## Haylie Duff Resists Maternity Clothes For Much of Celebrity Pregnancy





By Katie Gray

In latest celebrity news, Haylie Duff, sister of Hilary Duff, is progressing in her <u>celebrity pregnancy</u>! She has been vocal about how she tried to fight wearing maternity clothes but finally had to succumb at this stage in her pregnancy. According to <u>UsMagazine.com</u>, she said, "I was fighting the good fight on buying maternity clothes, but now, I just have this massive belly and I can't deny that I'm pregnant any longer!" Congrats to Duff and her fiancé Matt Rosenberg! Her nephew Luca will have a cousin to play with soon.

Celebrity pregnancy or not, adapting to a growing belly can be an emotional experience. What are three ways to come to terms with it?

#### Cupid's Advice:

If you're having a baby, it's always best to keep stress and emotional turmoil to a minimum. Cupid has some tips:

1. Research: When you're pregnant, it's a good idea to conduct some research. Learn about the changes that will be happening in your body so that you know what to expect. After you read about it and/or take a course about it, you will feel better about being pregnant. Speak with other women in your life who have given birth and experienced the whole pregnancy process as well.

Related Link: <u>Haylie Duff Engaged to Matt Rosenberg</u>

2. Fitness: Experts say it's important to stay fit when you are pregnant! Don't let yourself go just because you have someone growing inside of you. Exercise is excellent for you and the baby. You'll have a smoother delivery and lose the weight quicker after giving birth. Plus, it will make you feel good during this life-changing experience.

Related Link: 5 Celebrity Mother-Daughter Look-alikes

3. Shopping: When the going gets tough, the tough go shopping! Just because you are pregnant doesn't mean you can't still dress with style. Many designers have maternity lines. Search for the stores that suit your sense of fashion and your growing belly. Embrace it!

What are some ways you have adjusted to your belly during pregnancy? Share your stories with us below!

## **Young Celebrity Moms**





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Hilary Duff

Hilary Duff married NHL hockey player Mike Comrie when she was only 22 years old, and the couple welcomed their son Luca 2 years later. The former child star has never shied away from expressing how thankful she is to be a mother, often posting adorable photos of Luca on Instagram. Photo: LRR/FAMEFLYNET PICTURES

# Celebrity Couples: Did She Really Date Him?





Page 1 of 14



Brody Jenner and Avril Lavigne This surprising pair started dating in 2009 after the singer filed for divorce from her first husband, Sum 41 singer Deryck

Whibley. They split after nearly two years together but have remained friends. Jenner even wished Lavigne the best of luck in her most recent marriage to Chad Kroeger. Photo: Andrew Evans / PR Photos.

# Hilary Duff Says Aaron Carter's Love Declarations Are 'Uncomfortable'





By Amanda Boyer

Hillary Duff appeared on Watch What Happens Live with Andy

Cohen on Wednesday, Oct. 8 and, according to <u>USMagazine.com</u>, her ex Aaron Carter became a topic of conversation. Though the two haven't "dated" since age 13, Carter has now recently been trying to rekindle the love through Twitter. As Cohen asked questions about the topic, Duff mentioned she felt "uncomfortable," saying it was a long time ago.

What do you do if you're getting unwelcome romantic attention?

#### Cupid's Advice:

If someone has feelings for you and you're not on the same page, it can no doubt be an uncomfortable situation. Cupid has some tips on what you can do:

1. Be honest: Thank the person for being honest, but do the same in return. Don't let the declaration hang for too long, as you'd simply be leading them on. Let them know you aren't interested in them that way, but you feel flattered.

Related: <u>Hilary Duff is Excited to Have Kids with Husband</u>, <u>Mike Comrie</u>

2. Be clear: Make sure your point comes across clearly when talking to this person. Don't convolute it with long phrases and "fluff." Get to the point in a nice way.

**Related:** <u>Hilary Duff Replies to Aaron Carter's Love</u> Declarations

**3. Keep your distance:** If you can, try not to be caught in the same places as them. This will make your daily life go more smoothly, and you'll feel comfortable going through your day.

Have other ways to tell your crush you feel uncomfortable? Share your thoughts below!

## Hilary Duff Writes Song About Estranged Husband Mike Comrie





By Sanetra Richards

Music was Hilary Duff's therapy after announcing her separation from estranged husband Mike Comrie. The 26-year-old talked about writing songs about the former NHL player and their son Luca during a Billboard.com Pop Shop podcast on Thursday, July 31, according to <u>UsMagazine.com</u>, "I'm separated from my husband right now, which has been a very difficult thing to go through, but we have a lot of love for each other and we have this beautiful baby," the actress-singer said. "There's a song about Luca and a song about my separation and

my love for this person, that maybe we're not meant to be together, or maybe we are," she added. "It's very, very personal." The couple announced their split back in January. Despite the separation, the two have remained amicable, with Comrie, 33, even stopping by with their 2-year-old son at her "Chasing the Sun" music video in July. Duff told listeners that her album was "a lot heavier and darker" after the split. "I think I just needed to get that out," she said. "And once I did get that out a lot of fun came." After nearly a five-year hiatus, Duff seems to be ready to take on her professional life once again. While away, she focused on two home renovations, learning to cook, getting to know her husband, and welcoming their baby boy. "The thing for me was that I really toured for five years straight...and I don't think anyone gave me the credit as an artist," she said. "I was having the best time," she concluded, "but after about five years, I was like, I have no life, I have, like, two friends, I'm never home, I'm never with my family," she explained of why she decided to take a break. "I kind of needed to shut it all down—it was time for me to be a person and learn who I wanted to be."

How can you incorporate music in your relationship?

### Cupid's Advice:

Want to tell your partner exactly how you feel, but cannot quite say it aloud? Look no further for an answer, Cupid has a few ways to make it all possible just by using music:

1. Lyrics change everything: Ever listened to a song and felt like it was speaking to you on a personal level? The words described everything you have felt or were feeling. Consider lyrics the meat and potatoes of a song. If you have something particular you would like to say to your partner, write a ballad. Your significant other will know it came directly from the heart.

Related: <u>Hilary Duff: "I Love Being A Mom"</u>

2. Depicts your love: Many couples have a record in which they consider "our song." It is usually the perfect description of their relationship or a reminder of a special time. Either way, it brings back tons of memories.

Related: <u>Hilary Duff and Mike Comrie Announce Their Separation</u>

**3. Says what you are afraid to:** A few words can absolutely go a long way. Maybe you are bad at putting your feelings into words on your own and need a little assistance. A good song can help you do just

that. It will let your partner know exactly how you are feeling with the help of verses and a beat.

What has music done for your relationship? Tell us below.

# 5 Celebrity Couples Who Married Young





By April Littleton

Lately, many celebrities are choosing to get married in their 30s or older. However, plenty of the Hollywood stars exchanged vows while they were still in their teens or early 20s. Here is Cupid's top five celebrity couples who married young:

- 1. Megan Fox and Brian Austin Green: The former Transformers star was 18 years old when she began dating Brian Austin Green. At the time, he was 30. The lovebirds met on the set of Hope & Faith in 2004. They got engaged in February 2006, but broke it off three years later. In June 2010, the couple became engaged again. However, Fox claimed they never broke off the engagement in the first place. Fox and Green exchanged vows June 24, 2010 at the Four Seasons Resort on Maui. The duo have two sons together, Noah Shannon Green (born Sept. 27, 2012 and Bodhi Ransom Green (born Feb. 12, 2014). The Teenage Mutant Ninja Turtles actress is also the stepmother to Green's son Kassius from his previous relationship with Vanessa Marcil Giovinazzo.
- 2. Hilary Duff and Mike Comrie: The former Lizzie McGuire

actress was just 22 years old when she married former NHL player Mike Comrie. The couple began dating in 2007, and became engaged in February 2010. The pair married in Santa Barbara, California Aug. 14, 2010. However, the lovebirds announced their separation Jan. 10, 2014. They have a son, Luca Cruz Comrie, who was born March 20, 2012.

Related: <u>5 Cutest Teen Celebrity Couples</u>

- 3. Olivia Wilde and Tao Ruspoli: The Her actress married the Italian filmmaker and musician when she was 19 years old. They exchanged vows on a school bus in Washington, Virginia. In an interview, Wilde explained the duo married in an old bus because the wedding was a secret at the time. The couple separated Feb. 8, 2011, and divorced Sept. 29, 2011. Since then, Wilde has been in a relationship with SNL performer Jason Sudeikis. They got engaged in January 2013 and are expecting a baby boy in May 2014.
- 4. Jessica Simpson and Nick Lachey: Simpson was 22 years old when she married Lachey. They duo married Oct. 26, 2002. Their relationship was documented on the reality TV series, Newlyweds: Nick and Jessica. The couple announced their separation in November 2005. They filed for divorce Dec. 16, 2005, citing irreconcilable differences. The divorce was finalized June 30, 2006. Simpson dated Dallas Cowboys quarterback Tony Romo from 2007 to 2009. Currently, she's engaged to Eric Johnson. They have two children, daughter Maxwell Drew Johnson and Ace Knute Johnson.

Related: <u>Celebrities Who Have Gotten Back Together After a</u>
<a href="https://doi.org/10.1007/journal-10.1007/

**5. Avril Lavigne and Deryck Whibley:** The *Girlfriend* singer was 21 years old when she married Sum 41 performer Deryck Whibley. The pair began dating when Lavigne was 19 years old. Whibley proposed to her during a trip to Venice in June 2005. They married July 15, 2006 in Montecito, California. The couple

divorced Nov. 16, 2010 after a little more than three years of marriage. However, they continued to work together. Whibley produced her fourth album and the single, *Alice*. Currently, Lavigne is married to Nickelback singer Chad Kroeger.

What other celebrity couples married young? Comment below.

# Making the Most Of Valentine's Day Even If You're Unhappy





By Michele Sfakianos, RN, BSN for Hope After Divorce

#### unhappy valentine's day? it doesn't have to be

After a divorce, many holidays can be depressing, and Valentine's Day can be the most depressing of all. The media promotes this day for lovers, and those not in a relationship — or just getting out of one — may feel left out. The holiday can also leave you feeling as if something's wrong with you because you don't have someone special to share it with. But don't worry — you can still have a happy Valentine's Day!

#### Related Link: <u>Surviving Holidays as a Stepparent</u>

If you have children, celebrate your holidays with them. After all, they're a special part of your life. If you don't have visitation that day, then pick another day and celebrate. Children love special celebrations, especially when you tell them that *they* are the reason for the celebration. If you don't have children, why not plan a special outing just for yourself?

It is time to adjust how we feel about our holidays. We shouldn't feel pressured to have a significant other in our life. We should love ourselves and celebrate that love every day, not just on holidays.

Look at celebrity couple Hilary Duff and Mike Comrie, who recently announced their separation. They have a one-year-old son and are both very dedicated to co-parenting, loving, and raising Luca as a team. The exes still spend a lot of time together with their son. For example, on New Year's Eve, Duff shared an Instagram of the three of them at Disneyland the week before. I wouldn't be surprised if they spent Valentine's Day as a family as well!

Related Link: Hilary Duff and Mike Comrie Announce Their Separation

Here are some great ideas for your special celebration:

- Call a close friend or a family member and go to a movie, get a manicure and pedicure, or bake a sweet treat.
- Turn off all of your electronic devices and read that book or magazine that's been sitting on your nightstand for months.
- Take your children on a nature walk or to a local park. Don't just send them off to play; go play with them!
- Make yourself a fancy dinner. Use your best dishes and make sure to put fresh cut flowers in the center of the table as a present to yourself.
- Take a warm bath with essential oils. Don't forget the candles! Just totally unplug during this time. Read that book or magazine I mentioned earlier.
- Share your time with someone in need. Volunteer at a local shelter or serve dinner at a soup kitchen.
- Turn on the tunes and dance!
- Set the evening aside to look at old photos, especially those that bring back great memories.

Celebrations don't have to be expensive, but it is important to acknowledge the holidays. Valentine's Day is what you make of it. It is a day to celebrate love. No matter if you are alone or part of a couple, celebrate yourself and the power you have to make others feel valued. Remember: The most important thing you can do to bring true love into your life is to love *yourself*.

For more information about Hope After Divorce, click <u>here</u>.

Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of "The 4-1-1" books on Life Skills, Step Parenting, and Surviving Teenhood. Michele is a contributing expert for

HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.

# Celebrity Couple Predictions: Amber Heard, Kaley Cuoco and Hilary Duff





By: <u>Shoshi</u>

For today's column, let's take a look at three celebrity couples who have made headlines lately for shocking relationship moves — whether it's a surprise engagement, a

quickie marriage after a whirlwind romance, or a separation announcement from a seemingly happy couple.

Amber Heard and Johnny Depp: Depp recently announced his recent engagement to actress Heard. Two words that came to mind when I heard this news were "hot mess." Not because I think it's too soon for the actor to be in a serious relationship, but because this relationship has signs of doom written all over it.

The 27-year-old actress met her 50-year-old fiancé while working on *The Rum Diaries*. There have been so many allegations about their romance that it's hard to know what to believe. The main rumor that stands out is that Depp and Heard broke up not that long ago so that she could date a woman. He somehow won her back and put a ring on it.

The only thing that is clear in this relationship is that Depp is trying his best to keep Heard around. What better way than to get married! Their relationship energy is two lost souls floundering around. The biggest question is how long can the actor can keep his partner entertained before she wants to leave again. I hope he's smart enough to get a good prenup, as there's no way this relationship is going to last.

On another note, the media keeps trying to make it seem like Depp's ex, Vanessa Paradis, is jealous over his engagement. This rumor couldn't be further from the truth. Paradis left Depp; she was the one who didn't want to get married. Depp has repeatedly confirmed this truth in interviews since their split, and his ex has moved on.

Related Link: Johnny Depp and Amber Heard Are Engaged: Find Out Why

**Kaley Cuoco and Ryan Sweeting:** The *Big Bang Theory* actress ended a relationship with Henry Cavill and pulled the ultimate bounce back: She fell in love with tennis player, Ryan

Sweeting, and got married. If you blinked, you may have missed the whole thing. The couple dated for only five months before sprinting down the aisle.

There is something rather awesome about this marriage. It's a classic case of "you know when you know." Sure, they got married quickly, but when I look at their relationship, it looks like they both knew it was meant to be. Cuoco was looking for something different when she met Sweeting. They've been together before in a past life, which is why it felt so comfortable when they met this time around.

The bets have started on when they'll divorce, but save your money. These two are going to be together for awhile. Don't be surprised if a baby announcement comes within a matter of months. Baby energy is swirling around the blonde beauty. Since they're having so much fun together, Cuoco would like to wait a little bit before having kids, but babies have a way of sneaking in when they're ready.

Related Link: Kaley Cuoco Celebrates Bridal Shower with Famous Friends

Hilary Duff and Mike Comrie: Looks like one Disney princess is about to get a divorce from her Prince Charming. This move comes as a surprise to many people who thought that Duff and Comrie were a happily married couple. As I look at the singer's energy, she's in a totally different place than she was when she got married. A part of her looked up to Comrie as her older andwiser lover. Well, getting married and having a baby will make a woman grow up really quickly. Long story short, she snapped out of it.

Duff will always have love in her heart for Comrie, but it's not the kind of love that keeps a marriage going strong. The passion between the two of them left a long time ago. It also looks like Duff considers Comrie a big turnoff, and once a woman is turned off by a man, it's hard to go back.

It's great that they tried everything in their power to stay together, but it's time for them to both move on. Duff is going to come back with a resurgence in her career. She's going to gain some new fans with her hot MILF status, but dating will not be her priority; she will be focused on being a single mother during this new chapter in her life.

For more information on Shoshi, click <u>here</u>.

# Hilary Duff and Mike Comrie Announce Their Separation





By Louisa Gonzales

It looks like new exes Hilary Duff and pro-hockey star Mike Cormie are dealing with their spit in mature adult way. The former lovebirds are choosing to remain in each other lives as friends even though they are no longer a couple. According to <code>UsMagazine.com</code>, the former lovers spotted out together on January 12, mere days after announcing their spilt on Friday January 10th, driving home from a social gathering at the Four Season Hotel where they dined together as a family with son Luca, 21 months.

How do you remain civil post-split for the sake of your children?

#### Cupid's Advice:

When couples go through breakups it is challenging and difficult as you have to decide on how to move forward in your relationship. After the end of one sometimes you both just want some space and time apart, but what if you have a child together? Having children together changes everything and not only do you have to do what is best for yourselves, but for your children as well. Cupid has some advice on how to keep your relationship on good terms after separating when you have kids together:

1. Communicate: No matter your current relationship status, staying in contact with each other is a must. Especially, if you both plan on taking equal participation in raising your child or children. Things such as living and school arrangements as well as your child's extracurricular activities are something you need to talk about.

**Related:** <u>5 Celebrity Couples Who Are Still Friends After</u> Divorce

2. Respect each other: Remember you are both going through the break up and are probably both hurting. You may not be together in a romantic relationship anymore, but you need to

stay in each others lives in some capacity. So, it is important to be considerate of each other's feelings and have the kind of relationship where you listen and respect each other's opinions. Also, learn how to compromise, as it will help prevent some potential arguments.

Related: <u>Nina Dobrev and Ian Somerhalder Joke About Awkward</u>
<a href="mailto:Breakup">Breakup</a>

**3. Get your priorities straight:** Your children should come first. Put aside whatever differences or feeling you may have for each other and focus on what's best for you and your family. Know that you both want what is right for your children. A child needs the support and guidance of both their parents.

What are you opinions on how to remain on good terms with your ex for the sake of your children? Share your thoughts below.

## 10 Celebrity Couples We Never Knew Existed





By Whitney Johnson

Most of the time, famous folks can't get away from the spotlight. Rumored relationships and long-term loves alike are splashed on every magazine cover or tabloid site, making it difficult not to know who dated who in Tinseltown. Every so often, though, a celebrity couple flies so far under the radar that gossip-hungry fans miss their Hollywood romance. Read on for a list of 10 celebrity couples that you may not know existed:

- 1. Shia LaBeouf and Hilary Duff: These Disney darlings went on a terribly bad date "probably the worst date either of us have ever had," according to the *Transformer* star.
- 2. Lance Armstrong and Ashley Olsen: This unlikely duo were spotted making out in 2007 at Rose Bar in New York City. Their relationship never took off which is no surprise given that the cyclist is 15 years older than the designer.
- 3. Matthew Morrison and Kristen Bell: These famous faces attended New York University together and dated very briefly. Despite their eventual breakup, Bell still calls the *Glee* star

"Matty." Perhaps we'll see them double dating with their respective fiancés soon.

Related: <u>Matthew Morrison and Renee Puente Are Engaged</u>

- 4. Jake Gyllenhaal and Natalie Portman: Long before his heavily documented romance with country singer Taylor Swift, Gyllenhaal was linked twice to the *Black Swan* actress, once in 2006 and again in 2008.
- 5. Dennis Rodman and Madonna: Rumor has it that Madonna desperately wanted to have the former basketball star's baby when they dated in the early 1990s. Luckily, no child resulted from this unlikely pair.
- 6. Jake Pavelka and Kristin Chenoweth: It's hard to believe that the star of *The Bachelor: Wings of Love* and the pint-size Broadway powerhouse are an item, but they've been dating since late 2012 after meeting at an awards show.
- 7. Donald Faison and Minka Kelly: This under-the-radar twosome dated for a year from 2004 to 2005. Now, they're both happily taken: Faison is expecting his first child with wife Cacee Cobb, while Kelly has reunited with ex Chris Evans.

Related: Celebrity Couples That Reunited

- 8. Sean Penn and Florence Welch: It's no secret that Penn has a thing for sultry songstresses anyone recall his post-divorce romance with Scarlett Johansson? Lately, this potential pair has been laying low, but earlier this year, there were a number of paparazzi photos filled with PDA.
- **9. Ashton Kutcher and January Jones:** Long before Kutcher married and divorced Demi Moore, he dated up-and-coming actress Jones, who had recently relocated to Los Angeles to pursue her big screen dream. The couple, who dated from 1998 to 2001, attended his *Dude*, *Where's My Car?* premiere together in one of their rare red carpet appearances.

10. Matt Dillon and Cameron Diaz: Who knew the stars of There's Something About Mary were an item off-screen too? This duo dated for three years, splitting in 1998 — the same year that the hit comedy was released.

Did we forget one of your favorite couples? Tell us in the comments below!

# Hilary Duff: "I Love Being A Mom"





By Lisa Estall for Celebrity Baby Scoop

Hilary Duff has joined the campaign to support Johnson's Baby

Cares partnership with Save the Children for the second year in a row. The actress recently visited the Save the Children early childhood education school in Yucca Valley, California — where she met with families who benefit from the program.

Celebrity Baby Scoop recently got to speak with Hilary about the Johnson's Baby Cares program and her 1-year-old son.

**Related Link:** <u>Hilary Duff Hits the Gym 1.5 Weeks After Giving</u> Birth

CBS: Tell us about partnering with Johnson's Baby for Johnson's Baby Cares. What's it all about? Why did you get involved?

**HD:** I can't believe I have my first year as a mom under my belt — time flies. Looking back on it, I've been thinking a lot about the support I received from my family, friends and fans over the past year, and how their words of encouragement really helped me get through some challenging days.

Unfortunately not all moms have the same support system or even basic everyday resources to help them with motherhood. That's why I'm proud to partner with Johnson's Baby Cares for the second year on its newest campaign centered around Johnson's Baby "Care Cards" — which is helping to deliver encouragement and positive support to moms across the country, while also raising funds for families and babies assisted by Save the Children.

CBS: How's baby Luca doing? Is he into everything these days now that he's walking?

HD: Luca's incredible! I can't believe he is already 13 months old. He's certainly an active boy and yes, even more so now that he is walking. In fact, he basically skipped the walking stage and went straight to "speed walking." I spend my days on my feet trailing him around the house and yard!

CBS: You seem to have the 'perfect' life with a great career and family life. But do you think women can REALLY 'have it all'? Have you had to make sacrifices now that you're a mom?

**HD:** Nobody's life is perfect but in this day and age women are able to find a balance between work and home life. Of course my life has changed but I don't think of them as sacrifices because I was ready for this new chapter!

Related Link: <u>Hilary Duff Calls Motherhood a "Hormonal Roller</u> Coaster"

CBS: We saw you and Mike enjoying Coachella. Comment on the importance of making time as a couple. Do you think it's important? Do you have regular date nights?

**HD:** Yes of course it's important to make time to focus on your relationship. But it's not always easy! We aren't huge planners, we tend to do things last minute but we enjoy going out for nice dinners or spending time with friends.

For the rest of the interview, click <u>here</u>.

## Celebrity News: Hilary Duff Calls Motherhood a 'Hormonal Roller Coaster'





By Andrea Surujnauth

Hilary Duff, proud mother of one year old Luca, recently talked about the difficulty of motherhood with <u>Usmagazine.com</u>. "Exhaustion is a good one to start with! You're very sleep-deprived." says Duff. "Sometimes you have a crying baby and you can't do anything to get them to stop crying ... you feel, as their mom, that you should be able to have all the answers and be able to take care of them so easily." Fortunately Duff has her husband, Mike Comrie, and especially her mother to help her get through the difficult times. "She's been so great — helping me with the baby, coming over when I need to take a nap or escape for a little bit," she said. "My husband is amazing, too. If I want to run out of the house for an hour to go work out or go meet a friend for lunch, I can. I think that's really important."

### What are some ways to support your partner through parenthood?

### Cupid's Advice:

You are the main bread winner and your partner is the one that usually stays home to care for the new baby. How can you

support your partner? Cupid is here with some suggestions:

- 1. Alone time: Take responsibility of the baby on a certain day of the week to allow your sweetheart to get some alone time and breathing space. Your partner will appreciate you giving them time to get out of the house on their own,
- 2. Couple time: Have one of the child's grandparents or a nanny come over to watch your little bundle of joy so the two of you can get some romantic time outside of the house. Take your partner out on a date.
- **3. Encouragement:** Let your partner know that they are doing a good job holding down the household. They are working hard to keep the house running in order and taking care of your baby, let them know that you love and appreciate them.

How do you support your partner through parenthood? Comment below and let us know!

# Celebrity Trainer Harley Pasternak Tells Us About 'The Body Reset Diet'





#### By Lori Bizzoco

Celebrity trainer <u>Harley Pasternak</u> knows what it takes to keep his A-list clients, including couples Megan Fox and Brian Austin Green as well as Hilary Duff and Mike Comrie, in shape — and now, he's teaching the rest of us how to be healthier in his new book, <u>The Body Reset Diet</u>. In this exclusive interview, the well-known diet and fitness guru shares his tips to help singles and couples adopt a well-balanced lifestyle. "This book is about giving people a jump start, letting them press the reset button, to drop a bunch of weight really safely and very quickly and then giving them the tools to keep it off," he says.

Additionally, Pasternak chats about helping celebrity moms like Jessica Simpson and Milla Jovovich get fit again after giving birth. Plus, he discusses why programs like Shaklee 180 and *The Body Reset Diet* work so well and ensure that you're your best self.

For more videos from CupidsPulse.com, check out our <u>YouTube</u> <u>channel</u>.

# Giveaway: Keep It Simple and Luxurious with Line Knitwear's Quantum Sweater





This post is sponsored by Line Knitwear.

### By Jennifer Ross

Every woman knows just how hectic life can be and sometimes your personal style can fall through the cracks along the way while you are working and running around playing "Super" mom.

Why not take some fashion advice from a few sensible and stylish celebrities and wear outfits that easily transition

from work to play? Hilary Duff, Mila Kunis and Bridgit Mendler want clothing that is both simple and luxurious. The Quantum Sweater at www.MadisonLosAngeles.com, made by Line Knitwear, does just the trick, updating your wardrobe and keeping you in style. This sweater is soft, light and comfortable. It's so fashionable that not even a necklace or bracelet is needed to accessorize it. What's really great is that this colorblocking top also changes with the seasons taking you from spring to summer and even into fall!



Quantum Sweater. Photo: Line Knitwear

Just like Duff, you can wear it over a swimsuit as a cover-up for a day at the beach. Or you can wear it over a camisole with your favorite jeans while hanging with your girlfriends. Even the sweater by itself, paired with a hot skirt and killer heels, will leave you looking great for your mate on your next dinner date. Lucky for you, Line Knitwear is giving away a Quantum Sweater, <a href="size extra-small">size extra-small</a>, to one CupidsPulse.com reader! Even at a size extra-small, this sweater is sure to fit many people since it is designed to be over-sized.

GIVEAWAY ALERT: To enter for a chance to win a Quantum Sweater by Line Knitwear, go to our Facebook page and click on the "like" button. Then, leave a comment under our Quantum Sweater giveaway post and let us know that you want to enter the contest. We will contact the winner via Facebook when the giveaway is over, and he or she will have three days to respond back with his or her contact information. The deadline to enter is 5:00 p.m. EST on Monday, November 12th. Good luck!

Congratulations to Ann Marie Johnson for winning the Quantum Sweater! We hope you love it!

# Hilary Duff and Mike Comrie Wear Day of the Dead Costumes





By Nicole Weintraub

Hilary Duff and her husband of two years Mike Comrie celebrated Halloween a few days early, according to <u>UsMagazine.com</u>. The couple left their seven-month-old son Luca home as they ventured to Mike Meldman's party this past Friday in Beverly Hills. The two dressed up in skeleton attire and make up for the Mexican Day of the Dead. Among other guests to join the festivities were Seal and a mystery date, Emma Roberts, Ryan Seacrest with Julianne Hough, Dax Shepard with fiancée Kristen Bell and many more. The new mom, Duff, gushed about motherhood claiming that, "He's getting his first teeth and he's rolling over like a maniac".

What are some ways to coordinate your clothes with your beau?

### Cupid's Advice:

Whether it's Halloween or a wedding, sometimes couples like to coordinate clothes with one another. Here are some tips on how to coordinate properly:

1. Twins: While some couples dress up in exactly the same

clothes, you don't want to be mistaken for twins rather than a couple. Make sure that you are not crossing the line between coordinating outfits and being twins.

- 2. Colors: A great way to make sure that your outfit matches your beau is sticking to the same color scheme. For example, if you are wearing a blue dress, have your beau wear the same color for his tie. The two of you will obviously be together without being mistaken as twins.
- **3. On the same page:** The two of you may not be on the same page according to color and that it completely fine. As long as the two of you are in the same theme area, that's all that matters. For example, if your partner is dressing up as a cowboy and you are dressing up as an M&M then the two of you are not coordinating at all.

How would you coordinate clothes with your partner? Would you? Share your ideas with us in the comments below!

# Celebrity Baby News: Best Announcements from Famous Couples





By Lily Rose

First comes love; then, comes marriage; then, comes a little one sitting in a baby carriage. In 2012, things may not happen exactly in that order — especially for our favorite celebrity couples. No matter the order of things, when the little bundle of joy does come, it is cause for celebration and for baby announcements. When it comes to celebrity baby news, announcements range from traditional to over-the-top.

### **Announcing Celebrity Baby News**

Some famous couples opt to announce their baby's arrival with a simple yet heartfelt press release. Kristin Cavallari and Jay Cutler, who welcomed Camden Jack Cutler on Aug. 8, decided to go that route. So did Kelsey and Kayte Grammer, who welcomed daughter, Faith Evangeline Elisa Grammer, on July 13. Also taking a simplistic approach, Hilary Duff tweeted her son Luca's first photo.

Related Link: Why It's OK to Have Kids Later in Life

But why settle for simple and heartfelt when you can do it big and make it financially lucrative? From the date the press first learns there's a celebrity pregnancy to the date the child arrives, most publications are scrambling, begging, and scheming to get their hands on the first baby pics. Some celebs, such as former reality TV star turned fashion designer, Jessica Simpson, chose to circumvent the rigmarole by simply selling the pictures. *People* featured the first snapshots of Simpson's daughter, Maxwell Drew. Simpson was reportedly paid \$800,000 for their exclusive right to her little girl's first photos.

Related Link: <u>Jessica Simpson Says Motherhood Is the 'Best Thing I've Ever Experienced'</u>

Simpson isn't the only one to sell the privilege of offering the public its first glimpse of her child. Former *American Idol* judge Jennifer Lopez and Latin crooner Marc Anthony also sold the exclusive rights to the first pictures of their twins. As far as the price goes, Lopez and Anthony didn't do too shabby either: The celebrity couple reportedly made a cool \$6 million.

### Famous Couple's Expensive Baby Pics

Of course, no one does it as big as Hollywood couple <u>Angelina Jolie</u> and <u>Brad Pitt</u>. The public waited with bated breath to see the child produced by the genetically blessed superstars. Jolie and Pitt reportedly sold the photos of their twins, Knox and Vivienne, for more than \$11 million.

Still, some famous couples chose a different but still non-traditional route to share their celebrity baby news. For example, singer, Beyonce Knowles and her rap star husband Jay-Z erected a tumblr page displaying daughter Blue Ivy's first photo shoot. The page was offered free to the public.

Some think selling your baby's first photos seems just plain

wrong. Others figure, why not? It's better than the paparazzi chasing you down the street for them! Let us know your thoughts.

# Hilary Duff Hits the Gym 1.5 Weeks After Giving Birth





Hilary Duff is wasting no time getting back to the gym. After giving birth nearly two weeks ago to her and her husband's, Mike Comrie, first baby together, Luca Cruz, Duff is already yearning to tone up her post baby body. "20 minutes on the elliptical seems like an eternity!!! What the hell…" the former Disney star tweeted Saturday. Besides getting some

much needed time pampering herself at the Nine Zero One hair salon last Thursday, the new mom spent a little time toning her body doing Pilates on Monday. "Did a little Pilates today. Felt so good to stretch!..." the former *Lizzie McGuire* star said via twitter.

How can you help your partner get back into shape after pregnancy?

#### Cupid's Advice:

After gaining a few pounds, it may seem like a stretch to get back to your desirable weight, but it's definitely possible. Men, here are a few tips to help your woman get back into the sexy shape she had before giving birth:

- 1. Workout together: Instead of letting her take that mile run by herself, join her and also take advantage of enrolling in yoga or gym classes together. Not only will this encourage her to keep her progress up, but it will also give you two some great bonding time.
- 2. Healthy choices: There are plenty of meals you and your lady can enjoy together that will taste delicious and are healthy for you. Look up different recipes online that both you and your lover can enjoy making and eating together.
- **3. Support:** The number one thing your significant other needs when they're trying to achieve their weight loss goal (or any goal) is your support. Besides working out and cooking together, give her words of encouragement to keep her going.

How did your help your partner get back into shape? Share your comments below.

# Hilary Duff and Mike Comrie Get Mushy for the Cameras





Lizzie McGuire alum Hilary Duff is loving her pregnancy— and has no problem telling her fans. McGuire, 24, tweeted a picture of herself with husband Mike Comrie, 31, reports <u>UsMagazine.com</u>. The photo shows a pregnant Duff holding her baby bump while kissing Comrie upside down. Duff thanked her fans for their support, tweeting, "Glad you guys like my new pic! Much love to all you guys."

What are some ways to celebrate your pregnancy?

## Cupid's Advice:

Though being pregnant is a reward in itself, it's important to celebrate such an important stage in your life. Here are a

few ways to celebrate:

- 1. Take photos: Document your pregnancy by taking photos of your growing belly every two weeks. After the baby is born, arrange the photos to show your pregnancy's progression.
- 2. Massage: Use your pregnancy as an excuse to pamper yourself. Get a pedicure, or go for a massage. The massage will help you relax, and it will soothe your aches and pains.
- 3. Prenatal yoga: Prenatal yoga is an excellent way to stay physically fit without putting too much stress on your body. Learning how to breathe correctly (an important part of yoga) will prepare you for the birth. It's also an opportunity to make friends with other pregnant women in the area.

How did you celebrate being pregnant? Feel free to leave a comment below.

# Five 'Down-to-Earth' Celebrity Couples





By Melissa Caballero

It's hard to deny how infatuated our society is with the lives of our favorite celebrities and their relationships. We sit with our friends and gossip about each of them on a first name basis as though they're our best buds. We fawn over their fame, fortune and good looks. But it's the rich and famous stars who handle their popularity with a dose of humility that give us a real reason to love them. Having it all and making top headlines in the media is one thing, but the way they act off screen or outside of the studio is what really exemplifies who they are as people. So, let's put aside the celebs with an attitude and stuck up demeanor, and give credit to the ones who have their feet planted right here on Earth.

1. Ben Affleck and Jennifer Garner. This pair has seen and done it all. But, starring in box-office hits and walking the red carpet doesn't seem to change them. They find happiness simply by being together, spending time with their two daughters (with a third one on the way) and laughing.

Related: Jennifer Garner and Ben Affleck Are Expecting Third

- 2. Kristen Stewart and Rob Pattinson. Despite all their vampire fame, this duo has yet to sink their teeth into the unfortunate attitudes that Hollywood is known to bring out. Staying true to themselves and their values, Stewart and Pattinson just want to be treated like everyone else. Even after bringing in the big bucks, we see no change in what they choose to wear on the red carpet, and they always show genuine appreciation towards their fans.
- 3. John Krasinski and Emily Blunt. There's no denying that this tandem is adorable. It is so refreshing to see a pair who truly loves one another, without all the drama in Hollywood. This couple seems to fly under the radar and in fact, they seem a bit camera shy. Krasinski and Blunt didn't even feel the need to broadcast their nuptials; instead, they had a private, romantic ceremony in Italy. It isn't about the glitz and glamour for this normal, down-to-earth love struck team.

Related: John Krasinski and Emily Blunt Wed

4. Hilary Duff and Mike Comrie. Simple but sweet, their relationship is on the way to an everlasting love. Staying in, cooking together and hanging out are on the top of their list of date night activities. As one of the youngest items in Tinsel Town, we embrace their normalcy and realistic outlook. With the struggles of being in a long distance relationship, these two leave the drama at the door and take advantage of the time they have together. We hope they enjoy this alone time, as a soon-to-be new addition will undoubtedly stir things up.

Related: <u>Hilary Duff is Excited to Have Kids with Husband</u>, <u>Mike Comrie</u>

**5. Ellen DeGeneres and Portia De Rossi.** These two made their love official in 2008 and can be viewed as a great role model

for other homosexual couples. They don't feel that there's anything to hide about their relationship, and it's very clear how they feel about each other. However, they never over do it and never let public criticism get the best of their relationship.

Who are some of your favorite 'down-to-earth' celebrity couples? Share your comments below.

# Hilary Duff Announces She's Having a Baby Boy





Pregnant child star Hilary Duff revealed the sex of her baby

with husband Mike Comrie on *Ellen*, reports *E! Online*. Duff said she wanted DeGeneres to be the first to know the sex of her baby. DeGeneres then tried to guess the gender of the baby by asking a series of questions. After Ellen guessed the baby was a boy, Duff replied, "It's a boy! Good job. I had [a] feeling it was a boy the whole time."

What are the advantages to finding out the sex of your unborn baby?

### Cupid's Advice:

Though finding out the sex of your unborn child can remove some of the surprise when you deliver, knowing the sex ahead of time does have advantages. Here are a few benefits to having prior knowledge:

- 1. Choosing a name: Deciding on a name for your child can be one of the most difficult decisions of your pregnancy. By knowing the gender of your child, you can dedicate more of your time to names that will be appropriate.
- 2. Planning a baby shower: Planning for your baby shower becomes much easier when you know the sex of your baby. Your friends will also be able to give more fitting and useful gifts.
- **3. Preparing for the baby:** Knowing the sex of your baby ahead of time allows you to avoid neutral colors and dull clothes when you prepare for the baby's arrival.

Did you find out the gender of your baby ahead of time? Feel free to share your thoughts in a comment below!

# Celebrity Couples You Just Might See at a Sporting Game





By Whitney Baker

Spending a lazy afternoon at a ball game can be the perfect casual date — and celebrity couples seem to think so, too. Sometimes, celeb sightings at a sporting event can be as entertaining at the game itself. There may even be as much action off the court as there is on it.

So the next time you attend a sporting event — whether it be hockey, basketball or baseball — keep your eyes open for the famous duos below:

1. Carrie Underwood and Mike Fisher: In February, Underwood's hockey-playing hubby was traded from the Ottawa Senators to

the Nashville Predators. Shortly after, Fisher moved into his wife's Brentwood, CA, home (and into her closet), and for the first time during their marriage, the newlyweds settled in the same city. Fans can rest assured that, once the hockey season starts up again in October, Underwood will be at as many home games as her hectic schedule allows.

- 2. Beyoncé and Jay-Z: This musical duo share more than just their choice of career: they also share a love of basketball. The glamorous couple with Beyoncé wearing heels, no less is often on hand to cheer for the New Jersey Nets. Spotted at home and away games in cities such as Newark, Dallas, and Los Angeles, their frequent sightings make perfect sense; after all, Jay-Z is a part-owner of the team.
- **3. Minka Kelly and Derek Jeter**: Kelly is a fixture at Yankee Stadium, cheering on her boyfriend of three years from a luxury box, along with his family and friends. Recently, she was on-hand to celebrate Jeter's 3,000<sup>th</sup> career hit. Beyond attending his games, Kelly and her New York Yankees captainbeau often work out together, proving that the couple that stays fit together, stays together.
- 4. Hilary Duff and Mike Comrie: Duff has followed Comrie's hockey career as he has been transferred from the New York Islanders to the Edmonton Oilers to the Ottawa Senators. Comrie is now playing for the Pittsburgh Penguins, and the couple has settled into a newlywed life filled with a lot of cross-country traveling between their homes in Pittsburgh and Los Angeles. With her husband in the rink, she may bring along another celebrity couple to keep her company: sister Haylie Duff and her longtime beau, Nick Zano.
- **5. Kim Kardashian and Kris Humphries**: This reality star can often be found sitting courtside as she roots for her love, New Jersey Nets forward, Kris Humphries. With the couple house-hunting in New Jersey and New York, chances are high

that Kardashian will be making her mark as one of the team's celebrity fans. Kardashian is following in her younger sister's footsteps in more ways than one: after Khloé Kardashian's own whirlwind romance, she wed Los Angeles Lakers forward, Lamar Odom, in 2009.

Who is your favorite sporty celebrity couple? Share your thoughts below!

# Hilary Duff Announces She Is Expecting





In the midst of celebrating their first wedding anniversary

this past Sunday, Hilary Duff and husband Mike Comrie announced they are expecting their first child, <u>E! Online</u> reports. While reflecting on her year of marriage, Duff made the big announcement on her official website. "We also want to share the exciting news that… BABY MAKES THREE," she wrote. "We are extremely happy and ready to start this new chapter of our lives."

How do you creatively announce your pregnancy to family and friends?

#### Cupid's Advice:

News of a baby on the way isn't just exciting for the expecting couple, but also for friends and family. Here are a few creative ways to make the big announcement:

- 1. Give an ultrasound picture as a gift: Send out copies of your first ultrasound to family members and put it in personalized picture frames (Think: "Grandma/Grandpa/Aunt/Uncle-to-be" frames).
- 2. Be the gift: During the next holiday or family get together (preferably involving gift giving), tie a big red bow around your belly and see how long it takes for friends and family to realize what you're trying to tell them.
- **3. Use a surprise website:** Creating a free website is fairly easy; make a site with a message about your pregnancy (something along the lines of "\_\_\_\_\_ is pregnant!"). Send your close ones an email with the link telling them to check out a "shocking" website you found.

How did you announce your pregnancy to everyone? Share your experiences in a comment below.

# Hilary Duff is Excited to Have Kids with Husband, Mike Comrie





Now that Hilary Duff and Mike Comrie are married, is a baby in the near future? According to *UsMagazine.com*, Duff says, "Yeah, I think we're really excited to have kids." The new addition to the Comrie family might not be as soon as we had all hoped though. Duff also adds, "I'm only 23, so give me a little bit of time. Come on people!" Although a baby might not be in the near future, the two seem to be doing very well and are enjoying every bit of the newlywed life.

## After marriage, how long should you wait before having kids?

#### Cupid's Advice:

You've just taken the plunge with marriage, so when should you start adding to the family? Cupid has some tips on how long you and your partner should wait before having kids:

- 1. When you have time: Having children is a huge responsibility that takes up a lot of time. Make sure that you both have enough time for life without children before you decide to make time for new additions.
- 2. When your finances are in order: It's no secret that having a child can end up being pretty expensive. Make sure you have the finances to back up your decision.
- 3. When you're comfortable with your career: Before you decide to completely change your life around, make sure you've accomplished at least some of your career goals. It's ultimately harder to balance your work and personal lives after you have kids.

# Hilary Duff and Mike Comrie Plan for First Married Holiday





Actress Hilary Duff and new husband Mike Comrie, center for the Pittsburgh Penguins hockey team, may be in the middle of moving to a new home right now, but that's not stopping the couple from planning for the holidays. Hilary Duff told People that she and Mike Comrie are expecting to be in Pittsburgh this Christmas, while both of their families will be in Los Angeles. "It's going to be scary [to plan], but exciting," said Hilary Duff, about the couple's first married holiday together. What are ways to make your first holiday as a married couple special?

## Cupid's Advice:

Relationships have a lot of firsts, but your first holiday as a married couple should be special. Cupid has some tips:

- 1. Thoughtful gifts: Rather than spending a lot of money on expensive gifts for each other, try to find something that will remind your spouse of you and your relationship. Plan ahead!
- 2. Take a time out: Your relatives and friends may be fawning over you as the new couple. When the attention gets to be too

much, quietly slip into another room, and take five minutes to breathe together.

**3. Keep a sense of humor:** The holidays can be overwhelming, stressful, and a little crazy. Be ready with a joke on hand to keep you and your spouse light and laughing.