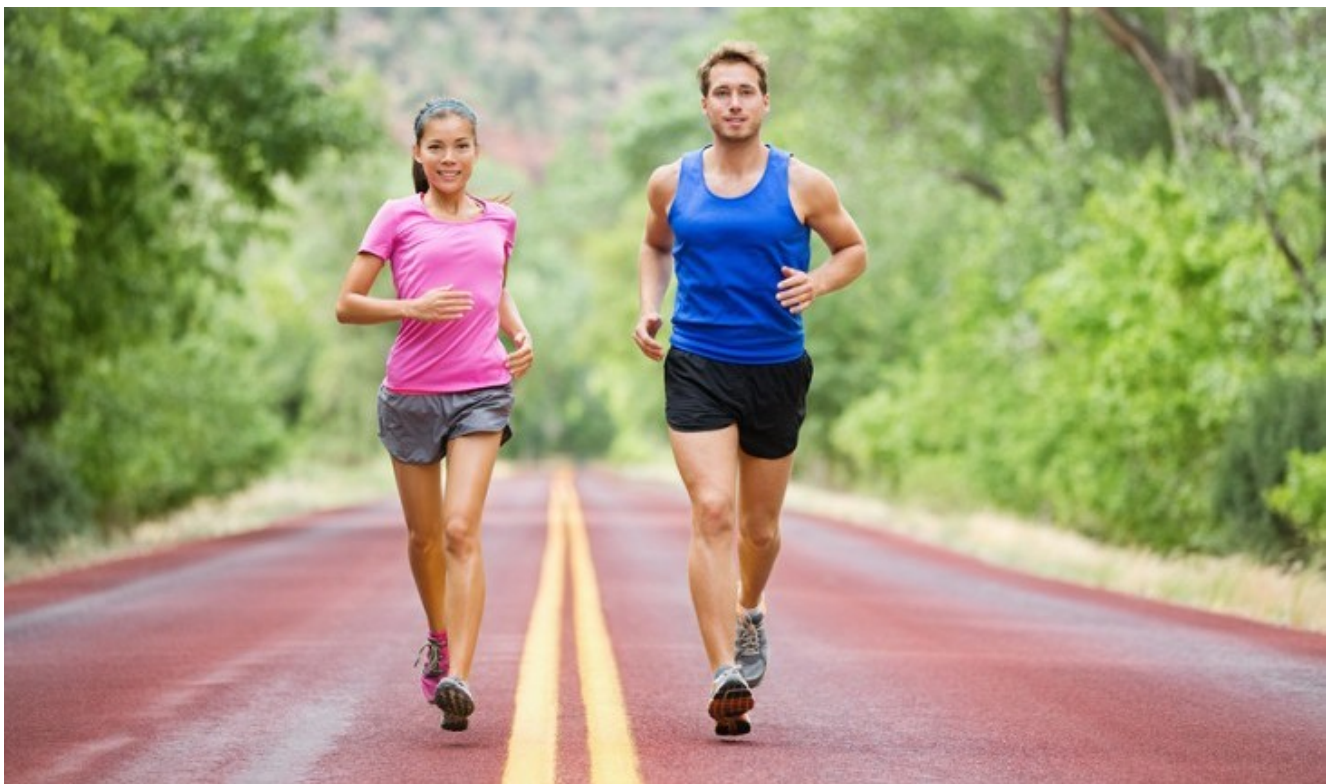
**4. You'll become motivated to be more active:** Incorporating a regular exercise routine into your daily life is vital for your health and well-being. Adding an activity like pole dancing can help you feel happier, healthier, and more motivated. The more motivated you become from attending a class, 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 Tips: 7 Ways to Speed Up Weight Loss



By [Mara Miller](#)

Do you need to shed a few pounds, but you aren't sure where to start? Weight loss can be rewarding; both in the "yes!" moment when you fit into your old college jeans and for the health benefits, including more mobility and a decreased risk in health issues.

# **Losing weight isn't something that will happen overnight, but it can be kick-started under the right conditions. Here are seven fitness tips that can help speed up weight loss:**

**1. Get enough sleep:** Proper rest does a lot for your body. If you're lacking sleep, it can cause your metabolism and cortisol levels to drop, resulting in weight gain, even if you're trying to work out and eat healthy. While you won't automatically drop twenty pounds, getting enough sleep at night will ensure that you won't eat more during the day.

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

**2. Never skip breakfast:** Skipping breakfast, or any meals, is a big no-no when it comes to losing weight. Your metabolism will slow down, you'll get hungrier later in the day, and you'll possibly get a migraine. Instead of eating a huge plate of bacon, eggs, and toast, try a smaller breakfast with a plate of fruit and a side of Greek vanilla yogurt. Or, if you're really pressed for time, grabbing a handful of grapes or another fruit for your morning commute is better than not eating at all.

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

**3. Stay away from sugar:** Sugar addiction is real—especially common with refined sugars—and it's a serious problem that can pack on the pounds. Staying away from sugary drinks, cookies, and other sweet treats can help speed up weight loss since you aren't taking in the empty calories that your body doesn't know what to do with before it stores it as fat. Aspartame and



other fake sugar alternatives can make you hungrier, working counter-productively to help you shed the pounds. Instead, try a natural alternative, Stevia, which comes from a plant and is 200 times sweeter than sugar. This means you need less. And the best part? It acts as a zero-calorie sweetener that you can use in coffee or bake with the next time you want cookies.

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

**4. Choose healthy snacks:** It's easy to default to a bag of chips, a big old jar of french onion dip, and snack like crazy while you're binge-watching the latest season of *Grey's Anatomy* or *The Bachelor*. Instead, try a handful of peanuts, almonds, or an apple. Hummus and high-fiber crackers are a healthy option for those heavy series-binging nights.

**5. Take care of your gut:** Did you know that the bacteria in your gut can influence your weight? Studies show that if the gut isn't healthy, then it can be hard for you to digest the foods you need to eat in order to be healthier. It can even influence when your stomach tells you if you are hungry or not, the vitamins your body absorbs, and how food is digested. Introducing probiotics to your body can have a positive effect on the bacteria in your gut. Consider consuming more fermented foods like sauerkraut or Kombucha. You can also purchase probiotics online or in your local pharmacy.

**6. Drink lots of water:** Our bodies are dependent on water. It can suppress appetite, help aid in waste removal, and helps after you've had a really intense workout, among several other benefits. The regular recommendation is to drink at least eight glasses of water a day. That isn't always easy. Here's an extra tip: you can drink tea too, and it will count as your water intake. It can also ease the dread of trying to drink so much water when you may not like to drink it plain.

**7. Keep a food journal:** Knowing exactly how much you're eating

and when you're eating it can be helpful when you're trying to lose weight. While all of your fat isn't going to speed up overnight, you can track how much water and tea you're drinking, write down your favorite recipes, yoga poses, and thoughts about your weight loss journey. You can do this in a blank notebook or in a book that is specifically geared toward weight loss if you need more structure.

**What are some other tips you have to help speed up weight loss? Share your thoughts 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: Establish a Workout of the Day**





By [Courtney Shapiro](#)

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

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

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

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



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

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

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

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

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

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

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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 Trend: 5 Best Workout Apps



By [Courtney Shapiro](#)

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

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

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

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

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

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

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

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

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

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



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# 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!**

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# 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!**



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# 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!

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# 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!**

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## **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!**

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# 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.

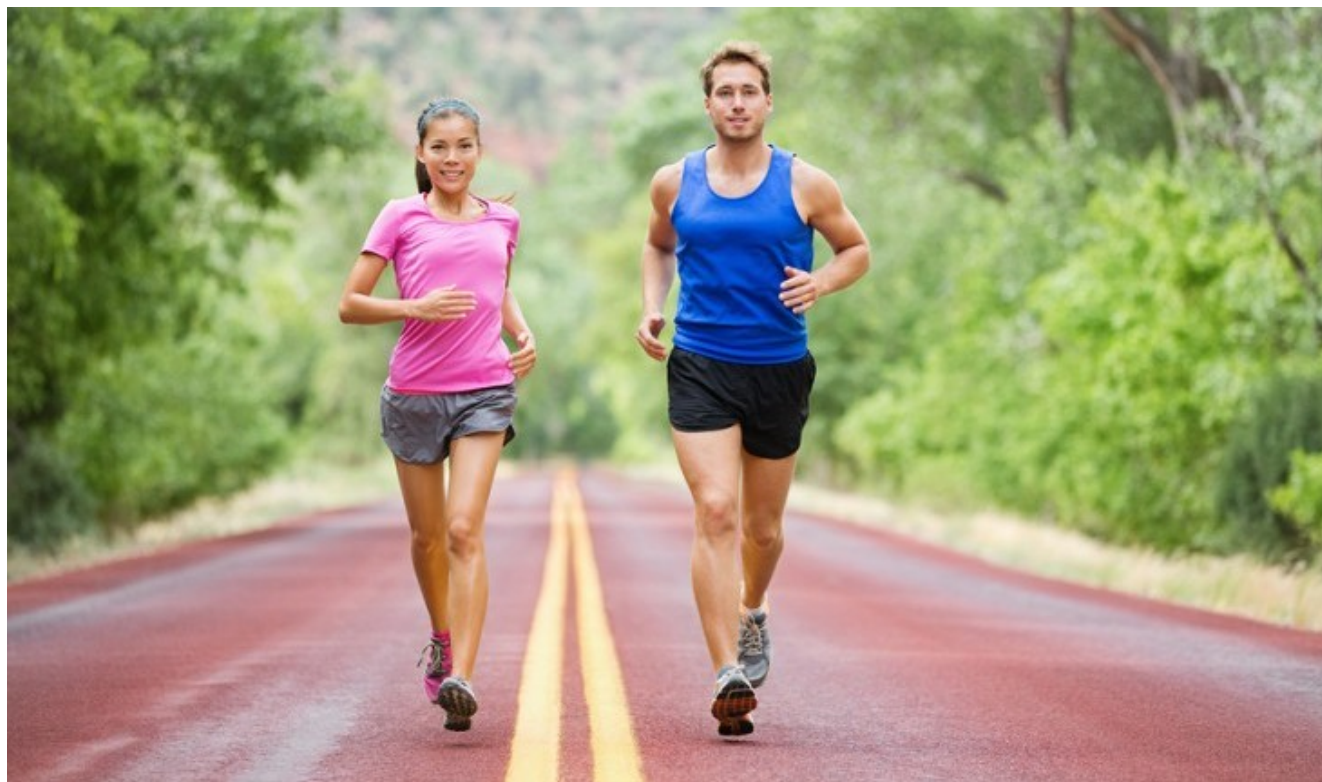
Making smoothies with water is the healthiest option because you cut back on calories and just get pure deliciousness full of health benefits. [Here](#) are some scrumptious smoothies and

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!

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## 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 this 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](#).*