

# Fitness Tips: 3 Secrets of Hollywood Stars



These days, people spend much time at home. They don't just work at the desk, but also relax there, watching YouTube videos or using this [betting site in Nigeria](#). But it affects our health in a terrible way.

**Want to avoid the negative results of a sedentary lifestyle? Follow these secrets from Hollywood stars.**

**Don't Get Carried Away With Sports Drinks and Protein Bars**

Do you still think your candy bar is made up of protein? But

it tastes more like chocolate or cookies. It definitely has sugar and maybe some low-quality purified protein. A candy bar is no match for fish, poultry, steak, eggs or nuts.

Many sports drinks are high in sugar and sodium, and some also have caffeine, which can interfere with digestion. Sure, they can cause a sudden burst of energy, but it will go away just as quickly.

Jonah Hill managed to lose as much as 40 pounds. The main motivation of the actor was his beloved girl, and he managed to achieve success with the help of a complete rejection of alcohol, fast food, carbonated drinks and sweets. Now John leads a healthy lifestyle and regularly devotes time to sports.

### **Choose Intensive Workouts**

Working out with high intensity increases your metabolism. But in order to do so, you must visit your doctor and make sure that the increased heart rate will not harm you.

The most suitable exercises to “raise” the heart rate is a minute run at high speed on a treadmill, with a rope or running in place, you can also add kickboxing. Cardio workouts can be done on an empty stomach in the morning, which is the perfect time to burn fat.

Chris Hemsworth started preparing for the role of Thor six months in advance. To build muscle mass, the actor focused on strength training, and the basis of his diet were high-protein foods (meat, chicken, eggs), protein shakes, and unprocessed carbohydrates. Chris was constantly counting calories and amounts of fat, protein and carbohydrates.

### **A 15-minute Workout a day Is Better Than Nothing**

Of course, the best results come from a full-body workout. But if you're short on time, a regular 15-minute workout can

produce noticeable results.

Drink 0.5 liters of still water before and after your workout. Don't skip breakfast, it should be the most calorie-dense meal of the day.

Kelly Osbourne has never been a slim girl, but it seems that the girl is pretty fed up with it, and she took up the cause. The first point in her struggle was giving up fast food. She also drastically cut back on pasta, white bread and sugar. She accustomed herself to exercise gradually. Regular exercises in the gym with an instructor gave the girl a trim body.

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## Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill





By [Melissa Lee](#)

Although this mega Hollywood actor has had his fair share of weight fluctuations throughout the years, Jonah Hill has recently been spotted looking fitter – and thinner – than ever. Hill, who has considered himself to be a victim of “yo-yo dieting”, reportedly sought help from his *21 Jump Street* co-star Channing Tatum. Tatum apparently pointed him the right direction and helped him find a team of nutritionalists and personal trainers so Hill could finally lose the weight in a healthy manner. After dropping at least 50 pounds, Hill is Hollywood’s newest fitness inspiration.

**Check out some of these celebrity workouts and fitness tips to shed the pounds off just like Jonah Hill!**

**1. Alcohol hurts:** Before his weight loss journey began, Jonah

Hill was no stranger to binge drinking, beer being his favorite beverage of all. After meeting with a nutritionalist and attempting to find a way to drink beer and still lose weight, he ultimately saw the effects it was having on his body. "It's so annoying because if I don't drink beer, I get really, really thin. Then when I drink beer, I get a little bigger," Hill says. The lesson here? Either learn to indulge in alcohol every now and then, or ditch the empty calories altogether.

**2. Say goodbye to those nasty cigarettes:** As if anyone needed anymore reasons to dislike cigarettes, here's another one: you can gain anywhere from five to ten pounds from quitting. People tend to substitute food with the lack of nicotine they're receiving, but you're better off altogether by quitting, despite the reported weight gain. Treat your body with respect and finally say goodbye to any remaining packs you may have.

**Related Link:** [Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs](#)

**3. End the battle with yo-yo dieting:** Hill himself has expressed his frustration with yo-yo dieting – otherwise known as losing weight quickly and then gaining it all back. A recent study in the *International Journal of Obesity* reported that yo-yo dieting can serve some severe damage to your cardiovascular system, along with potentially increasing your risk of diabetes and heart disease.

**4. Plan your grocery trips:** Food shopping can tend to be an intimidating activity when you're trying to lose weight, but here's a way to help make the process a little bit easier. Make a list of items that you need (and be sure to stick to it!), and go food shopping after you've eaten a healthy breakfast. This way, you aren't particularly hungry while shopping, which should prevent you from stocking up on unnecessary snacks.

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

**5. Chew:** While this tip may sound a little ridiculous, trust us when we say it's not! Try your best to chew each bite at least 40 times when eating a meal. In a recent study, it was found that people that chewed their food more than twelve times ate less than those that didn't. It's even believed that chewing longer can lead to a more satisfied feeling.

**What are some of your weight loss tips? Leave your thoughts below.**

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## **Want an A-List Wedding? 10 Celeb Wedding Officiants**





By Molly Jacob

Wedding dress? Check. Flowers? Check. Jonah Hill reading your vows? Check! While you may want to be friends with your favorite celeb, what if you were married by him or her? Some A-list celebrities have acted as officiants for some Hollywood couples at glamorous celebrity weddings and even sometimes for those of us who are not part of a famous couple.

## **See which celebs acted as wedding officiants, and start planning for you own A-list wedding accordingly!**

### **1. Jonah Hill:**

Funny man Jonah Hill and superstar Adam Levine have been pals since middle school, so when Levine was getting married to Behati Prinsloo in July 2014, it was only fitting that Hill act as wedding officiant for this celebrity wedding.

### **2. Conan O'Brien:**



In November 2011, O'Brien celebrated the first anniversary of Conan on TBS. During this big episode, this funny celeb acted as the officiant for an on-air wedding of his show's costume designer, Scott Cronick, and Cronick's partner, David Gorshein.

### **3. Lady Gaga:**

The famous performer has acted as officiant for several weddings, including her yoga instructor's nuptials. She has considered presiding over gay marriages at her concerts as well.

**Related:** [Lady Gaga Celebrates Celebrity Engagement to Taylor Kinney](#)

### **4. Jason Segel:**

Abbie Thorner and Jason Wood, just a regular couple about to get married, ran into issues when the person who was supposed to marry them suddenly could no longer do so. They spotted Segel at a West Hollywood bar and asked him to do the honors, which he did during his appearance on *The Tonight Show*.

### **5. Ian McKellen:**

The famous English actor helped out his good friend and *X-Men* costar Patrick Stewart in 2013 when he presided over the *Star Trek* celeb's marriage to Sunny Ozell.

### **6. Victor Garber:**

Garber helped *Alias* costar Jennifer Garner and Ben Affleck tie the knot at their celebrity wedding in 2005. That's not his only tie to this (soon-to-be divorced) couple – he's the godfather of their daughter, Violet.

### **7. Emma Stone:**

Not only did Stone introduce her publicist Holly Shakoor to future husband Ruben Fleischer, director of *Zombieland*, she also presided over their 2012 celebrity wedding! This Hollywood couple was probably very grateful for all Stone did to help their relationship.



**Related:** [Emma Stone Is Caught Carrying Andrew Garfield-Labeled Bag Post Celebrity Break-Up](#)

#### **8. Kevin Smith:**

Got \$5,000 to spend? Hire Kevin Smith to marry you! The *Clerks* star will officiate for anyone that pays a \$5,000 fee that includes a venue for the wedding. Memorable weddings include the time when he married a couple at their hockey-themed nuptials, who said their vows while wearing jerseys.

#### **9. Benedict Cumberbatch:**

*The Imitation Game* star helped out two of his friends in 2013 when he acted as officiant for their picturesque wedding set on the island Ibiza.

#### **10. Tori Spelling:**

When a couple was getting married at the bed and breakfast Spelling owns with her husband Dean McDermott, she was more than happy to officiate. The celeb told *The Today Show* that it was her “scariest moment” because she didn’t want to let them down.

**Which celeb would you want to preside over your wedding? Let us know by commenting below!**

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## **Jonah Hill Makes Out with New Girlfriend in L.A. Park**





By Louisa Gonzales

**Jonah Hill** wasn't shy about showing some public displays of affection with his **new girlfriend Brooke Glazer** in Los Angeles on Mother's Day, Sunday, May 11, according to [UsMagazine.com](http://UsMagazine.com). The new couple, were spotted getting in some sun with the actor's, 30, pet dog on the grass at La Cienega Park and even indulged in some "making out" an eyewitness says. Reportedly Glazer, who is a nutritionist, and Hill, who recently split from girlfriend of 8 months Isabelle McNally, made their debut as a couple last month at Comme Ca in West Hollywood where they dined together.

**What are some ways to show you care for your partner in public?**

### **Cupid's Advice:**

Being in a relationship can bring many changes to your life, good and bad. However, for relationship to truly work you need to be able to express your gratitude towards one another on your own private time and out in the world. Cupid has some

advice on ways to show you care for your partner in public:

**1. Show some PDA:** There are many different forms of public displays of affection and every couple or person may have different opinions or feelings on it. No matter what you feel about PDA, it is important to be able to show your affection for your partner sometimes outside of your private time together. Yes, for some people it can be scary or hard for them to be open in public, but if you aren't willing to do that at least sometimes it can be damaging to your relationship because it may give your lover the wrong ideas such as your ashamed or aren't attracted to them.

**Related:** [Jonah Hill and Longtime Girlfriend Split](#)

**2. Go out:** Being able to show you care about your significant other in public can be as simple as just going out. Being able to get out of the house sometimes can be good for the relationship because not only can it help keep things fresh and interesting it can also give you a chance to show off your special someone in public. It can be fun to be taken out sometime, to get dressed up, and visit new places, whether you go somewhere extravagant or low-key, that depends on what you want just get out and do it.

**Related:** [Jonah Hill Is Spotted Making Out with Ex-Girlfriend in Los Angeles](#)

**3. Get to know their friends and family:** One great way to show you care in public is to try getting to know their friends and family. Being open to hangout with his friends and family will not only show your sweetheart you are willing to incorporate yourself into their life, but it can get you in on good terms with their friends and family. Plus, once you get the okay from their friends and family it can only help your relationship in the long run because you can be included in other friend and family activities.

**How do you show you care for your partner in public? Share in**

the comments below.

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# Celebrity News: Jonah Hill Is Spotted Making Out with Ex-Girlfriend in Los Angeles



By Petra Halbur

It looks like Jonah Hill may be getting back together with his ex-girlfriend, Jordan Klein. Although the couple broke up in October 2011 after a four year relationship, the two were spotted making out. A source told [People](#) that Hill and Klein

were walking towards a Starbucks in Los Angeles when Hill suddenly “grabbed the back of her head and started passionately kissing her on the side of the street.” The couple continued to kiss inside the Starbucks. “Actually I think they forgot where they were, it went on for at least five minutes,” the source said.

**How do you know whether to give your ex a second chance?**

### **Cupid's Advice:**

Break ups aren't always permanent. After a period of separation, you may find yourself wanting to get back together with your ex, but is this a good idea? Cupid has some advice to help you decide:

- 1. Remember why you broke up:** Consider what factors led you two to stop seeing each other in the first place. Has anything changed? If not, is this relationship worth renewing?
- 2. It's not just loneliness:** Don't get back together with your ex just to be in a relationship, again. It's perfectly normal to want companionship but having a partner doesn't guarantee you happiness.
- 3. It's not dependence:** If you just ended a long relationship, it may be scary to face the world alone, but don't get back with your ex out of fear. Change can be scary, but it's necessary for growth.

**Why did you decide to get back together with your ex? Tell us below.**

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# Jonah Hill and Longtime Girlfriend Split



High school sweethearts, Jonah Hill and Jordan Klein, recently broke up. Coincidence or not, Hill had recently lost 40 pounds. According to [UsMagazine.com](http://UsMagazine.com), the actor was spotted hanging out with a different girl just a few weeks after the split. According to a source, Klein seemed really happy and there were no signs of a breakup. Traveling and time apart could be the culprit for the bad news. Following a job offer, Klein could no longer travel in order to spend time with her boyfriend.

**How do you define yourself independently after a breakup?**

**Cupid's Advice:**

Ending a relationship can leave you lonely and without an identity. Sometimes being in a long term relationship means falling into a routine or doing almost everything with your partner. Being single means being your own person, again:

**1. Get rid of the past:** Give or throw away presents, borrowed items or anything else that reminds you of your old flame. Replace old pictures of you and your ex with pictures of your family and friends.

**2. Go out:** No need to make bad decisions, but do go out and spend time with someone who loves you and can support you through this tough time.

**3. Think about it:** Figure out whether you want to stay single for a while or start dating again right away. Whatever it is, take the time to find out what makes you happy.

**When is the best time to start moving on after a breakup?**