

# Celebrity News: Justin Verlander Says Kate Upton Saved Him from 'Jumping Off a Bridge' During Depression



By Rhodesia

Williams

In [celebrity news](#), [celebrity couple](#) Justin Verlander and Kate Upton are nothing short of relationship goals. According to *UsMagazine.com*, after suffering from many injuries, Verlander had no choice, but to have surgery. Verlander was very depressed during this time period. Upton helped her man through his rough patch and helped to keep their [celebrity relationship](#) positive.

## In celebrity news, Justin Verlander

# is opening up about the support Kate Upton gave him when he was fighting depression. What are some ways to support your partner through emotional turmoil?

## **Cupid's Advice:**

Sometimes we go through things that we often think we can't get through. Cupid has some advice on how to support your partner through emotional turmoil:

**1. Be available:** While you don't have to clear your schedule for the next six months, make sure you are there for your partner. A simple phone call or quick text to check on your partner will remind them that you are in their corner. Being there for your partner is important and it not only reassures your partner, but also makes them feel safe.

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**2. Distractions are nice:** Distracting your partner will help keep their minds off of everything that is going on. Going out or even staying in and spending time will help keep the positive times needed at such a sensitive time. Enjoy each other and remind yourselves that you are in this together.

**Related Link:** [Hang Tough – You'll Get Through It](#)

**3. Support:** Remind your partner that they have your support. Although you may say it, sometimes your partner wants to see and feel it. The smallest things will mean so much to your partner and they will be grateful. Show your partner just how much you love them and support them. It is important and it will strengthen your relationship.

What are some ways you support your partner through emotional turmoil? Share below.

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# Kate Upton & Justin Verlander Open Up About Celebrity Wedding & Proposal



By [Karley Kemble](#)

Mere weeks after a whirlwind World Series win and wedding, Kate Upton and Houston Astros pitcher Justin Verlander are gushing about their big day. According to [EOnline.com](#), the [celebrity couple](#) appeared on *The Tonight Show With Jimmy Fallon* and shared that their friends and family were all in Italy for their [celebrity wedding](#) before they were! According to Verlander, their friends showed them around their destination venue via Facetime! Upton also shared details

about their 2016 proposal, saying that she was nervous about looking at the ring while Verlander popped the question because she didn't want him to think she was materialistic. Afterward, Verlander asked if Upon liked the ring and was worried she didn't like it! Too funny! We wish this celebrity couple nothing but the best.

## **We can't get enough of this celebrity wedding and proposal! What are some ways to make your engagement and wedding day extra special?**

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

Your wedding will be the best day of your life, hands down. No matter how you decide to celebrate, the day should be about you and your partner. Cupid has some ideas on how to make your big day as special as possible:

**1. Add your personal touch:** Your wedding is all about representing you and your partner. Make sure your personalities shine through! You can add your own creative spins on traditional engagement or wedding must-haves. If you don't like cake, don't serve it! Pie is good too. It's your day, so you have free reign to make it your own.

**Related Link:** [Celebrity Wedding: Kate Upton Marries Justin Verlander in Lavish Italian Wedding](#)

**2. No-phone zone:** If you're having an engagement party or a wedding, encourage your guest to put their devices away. You'll likely have a photographer taking care of documenting your day, so it'll encourage everyone to enjoy the day in real-time! It'll surely make your day seem more personal and

authentic (and you won't be worried thinking people are bored!)

**Related Link:** [Celebrity News: Kate Upton Kisses Fiancé Justin Verlander After Astros World Series Win](#)

**3. Create a hashtag:** Don't like the idea of a phone-free zone? That's okay! Wedding hashtags are very on-trend. Creating a cute play on words with your last names or thinking of a funny inside joke is makes for a perfect wedding hashtag. The more creative, the better! That way, you can go back and browse through all the moments your guests shared together. It's like a digital guest book!

**How did you make your engagement and wedding day special? Comment below!**

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## **Celebrity Wedding: Kate Upton Marries Justin Verlander in Lavish Italian Wedding**





By [Karley Kemble](#)

Just days after a monumental World Series win, Kate Upton has married her baseball beau, Houston Astros pitcher Justin Verlander. Their [celebrity wedding](#) took place at Rosewood Castiglion Del Bosco, a breathtaking resort in Italy. [EOnline.com](#) reports that the decorations and scenery wowed attendees – from breathtaking mountaintop views that overlooked vineyards, to flower arrangements mixed in with olive branches, the luxe atmosphere could not be beat. Upton even shared a heartwarming photo of the newlywed [celebrity couple](#) on her Instagram account, saying, “I feel so lucky that I got to marry my best friend!” We’re so happy for this celebrity couple – congratulations to Upton and Verlander!

**This celebrity wedding took place at an Italian resort. What are some benefits to getting married at a resort?**

**Cupid’s Advice:**

Weddings are definitely a time of pure and wonderful bliss. While there are certainly a lot of little details to plan, one of the key elements to any wedding is location! If you’re

wondering if a resort wedding is for you, Cupid has some benefits that might just interest you:

**1. Scenic views:** Resorts are known for their five-star luxury – both inside and out. Not only will you have an outstanding and classy venue, you'll have gorgeous views, too! Location is everything, so why not go all out? (Bonus: think about how amazing your wedding pics will turn out with all the gorgeousness around you!)

**Related Link:** [Celebrity News: Kate Upton Kisses Fiancé Justin Verlander After Astros World Series Win](#)

**2. Easy, breezy, convenience:** A major hassle of having a destination wedding is finding a place to stay. If you have your wedding at a resort, you and your guests can book rooms on-site. Most people will dig the idea of getting ready and walking over to your ceremony – so they can dodge the humiliation of getting lost and walking in late. Believe us, your guests will be thanking you for making their lives easier.

**Related Link:** [Kate Upton Admits Fiance Justin Verlander Will Hate One Aspect of Their Celebrity Wedding](#)

**3. One-stop shop:** Often times, weddings have special packages and deals that make wedding planning so, so, so easy. You'll have a caterer, bartender, and all the ceremony and reception necessities. It takes a lot of the stress of planning out, so you can focus on more important things (hello, like finding your dress!) Nobody will even think of calling you a bridezilla.

**Have you had a resort wedding or have you been to one? What was it like? Do tell!**

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# Celebrity News: Kate Upton Kisses Fiancé Justin Verlander After Astros World Series Win



By [Karley Kemble](#)

For the first time in 55 years, the Houston Astros have won the World Series! The team defeated the Los Angeles Dodgers in the seventh game on Wednesday evening. In the latest [celebrity news](#), Kate Upton attended the final series game in support of her fiancé, Astros pitcher Justin Verlander. Following the team's big win, the adorable [celebrity couple](#) was snapped sharing a huge kiss and excitedly celebrating with each other, reports [UsMagazine.com](#). Upton and Verlander have been a couple since 2014, and announced their engagement at the 2016 Met Gala. Now that baseball season is on hiatus, perhaps a



[celebrity wedding](#) is on the horizon? Congratulations to this happy celebrity couple!

**With this exciting celebrity news, this pair has a lot to celebrate! What are some ways to celebrate your partner's achievements?**

**Cupid's Advice:**

It's always exciting to share big moments with your partner. Cupid has some ways you can treat yourselves and celebrate your accomplishments:

**1. Have a party:** It's always fun to celebrate with your friends and family. You can take the reins and plan for a get-together at your place with all their favorite foods, or send a mass text to meet at their favorite restaurant or bar. Either way, the night is entirely about them and is sure to be fun and memorable time!

**Related Link:** [Celebrity Wedding News: Kate Upton & Justin Verlander Talk Wedding Plans](#)

**2. Give them a little gift:** Nothing beats a thoughtful gift. The key here is to tailor your present specifically to the accomplishment. For example: if your partner was promoted at work, buy them some customized office supplies. The more specific it is, the bigger the impact will be. Bonus: they'll think of you every time they see it or use it!

**Related Link:** [Our 10 Favorite Celebrity Couple Athletes](#)

**3. Share the moment together:** So maybe your partner isn't one for parties or sentimental gifts. That's fine – you can still celebrate on your own! Cook them dinner, pop on a movie, and

just cherish the moment together. There's nothing wrong with keeping it low key and intimate. At the end of the day, what matters most is the time you spend together.

How have you celebrated a big accomplishment with your partner? Share your story below.

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## Kate Upton Admits Fiance Justin Verlander Will Hate One Aspect of Their Celebrity Wedding



By [Noelle Downey](#)

[Celebrity couple](#) Kate Upton and Justin Verlander have hit a minor snag while planning for their upcoming [celebrity wedding](#)

– Verlander is allergic to the main decorations! According to [UsMagazine.com](http://UsMagazine.com), Upton, who announced her [celebrity engagement](#) to adorable athlete Verlander in 2016, confessed that while she wants, “a lot of flowers” and “petals already down by the time my niece, who will be my flower girl, walks down the aisle” she is also aware that this may be a bit of a struggle for her handsome soon-to-be-husband. “Justin has terrible allergies!” she admitted, “He’ll have to take any allergy pill.”

## **A celebrity wedding wouldn't be complete without flowers ...even if your fiance is allergic! What are some ways to make your wedding pretty without flowers?**

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

Any relationship flourishes when compromises are considered. So if your special someone is sniffing when it comes to saying your vows in the midst of all that allergy-inducing pollen, here are Cupid's top three alternatives to make your special day still as gorgeous as ever:

**1. Handmade bouquets:** While it may sound tacky at first, it's amazing the kind of realism and beauty that can be captured by tissue paper flowers. Check out online art stores like Etsy for pretty pre-made alternatives when it comes flowers and patrol sites like Pinterest if you feel up to the crafty challenge of creating your own bridal bouquet. If you're looking for the essence of flowers without the smell, the pollen or the cost, check out tissue paper flowers, a genuinely pretty alternative that will add a touch of extra care to your already gorgeous ceremony.

**Related Link:** [Celebrity Wedding News: Kate Upton & Justin Verlander Talk Wedding Plans](#)

**2. Concentrate on lighting:** If you're forgoing flowers entirely, why not focus on another vital and often underutilized way to make everything sparkle; the lighting. Using Christmas or twinkle lights to add some starry shine to your big day, or walking down the aisle via flickering candlelight are two great ways to show off your style when it comes to your wedding. Based on your venue, try floating paper lanterns or light streaming through prisms for a rainbow effect to add your own personal touch to the lighting on your wedding day. A bonus to this tactic is good lighting makes for great photos, so your wedding pictures could come out looking even more beautiful than you ever expected.

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**3. Rely on lace:** If what attracts you to flowers is their delicate prettiness, why not try lace as an alternative? Its gorgeous spidery beauty could outshine any flower when used correctly. Use lace and sprigs of white (fake) flowers to decorate the church or other venue, then fashion some lacy roses out of your favorite delicate white fabric for your bouquet. Have your attendants carry matching ones in different shades for a special stand-out look that will be elegant and eye-catching.

**Are you planning to have flowers at your wedding? What do you think of these alternatives for the allergy-sufferers among us? Let us know in the comments!**

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# Celebrity Wedding News: Kate Upton & Justin Verlander Talk Wedding Plans



By [Cortney Moore](#)

Kate Upton and her fiance Justin Verlander are making [celebrity news](#) once more with their upcoming [celebrity wedding](#). The pair revealed in an interview with [EOnline.com](#) that they actually have not started planning their big day; but one thing they are certain of is that they will party up a storm before they walk down the aisle. "We are getting married. That's about as much as we know," Upton told *E!*. Her husband-to-be blames his busy baseball schedule for their delay in planning. However, Verlander is excited for his bachelor party and hopes to have more than one to include all his friends, "So maybe a couple? Three?" he suggested. Upton isn't letting her fiance have all the fun though; she's hoping to have her bachelorette party abroad. "I really want to go to Mexico and have so much tequila!" she said. This [celebrity](#)

[couple](#) sure knows how to have a good time! We're certain their wedding will be a bash to remember.

## Before this celebrity wedding comes some major partying! What are some ways to let loose before your big day?

### Cupid's Advice:

Weddings are a joyous occasion, but planning one is no joke. It can be really stressful getting everything together, especially if you're doing most of the work yourself. Let Cupid help you find a way to unwind before your nuptials:

**1. Spa day:** One of the best things you can do for yourself before your wedding is to go to a spa. Splurge on a massage or a facial that will get you photo-ready for your big day. The peaceful setting at a spa will automatically make you feel better. It's not a bad idea to invite your future spouse for a day of relaxation either.

**Related Link:** [Detroit Tigers Pitcher Justin Verlander Says Celebrity Relationship with Model Kate Upton is 'Normal'](#)

**2. Girls night:** Schedule a night with your girls aside from your bachelorette party. Being around your closest friends will help you relax, and it's a great opportunity to find out what they've been up to instead of keeping the attention on you. It doesn't matter if you all stay in and watch chick-flicks or go out for dinner, just make an effort to enjoy yourself.

**Related Link:** [Justin Verlander Tosses Baseball to Girlfriend Kate Upton During Game](#)

**3. Exercise:** Scheduling a few fitness classes before your wedding is a great way to let out any frustration you've been bottling up. Not to mention how great it'll make your body look in that wedding dress! Just make sure to pick an activity you enjoy, whether it be something low impact like yoga or high intensity like kickboxing.

**How have you handled breakups in the past? What were your reasons for breaking up? Share your stories in the comments below.**

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## 6 Celebrity Weddings We Can't Wait To Watch



By [Katie Gray](#)

We're going to the chapel and we're going to watch [celebrity weddings](#)! When our favorite [celebrity couples](#) have been in

celebrity relationships for some time, we can't help but envision their futures together – and that includes celebrity weddings and celebrity babies! We wish these successful six celebrity couples all of the happiness in the world.

## **Cupid has compiled the 6 celebrity weddings we can't wait for:**

**1. Kate Upton & Justin Verlander:** Talk about pitch perfect! Justin Verlander, baseball pitcher for the Detroit Tigers of the MLB, is dating supermodel, Kate Upton. We know that their celebrity wedding would be gorgeous! Verlander has a net worth of \$60 million and his annual salary is \$28 million. The *Sports Illustrated* model is also super successful. We can't wait to watch this love story unfold, they are America's Sweethearts.

**2. Kevin Hart & Eniko Parrish:** Comedian Kevin Hart is known for making us laugh! Hart and Eniko Parrish have been giving us major relationship goals. They were at the top of our anticipated weddings list, and they just tied the knot in a luxurious ceremony on August 13th. They are now on a honeymoon in St. Barts and we can't wait to see their photos! We look forward to the day they decide to have celebrity babies.

**3. Miranda Kerr & Evan Spiegel:** Supermodel Miranda Kerr and Snapchat CEO Evan Spiegel, are engaged, and we cannot wait to see their wedding pics! They are so cute. When they announced their engagement, they did it with a special custom Snapchat filter – how appropriate!

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**4. Kendrick Lamar & Whitney Alford:** Hip hop recording artist Kendrick Lamar is engaged to his longtime girlfriend, Whitney Alford, and we are excited to watch their celebrity wedding



take place. Lamar is a cousin of Nick Young, who plays for the Los Angeles Lakers.

5. **[Robert Pattinson](#) & FKA Twigs:** The *Twilight* star, Robert Pattinson, got engaged last year to singer FKA Twigs. He gained a lot of notoriety and fame by playing vampire, Edward Cullen, in the *Twilight* saga. Although this is real life and they aren't vampires, we can't wait to see their love story grow.

**Related Link:** [Bigger Is Better: Top 6 Celebrity Couple Engagement Rings](#)

6. **Pippa Middleton & James Matthew:** We can't get enough of the royal family! Princess Kate Middleton's sister, Pippa Middleton, is engaged! James Matthew, the future groom, is a hedge fund manager, and he surprised her when he popped the question. She was spotted sporting a gorgeous engagement ring the very next day and the engagement notice informed us that they will wed next year. Woohoo!

**What upcoming celebrity weddings are you excited to watch? Comment below!**

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## Our 10 Favorite Celebrity Couple Athletes





By [Katie Gray](#)

Ahhh, there is nothing like our favorite [celebrity couple](#) athletes! The couples that workout together, play sports and support one another on the sidelines – stay together. Our favorite athletic couples vary in sport: baseball, football, basketball, hockey and so forth. Many of these [celebrity relationships](#) have led to gorgeous [celebrity weddings](#) and beautiful celebrity babies.

## Cupid has compiled our 10 favorite celebrity couple athlete couples:

**1. Tom Brady & Gisele Bundchen:** The world's most famous supermodel and former Victoria's Secret angel, Gisele Bundchen, is married to NFL star Tom Brady. The two have cute celebrity babies together and live a healthy lifestyle. Frequently, she is spotted cheering him on at games, and in the past, the SuperBowl!

**2. Jermichael & Courtney Finley:** The Green Bay Packers football team are the best in the NFL and have won numerous SuperBowl titles. On the team, Jermichael Finley is an asset, but he also is known for being a husband and father. He's married to Courtney Finley, and the two are one of the cutest couples who are underrated for sure. The proud parents always

support one another on social media, on the field, at home and so forth. Major relationship goals!

**3. Justin Verlander & Kate Upton:** MLB pitcher for the Tigers, Justin Verlander, and supermodel, Kate Upton, are a pretty pair. They are our favorite engaged celebrity couple, and we can't wait for the wedding!

**4. Kroy Biermann & Kim Zolciak:** Don't Be Tardy For The Party! Kim Zolciak came into the public eye when she starred on Bravo TV's *The Real Housewives of Atlanta*. She then got her own spin-off show with her husband, Kroy Biermann, who plays in the NFL. This celebrity couple is the modern day *Brady Bunch*!

**5. Nick Young & Iggy Azalea:** Rapper Iggy Azalea has been dating Nick Young, who plays for the L.A. Lakers. He's also the cousin of hip hop artist, Kendrick Lamar. This celebrity relationship is going strong! How cute are they?

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**6. Stephen & Ayesha Curry:** You've probably heard Drake rap about NBA star Stephen Curry. Does the line "Steph Curry with the shot" ring a bell? Not only is he one of the best players in the entire NBA, off the court he's also happily married to Ayesha Curry. We love this down to earth couple.

**7. Shakira & Gerard Pique:** Her hips don't lie! Pop star Shakira is known for her dance moves. However, she's also a great wife to Gerard Pique, professional footballer for Barcelona. She's a fantastic mother, too, and works hard. In fact, her net worth of \$300 million dollars proves it.

**8. Carrie Underwood & Mike Fisher:** Country cutie [Carrie Underwood](#) is not only a talented singer and performer, but is also a great wife and mother. She had a celebrity wedding to Mike Fisher, professional hockey player, in 2010. Then, the couple introduced their celebrity baby boy in 2015.

**Related Link:** [Bigger Is Better: Top 6 Celebrity Couple Engagement Rings](#)

**9. Jessie James & Eric Decker:** Country singer-songwriter Jessie James married NFL star Eric Decker in 2013. The Minnesota native plays for the New York Jets. They then welcomed a beautiful baby girl, Vivianne Rose. In 2014, they starred in an E! reality series, *Eric & Jessie: Game On*.

**10. Ryan Braun & Larisa Fraser:** Ryan Braun plays for the Milwaukee Brewers and is one of the cutest players in the MLB – hands down. He's married to actress and model, Larisa Fraser.

**Who are your favorite celebrity couple athletes? Share in the comments below!**

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**Detroit Tigers Pitcher Justin Verlander Says Celebrity Relationship with Model Kate Upton is 'Normal'**





By Katelyn Di

Salvo

A famous model and a professional athlete in a celebrity relationship together? Anything, but the word “normal” may come to mind. Justin Verlander, pitcher for the Detroit Tigers, says otherwise. He told *Forbes* magazine that that’s exactly how it is with his girlfriend, Kate Upton. In the celebrity interview, Verlander said of their [celebrity relationship](#), “And we’re just normal people. You know, normal relationship—believe it or not.” According to [E! Online](#), these two have definitely portrayed themselves as normal by keeping out of the limelight, and enjoying the simpler things in life. Upton recently sharing a ‘dubsmash’ video of her boyfriend and best friend on Instagram. Sound familiar to any of your own relationships?

**No scandal to reveal in this celebrity relationship! What are some ways to keep your relationship grounded?**

**Cupid’s Advice:**

Relationships and love can be hard to manage sometimes, but finding someone you can be yourself with is special! How can you make sure you are keeping your relationship ‘normal’? Cupid has some tips:

**1. Appreciate each other:** Being in a normal and healthy relationship means you have to appreciate what each of you brings to the table. Show each other how much you care. If he is always driving, why don't you take the wheel for a change, or if she always cooks, cook her a candle lit dinner!

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**2. Communicate openly:** This is super important and cannot be said enough: communication is key to a healthy and happy relationship. The path to a grounded relationship means you should communicate with each other openly and honestly about any issues either of you may have.

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**3. Don't forget the small things:** Treat your partner the way you would treat a guest, Manners are not reserved for company! You should also appreciate the small moments you have together, sometimes those are even more special than the bigger ones.

**What are some ways you keep your relationship grounded? Share your ideas below.**

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**Justin Verlander Tosses  
Baseball to Girlfriend Kate  
Upton During Game**



By Laura Seaman

Even celebrities have their little 'aww' moments together. Model Kate Upton and her Detroit pitcher boyfriend Justin Verlander had their own cute couple moment at the Tigers and Yankees game on August 4. The baseball player tossed a baseball over the dugout and right to Upton as she caught it and gave an adorable grin. According to [UsMagazine.com](http://UsMagazine.com), the two started dating in 2012 but had a short split during that time. All was well again as they got back together and took a trip to the Bahamas. Now they seem happy as ever, enjoying each other's presence and sharing their little moments with the world.

**What are three spontaneous romantic gestures to make for your partner?**

**Cupid's Advice:**

Your partner knows you love them, but sometimes it's nice to remind them in a special way. Take the time to do something special and surprise them with a romantic gesture. It doesn't have to cost a lot of money or require a lot of planning.

Small and sweet things are just as good as the big and grand. Even Justin Verlander knows that! Here are some great little romantic gestures to let your partner know that you care:

**1. Leave a little love note for them.** Even if it's just a simple 'I love you' written on a post-it note, these little handwritten notes can brighten up anybody's day. It means that you took a little bit of time to write down how you feel and do something nice for your partner. They can keep it and look at it whenever they want to cheer up.

**Related:** [Kate Upton Responds to Victoria's Secret Snub](#)

**2. Buy their favorite snack food while you're at the store.** If your partner really likes a certain brand of cookies, or is absolutely loves some special type of chips, remember to pick some up the next time you're at the store. It might not seem like much, but it lets your partner know that you're paying attention and that you think of them even when they're not around.

**Related:** [Kate Upton Responds to Viral Video Prom Invitation](#)

**3. Visit them at work and bring them lunch.** Depending on your partner's job, maybe you could stop by the office and drop off some lunch for them. Sometimes work can be stressful, and seeing your face and knowing that you thought of them is a great way to put anyone in a better mood. Just make sure it's at the proper time so you're not interrupting anything!

**What are some spontaneous romantic gestures you've done for your partner? Let us know in the comments!**