

Celebrity Interview: Hollywood's Most Sought-After Hair Colorist Michael Canale Talks Tips for At-Home Hair Care and His New Hair Line



By [Hope Ankney](#)

Michael Canale is an American hairstylist, colorist, and the creator of Canale Hair Care Products. Yet, he's mainly famous for being the most sought-after hair specialist in Hollywood.

Being a part of the entertainment industry for years, his hands have worked magic on the likes of Reese Witherspoon,

Jennifer Aniston, and Kate Hudson. In fact, Canané is responsible for “The Rachel” look on Aniston that dominated the widely successful, early 2000s sitcom *Friends*. But, he’s recently decided to branch out and start his own line of hair care products to further help others outside of his grasp. On top of that, he has spoken out about the importance of self-care and how to maintain your color during this time of quarantine.

In our exclusive celebrity interview, we chat Michael on his rise in the industry, advice over safe hair coloring tips, tricks to try at home, and his new hair line Canané.

How did all of this start for you? Was there a specific moment you remember that caused you to want to become a hair colorist?

I was a biology minor and have always been on the chemical side of the industry. Early in my career, the colorist where I worked did not show up to the salon. The makeup artist asked me if I wanted to learn how to color hair with him. So, he taught me how to identify the right color for each type of complexion. He also showed me 3 techniques that I have expanded over time, making my own numerous techniques while retaining those 3 main concepts.

You’ve worked with very well-known clientele over the years. Jennifer Aniston... Kate Hudson... Are there any stories you can tell us about your favorite experiences with some of them?

I am a colorist, and I work by myself. It was amazing to see

Jennifer blow-dry her own hair as well as any stylist! Heidi Klum was the only person that ever made me blush just by her looking at me. I am honored to work with a lot of my actresses, trusting me to color their hair during their pregnancies, like Kate Hudson!

You've been voted 14 years in a row by *Allure Magazine* as being the "best of the best" and even received praise from *Vogue*. You have such a prolific career. What advice do you have for young children or even young stylists who want to get into the field?

Learn from the best, work with the best, and never let them down. Make the master stylist proud. Remember to keep the health of the hair, use what the client naturally has to achieve – what they desire. Work with their natural base color and their hair consistency to enhance their overall look.

With the state of the world right now and everyone being at home due to quarantine, what are some at-home hair coloring tips for our audience?

Between seeing your colorist and seeing them again, do not do anything that will ruin your hair. While quarantined, you can use concealers like spray and powders that cover grey. This lasts until you wash it out. Another option is demi or semi-permanent. Demi will last up to 2 weeks while semi can last up to 6 weeks when using the right hair products. Both will keep your hair color intact while waiting to see your hairdresser again. If you choose to dye your hair, remember hairlines grab darker, so try to stay lighter around the hairline. You will have to purchase 2 different boxes of color. For example, if you are doing your base medium brown use light brown around your hairline. Also for brunettes, try a color bath with the remainder of the hair color! Use a base color, you can add water and shampoo to the remaining color in the bottle and lather it into the ends of the hair to refresh it for the last 5 minutes of the process.

From your perspective, what are the hair color trends at the moment?

Roots are in! Try to preserve or prolong your hair color. I recommend using a color and shine-boosting gloss. All of my New SIGNATURE GLOSSES, can really refresh and enhance color for both highlights and base colors. The SUNKISSED GOLD for warmer skin tones and COOL BLUE for cooler skin tones will brighten up your blonde while MIDNIGHT BLUE cools down any brassy tones on blondes or brunettes. They last up to 2 weeks, the results are amazing! I am currently providing samples to my clients in my Canalé At Home Personalized Color Kits. The glosses will be made available in June for the Summer and can currently be pre-ordered on my website www.colorbycanale.com.

Self-care in any way can be something that makes someone feel great about how they look or feel inside. How important do you feel it is to practice self-care on your hair while being isolated during this pandemic?

Take care of yourself and your hair! Get up in the morning, take a shower, wash, and style your hair. Use boar bristles, not metal for your brushes, and avoid hot tools. Add oils to your conditioner. My new REPAIRING Hair Oil restores natural luster, hydrates, and deeply conditions dry, damaged, and color-treated hair. Just add 3-5 drops of oil to a tablespoon of Canalé SOFTEN or SOFTEN PLUS Conditioner for a deep conditioning treatment. I am also providing these samples to my clients in my Canalé At Home Personalized Color Kits. They will be made available in June and can currently be pre-ordered on my website www.colorbycanale.com.



Michael Canale. Photo:
Courtesy Anderson Group
Public Relations

Can you tell us a little bit more about your product line, Canale?

People would come to me and ask, “How can I keep my hair looking fresh until I see you again?” So, I created a product line that is proven to maintain and restore the integrity of treated hair from the inside out and the outside in! Canale CLEANSE Shampoo for all types of hair is the mildest shampoo that fully cleans the hair without fading color. SOFTEN Conditioner for finer hair, rebuilds the hair shaft and brings back the luster of the hair. SOFTEN PLUS Conditioner, rebuilds the hair shaft plus adds moisture, perfect for thick, unmanageable hair. Canale hair products have two supplements, one topical and one ingestible. NOURISH topical vitamin foam is applied to the root of the hair and feeds the hair follicle with key nutrients. It is applied after Cleanse shampoo and expands the hair shaft adding volume. It is the most technologically advanced product in the line. The ingestible vitamin REPLENISH feeds the hair, skin, and nails all-natural, vegan, superfood, blue-green algae, and other key nutrients that help stimulate the hair with a patent on cellular absorption by Targeted Medical Pharma.

Healthy, shiny hair that is what everyone wants!

How did the idea come about to create the products for Canalé? Was there a specific amount of time you waited before pursuing it?

In the past, I represented brands like *Kerastase* and *Shu Uemura*. Although I loved these products, I still felt something was missing. I made it my personal goal to develop the most holistic healthy hair care system. I partnered with Dr. David Silver and worked together to scientifically formulate a product line focusing on getting and keeping hair healthy while maintaining and extending hair color, improving the fullness of hair, and bringing out the natural shine.

What do you think is the greatest opportunity you've had while having the platform you do as such a renowned hair colorist?

I truly enjoy making people happy. Creating the trend, while working to bring out my client's personal best. The right color is an accessory, use it to your advantage. People can always tell my work, enhancing a person's natural complexion and eye color, this trend never goes out of style. I have appreciated the opportunity to share my work over the years with multiple generations of the most powerful woman, true icons, and inspirations.

The hairstyles we have can be so empowering. The way one plays with theirs can be such a creative outlet. Why do you think that is?

Hair is personal. It is an expression and extension of ourselves and our personality. It is who we are and who we inspire to be. With the latest hair color trends, individuals are empowered and encouraged to take risks. Using temporary dye or hair makeup is so fun!

Voted "Best-of-the-Best" by Allure Magazine 14 years in a row and touted by Vogue as "not only really good, he's really

fast," Canalé personally travels between locations in Rancho Santa Fe, San Francisco, Dallas, New York, Washington DC and Beverly Hills, making sure that each of his clients gets the hands-on attention they need to look and feel their very best. With over 30 years' experience, Michael Canalé is a rare talent and truly among the best in the industry; his work has been published in Allure, Vogue, Vanity Fair, Women's Health, Elle, Marie Claire, Redbook, Glamour, and New Beauty, to name a few.

Fitness Tips: Prepare for a Day of Hiking



By [Mara Miller](#)

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

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

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

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

Related Link: [Travel Tips: Top Five Romantic Spots in the Bluegrass State](#)

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

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

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

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

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

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

Celebrity Parents: Inside Kate Hudson's Co-Parenting with Exes Matt Bellamy & Chris

Robinson



By [Mara Miller](#)

In the latest [celebrity news](#), [celebrity parent Kate Hudson](#) makes co-parenting work with [celebrity exes](#) Matt Bellamy and Chris Robinson, according to *UsMagazine.com*. Hudson, 40, shares her boys Ryder, 15, and Bingham, 7, with Bellamy and Robinson respectively. Bellamy and Hudson see each other a lot due to Bingham, and Robinson comes down from Northern California to visit Ryder. It seems like this celebrity mom has a well-thought-out co-parenting plan with her boys' fathers, and she now has a new baby girl, Rani, with current boyfriend Danny Fujikawa.

These celebrity parents do their best to co-parent their children. What are some things to keep in mind when it comes to co-parenting?

Cupid's Advice:

This celebrity mom has been keeping things civil with her celebrity exes for the sake of her children, and it even seems like they still all have a good time together as a family. Here are a few things to keep in mind when it comes to co-parenting:

1. Keep communication open: You'll need to text, call, or see the other co-parent in person. Keep yourself open to speaking with them and try to maintain a decent relationship even if you aren't together anymore.

Related Link: [Celebrity Baby: Kate Hudson Opens Up About "Genderless" Parenting](#)

2. Plan for holidays and vacations: Always keep each other in the loop on plans for holidays and vacations. If it's summer break and you want to take the kids to the beach and it's your co-parent's time to be with the children, for example, clear the air before you make any reservations.

Related Link: [Celebrity Exes Chris Pratt and Anna Faris Give Co-Parenting Tips!](#)

3. Focus on your child: Focusing on your child(ren) and putting them first before any personal needs are important. You don't want your kid(s) feeling like they're the reason they caused you and your ex to split, and they don't need to feel any guilt over wanting to spend time with their other parent.

What are some things you keep in mind when it comes to co-parenting your children? Let us know in the comments below!

Celebrity Baby: Kate Hudson Opens Up About “Genderless” Parenting



By [Mara Miller](#)

In the latest [celebrity news](#), [Kate Hudson](#) has decided not to put any labels on [celebrity baby](#) Rani Rose. According to *People.com*, Hudson revealed in an interview with AOL that

she embraces a “genderless environment” when raising little Rani and her two other children, Bingham Hawn, and Ryder Russell.

Kate Hudson is raising her celebrity baby to be gender neutral. In our gender fluid world, what are some other ways to raise gender-conscious children?

Cupid’s Advice:

If you want to raise your children to be gender-conscious, here are some ways to do it:

1. Start Early: It’s never too early to start talking to your children about gender or to try to find teachable moments, such as showing them it’s okay to play with whatever toys they want. Kids learn through creativity and they have huge imaginations that shouldn’t be limited.

Related Link: [Celebrity Babies: Duchess Kate Middleton Talks About the Difficulties of Being a Mom](#)

2. Teach them empathy: Teaching your children empathy will help them be more in control of their emotions later. Asking them how they feel about something, such as gender, will allow them to become more in-tune with their feelings and the feelings of others around them.

Related Link: [Celebrity Babies: Kim Kardashian & Kanye West Throw Alice in Wonderland Party](#)

3. Don’t teach “boys will be boys”: Always hold your children accountable for their actions, but don’t treat them differently just because of the gender they were born with.

What are some other ways you can raise your children in a gender-conscious way?

Fitness Trends: Shakes & Smoothies



By [Jessica Gomez](#)

Shakes and smoothies are delicious ways to stay healthy because of all the nutrients they provide and the fact that they keep your body hydrated. You can get healthy shakes and smoothies at cafes and juice bars or make them at home with a juicer. Many celebrities juice and drink smoothies to nourish

the body, mind, and spirit. Among them are [Jennifer Aniston](#), Jessica Alba, [Blake Lively](#), and [Kate Hudson](#).

Get a celebrity body by learning the health benefits of the smoothie [fitness trend](#), along with some yummy, healthy recipes. Here are our fitness trends:

Vitamins and minerals: Making a fruit smoothie ensures you get plenty of vitamins and minerals like vitamin C, vitamin A, vitamin K, vitamin B6, potassium, manganese, and folate. Find out [the benefits of vitamins and minerals here](#). The vitamins and minerals won't only make your body work better and feel more energized, but it should boost your mood as well.

Related Link: [Top 5 Celebrity Diets That Actually Work](#)

Fiber: It's a carbohydrate that is a necessary part of our diet! Approximately, women need 25 grams and men need 38 grams. Fiber helps with digestion and lowers your blood cholesterol. Blueberries, apples, carrots, cucumbers, and tomatoes are all fruits and veggies that contain good amounts of fiber and can be included in your shakes, smoothies, or juices.

Related Link: [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

Protein: You can definitely add protein to your shakes and smoothies by adding nuts or peanut butter. Protein is important because it helps your bones, muscles, cartilage, skin, and blood. Women need approximately 46 grams and men need about 56 grams per day.

Making smoothies with water is the healthiest option because you cut back on calories and just get pure deliciousness full of health benefits. [Here](#) are some scrumptious smoothies and juices that celebs incorporate into their celebrity diets. Paired with nutritious meals, smoothies and juices are a yummy addition to a healthy lifestyle.

What benefits are you now planning on attaining when incorporating smoothies into your diet? Comment below!

Celebrity News: Kate Hudson Reveals She Met Boyfriend Danny Fujikawa While Pregnant with Son Ryder





By Jessica Gomez

[Kate Hudson](#) and beau Danny Fujikawa have known each other for 15 years, although they made their red carpet debut as a couple in May, according to [UsMagazine.com](#). Celebrating the couple's first date anniversary, Hudson revealed via Instagram Sunday that she was pregnant when she met her love. "The first time I met Danny I was 23 and enormously pregnant with Ryder," wrote Hudson, along with other sweet details on the [celebrity couple's](#) history before making their relationship official.

This celebrity news has us wondering about on and off relationships. What are some factors to consider before continuing with this type of

relationship?

Cupid's Advice:

When in an on and off relationship, you must consider certain things. Cupid has some [dating advice](#):

1. What's the reason for turning down the heat?: Is it something minuscule or something worth a break up, like lack of trust? Sometimes an on and off relationship will be just that, on and off all the time. Make sure neither of you are quick to end it, just to get back together right away without fixing a thing – this will make the break-ups seem less serious and will probably make them occur often.

Related Link: [Nina Dobrev & Glen Powell Taking Time Apart Amid Busy Schedule](#)

2. Did the time apart do you both any good?: If a couple is breaking up or putting things on hold, then they should be growing during that time apart. What's the point of breaking up and getting back together if everything remains the same?

Related Link: [How Jennifer Lawrence & Darren Aronofsky's Age Difference Led to Their Split](#)

3. Can your problems be worked through?: Unfortunately, not all problems can be fixed. Sometimes, things just don't work out. Evaluate the problems between you and your significant other, and decide together whether your issues can be mended or if the relationship is just too broken.

Have you ever been in an on and off relationship? How'd it go? Comment below!

Fitness Secrets: Slim Down in Time for Valentine's Day Date Night



By [Rachel Sparks](#)

Valentine's Day is almost here, and we know you want to look your hottest for the perfect [date night](#)! Your New Year's resolutions may have included a workout plan (and you may have even stuck with it), but all those holiday treats are still sticking to your hips. Here are Cupid's [fitness tips](#) to get you in sexy shape for your dream Valentine's Day date night:

Cupid's fitness tips will help make your Valentine's Day date night the sexiest!

1. Juice detox: If you're trying to make a change really quick, a detox is the way to start. You can lose weight on a detox, but you want to use this as a starting point and not the only technique for losing weight. You need to clean your body of all that junk leftover from the holidays in order to feel better, eat healthier, and kick-start a work-out routine.

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

2. Stay hydrated: And we mean all the time. Drinking enough water will give you more energy, replace water you lost during a work-out, keep you feeling full so you don't overindulge at meal time, and it keeps your skin taut and glowing. So really, there's no reason to not drink water.

3. Cut unnecessary calories: Drinking, white bread, and junk food are some of the biggest culprits of wasted food. Our bodies need calories to function, and especially while working out, but make sure you're ingesting the right kind of calories. Fruits are high in the good kind of carbs to give you a burst of energy. Proteins like chicken or fish are light and easy to digest while still giving you the heavy feeling of having eaten. If sticking to a diet for too long seems daunting, just remind yourself you're doing this for Valentine's Day. A month is easy, right? Well [according to IdealFit](#) you can get lean in as short as 15 days.

Related Link: [Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It](#)

4. Don't starve yourself: You think weight loss and you think

cutting back on eating, but that's retroactive to your goals. Starving yourself triggers your body into survival mode, which means it will actually run slower and store even *more* calories. When you don't enough, you're telling your body food isn't common. Eat regularly, have healthy snacks often, and you'll actually lose more weight from eating more often.

5. HIIT workout: This is one of the latest fitness trends. HIIT stands for high-intensity interval training. Basically, you give everything you can for a short amount of time, rest, and come back. You're pushing your body to the max. It's a lot like heavy-lifting training; you're doing high intensity for shorter reps to gain muscle and burn more fat. This is definitely a hard workout, but it's a quick ticket to that sexy bod.

Related Link: [Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill](#)

6. Find fun workouts: Ok, so working out usually sucks. Weight training and timed miles remind us of gym class in high school, and no one wants to go back there. Take cues from [Kate Hudson](#) and other celebrity workout plans and find something fun. Whether you follow Kate Hudson's passions for pole dance or you've fallen in love with Zumba, anything that gets you to jump off the couch and burn those calories is a win.

How do you plan to get in shape for Valentine's Day? Share your own fitness tips below!

Celebrity Fitness: 5 Basic Yoga Poses by Celebrities



By [Marissa Donovan](#)

Many celebrities enjoy staying in shape and becoming relaxed through yoga. Yoga is one of the many ways you can improve your flexibility and posture. For those who are beginners and need guidance, here are a few poses you can try.

Check out how to stay on top of your [fitness](#) goals with these yoga poses that celebrities have tried!

1. Karlie Kloss's Lotus Pose: Taylor Swift's Bestie and

supermodel Karlie Kloss shows off her peaceful pose at the beach. To perform this pose, sit down bend your right knee and left knee out so your legs can cross. Press your hands in front of you and raise them above your head to form a triangle. The benefits of this pose can help improve breathing and can help reduce stress. This is the easiest variation of the pose.



Photo:
karliekloss/Instagram

Related Link: [Rachel Brathen Shares Love Advice in New Book 'Yoga Girl': "Each Moment is New and So Full of Potential!"](#)

2. Gisele Bündchen's Downward-Facing Dog Pose: When this supermodel isn't cheering on her husband Tom Brady or modeling, she seems to enjoy practicing her yoga poses with her children. Gisele Bündchen proves to us that her and her child can do the Downward-Facing Dog. For this pose, you will need to place your hands wide on the ground and almost in front of your shoulders. Make sure that when you bend down that your knees are below your hips and not locked. To achieve good form to not let your head hang by keeping it placed between your upper arms. According to [Yogajournal.com](#), this is great for those who enjoy rock climbing or want to improve their strength.



Photo: gisele/Instagram**Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

3. Eva Longoria's Tree Pose: This *Desperate Housewives* star is skilled at perfecting the tree pose! Like Eva Longoria, slowly put your weight on your left foot and bend your right knee. For support, gently grab your right ankle with your right hand. Make sure your right foot is placed on your inner left thigh by adjustment of the heel near your left groin muscle. Stretch your tailbone to the ground and press your hands together above your head forming a triangle. This pose will help you achieve excellent posture and balance.



Photo:
evalongoria/Instagram

Related Link: [Actress and Producer Eva Longoria Decides Not To Have Kids](#)

4. Miranda Kerr's Wheel Pose: This Victoria Secret angel is extremely flexible! Miranda Kerr is a pro at yoga, but this can be a basic move for those who have the strength to bend backwards and have core balance. To start the wheel pose, lie on your back and set your feet on the ground by bending your knees. Next bend your elbows and open up the palms of your hands next to your head. Lift your body with by pressing your feet in the ground to help guide your tailbone lift your butt up. The muscles in your arms will help you hold this pose while taking deep breaths. Beginners should practice going into a back bend before lifting one leg from the pose. The wheel can stretch your chest and lungs, while also giving helping core areas like the abdomen become stronger.



Photo:
mirandakerr/Instagram

Related Link: [Product Review: Check Out Gaiam's New Athletic Yoga Collection for Men – Just in Time for Valentine's Day!](#)

5. Miley Cyrus's Tolasana Pose: We can't stop being amazed by [Miley Cyrus's](#) skill level! This may not be the most basic pose to try, but some may find it to be easy. The first step to the tolasana pose is to put your bend your right knee and place

your right hand in the small pocket of where your knee bends. Lean forward and slowly put your right foot at where your left hip curves forward. Make sure your inner groin and inner knee are aligned in a bend that you are comfortable with. Use your left hand to help cross your bent left leg over your bent right leg. Try your best to bring both knees closer together to perfect your form. Take a moment to focus on your breathing. After you feel comfortable, with a deep exhale push down on your hands to help lift off your knees and butt from the ground. Look straight ahead while pushing off and make sure your knees are next to your belly button. Hold the pose as long as you can and take slow breaths. To come down from the pose, slightly lean forward and undo your left foot from your right thigh and your right foot from your left. This pose can help make your abs stronger while also help you focus on your posture.

Which yoga pose will you try first? Let us know in the comments!

Celebrity Wedding? Kate Hudson & Boyfriend Danny Fujikawa May Be Headed Towards Engagement





By [Marissa Donovan](#)

[Kate Hudson](#) and Danny Fujikawa getting serious! According to [EOnline.com](#), the [celebrity couple](#) are at the point of their relationship where getting engaged is a possibility. Hudson's celebrity dating history might suggest that she enjoys being with musicians like Fujikawa, due to being married to Black Crowe's Chris Robinson and engaged to Muse's Matt Bellamy. The actor may be hesitant to get married after past experiences, but she does enjoy being in committed relationships. Mother Goldie Hudson already approves of Fujikawa and has called him a wonderful person. Maybe wedding bells are in the future for this pair!

There may be a [celebrity wedding](#) coming down the pipeline! What are some ways to know you're ready to marry your partner?

Cupid's Advice:

Serious relationships can lead you to wondering if marriage is the next step. Here are some signs you know you're ready to marry your partner:

1. Time doesn't matter: Many people consider pacing themselves before jumping into the next step in their relationship. If you and your partner find yourselves enjoying each moment without worrying if you're going too fast, then you may be ready to consider marriage.

Related Link: [Celebrity Vacation: Kate Hudson Travels to Cambodia with Boyfriend Danny Fujikawa](#)

2. Your families approve: Like Goldie Hawn, your families input is always nice to have before making the next move in your relationship. If your families think you and your partner make a great couple, then think about writing wedding vows soon!

Related Link: [Celebrity News: Does Kate Hudson Use Dating Apps?](#)

3. You see a future together: If you already see a happy outcome of your current relationship, then obviously marriage is a great idea for you and your partner!

What do you predict for this celebrity couple? Let us know in the comments!

Top 5 Celebrity Diets That

Actually Work



By [Melissa Lee](#)

It's no secret as to why celebrities are always in shape – between their personal trainers and strict diets tailored to their body types, being fit is basically part of their job descriptions. Fad diets are also typically made famous thanks to the stars that try them out, but thankfully, they tend to pass their wisdom down to us in regard to whether or not they even work. In the mix of all those crazy diet tips (say goodbye to juice cleanses!), there are actually a few diets that are quiet effective – luckily, Cupid is here to explain which celeb diets work.

If you're looking to lose weight, try checking out some of these celebrity diets and tips!

1. The Hamptons Diet: Made famous by celebrities like Sarah Jessica Parker and Kate Hudson, The Hamptons Diet was created by a former medical director. Essentially, this diet is very low-carb and focuses on consuming lean meats and healthy fats. Though it has been criticized for encouraging participants to completely cut out carbs, it has been proven to help those lose weight and keep it off.

2. Balance: Ayesha Curry recently opened up about her post-baby weight loss journey and how she managed to lose 20 pounds without completely restricting herself. She explained that her personal nutritionist encouraged her change her lifestyle rather than go on a temporary diet. Curry also added that she began eating densely nutritious foods (beans, smoked fish and avocados for example) and focusing on portion control.

Related Link: [Product Review: Maintain Your Figure With the 5-Day Fast Diet](#)

3. Focus on quality eating: *The Biggest Loser's* Jen Wilderstrom explained that one day of quality eating is equivalent to two weeks of workouts. She says that solid nutrition consists of a quality day of water, sleep and healthy food (proteins, healthy fats), and from there, it will begin to get easier as you form a routine.

4. Eat breakfast: Nike Master Trainer Marie Purvis emphasized the importance of eating breakfast in the morning, regardless of whether or not you're trying to lose weight. Purvis advises to eat 30 grams of protein within 30 minutes of waking up. While this may sound like a lot, she says that starting your day like this is essential for weight loss, staying lean, and

powering throughout the day.

Related Link: [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

5. Snack healthily: When trying to get through that long gap between lunch and dinner, it's important not to munch on fatty foods. SoulCycle instructor Jera Foster-Fell says she likes to snack on dried fruits (simple carbs that give her a quick source of energy), while celebrity trainer Gunnar Peterson prefers protein bars.

What are some of your most effective diet tips? Share your thoughts below.

Celebrity Vacation: Kate Hudson Travels to Cambodia with Boyfriend Danny Fujikawa





By [Melissa Lee](#)

In [celebrity news](#), [Kate Hudson](#) has revealed that she is in Cambodia with boyfriend Danny Fujikawa. According to [UsMagazine.com](#), this isn't just your normal [celebrity vacation](#), though – Hudson shared a picture of herself wearing a vest promoting the World Food Programme, the largest humanitarian organization that helps to fight hunger and helps families across the world.

This celebrity vacation has some humanitarian efforts built in! What are some ways to know your partner has the same values that you do?

Cupid's Advice:

Hudson and Fujikawa are clearly passionate about the same causes. Here are some tips to find out if you and your partner

are on the same page:

1. Bring up your interests: If there's a particular cause, charity, or moral that you hold near and dear to your heart, don't be afraid to show your passion. Talk to your partner about it and show them how special this is to you – at the end of the day, good communication is always a huge pillar of relationships.

Related Link: [Date Idea: Volunteer and Start a Foundation Together](#)

2. Teach and learn: If your partner is unaware of a specific value (or vice versa), be open to teaching them about it! There's no harm in learning new things in a relationship, and it can even turn into another thing that you two can bond over.

Related Link: [Relationship Advice: Stay True to Yourself](#)

3. Get involved, together: If you end up finding something that you're *both* interested in, take a cue from Hudson and Fujikawa and take it to the next level and get involved first-hand. You never know what could come of it, and it could be a great date idea!

What are some of your tips to sharing the same values as your partner? Share your thoughts below.

Celebrity News: Kate Hudson Makes Red Carpet Debut with

Boyfriend Danny Fujikawa



By [Noelle Downey](#)

In [celebrity news](#), actress and [celebrity mom Kate Hudson](#) has made it red-carpet official with boyfriend Danny Fujikawa. According to [UsMagazine.com](#), the [celebrity couple](#) shared a passionate kiss in front of dozens of camera flashes while on their way into the premiere of *Snatched*, which stars Hudson's mother, Goldie Hawn, alongside comedic actress Amy Schumer. The pair were spotted enjoying their [Hollywood relationship](#) in March, and Hudson seemed, "really flirty" and "not shy about it at all" an eyewitness to the couple's canoodling spilled. On the red carpet at the premiere, Hudson and Fujikawa were joined by Hawn and her husband Kurt Russell, who both gushed about Fujikawa to press. "He's a great guy," beloved actress Hawn enthused, "Yeah, he's very special actually." Russell

added his praise, saying, “I always approve. Kate brings good guys.”

This celebrity news is certainly the next step in Kate Hudson’s relationship. What are some ways to know you’re ready for the next step in your relationship?

Cupid’s Advice:

Cupid is here with some top tips on how to know when you and your partner are ready to take the next big step in your relationship:

1. When you both know what you want: Make sure that before you take your relationship public or put any kind of labels on what you’re doing, sit down and talk about what you’re both ultimately looking for. Are you interested in a long-term commitment? Are you just looking for something casual? Do you want to get married? Will you ever want to? In casual dating these questions aren’t really a concern, but when it comes to a relationship getting serious, it’s vital to know where your partner stands on where you’re going as a couple, so sit down and talk it out before things go any further.

Related Link: [Celebrity Relationships: Kate Hudson Says ‘I Am Dating’](#)

2. When your communication is going great: If you’re going to be in a serious relationship, it’s time to get real about communication. If you two struggle to hold a serious conversation in which you can actually share your thoughts and emotions with one another, it’s time to give some serious thought about whether you’re both ready to be in a serious

relationship together. Any good couple has great communication or is working hard towards that goal, so if you always know you can go and talk to your partner, that's a good sign that you're in a good place to begin something more serious.

Related Link: [Kate Hudson Looks Up to Goldie Hawn and Kurt Russell's Relationship](#)

3. When your friends and family love them: Approval from friends and family doesn't have to mean everything, and let's be honest, sometimes people just don't get along no matter how awesome they are when they're separated. However, it's also really amazing when your friends and family can see the great person you're with as... well, great. Especially if you come from a close-knit family or friend group it can be really important for you to feel like your significant other is accepted. And if every single one of the people you love is telling you that your partner doesn't seem right for you, it may be time to think about why they all seem to be saying the same thing. Relationships where it seems to be you and them against the rest of the world never end very well.

Are you in a relationship that's pretty serious? How did you know it was time to take the plunge from casual dating to something more? Let us know in the comments!

Celebrity News: Does Kate Hudson Use Dating Apps?





By [Delaney Gilbride](#)

In [celebrity news](#), is it true that [Kate Hudson](#) uses dating apps? According to [UsMagazine.com](#), the 37 year-old actress opened up about her dating life during a recent [celebrity interview](#) with Ellen DeGeneres Friday, February 17th. Hudson explained that “there’s a lot of [...] celebrity types on these dating apps, which kind of makes you go, ‘Oh, maybe.’” However, don’t go looking for the actress on Tinder or Bumble just yet, as the star concluded her thought saying she “[couldn’t] imagine” using dating apps. Hudson then went on to explain that she likes to meet guys “the old-school” way, like going up to people and introducing yourself at social venues like Starbucks.

This celebrity news had us wondering for a minute. What are some positive parts to using dating

apps?

Cupid's Advice:

Although it looks like some of Hollywood's [celebrity dating](#) comes out of dating apps, it doesn't look like we'll see celebrities like Kate Hudson on there anytime soon. But, what are some good things that come from these dating apps? Cupid's here to shine some light on the latest [dating advice](#):

1. It's easy to meet people: Meeting people in the real world can be difficult sometimes, but meeting people on apps such as Tinder is easy! Once you create a profile, it will link you to tons of people in your area. All you have to do is look for people you might be interested in.

Related Link: [Relationship Advice: The Guy's Guide to Dating Like a Man](#)

2. You know them before you even meet them: When making a profile for your dating app, you add a description of yourself for possible suitors to read through. When looking through people you could possibly date, it's good to know what you might be getting into. This way, you'll have more to talk about during your first date!

Related Link: [New Celebrity Couple: Amy Poehler Is Dating Lawyer Benjamin Graf](#)

3. You have loads of options: When you're trying to meet people the "old-school" way, it may be hard to find a variety of people. If you're feeling like you keep meeting the same type of guy, dating apps are perfect for you! This way, you'll see a ton of different people that you'll be able to pick and choose from.

Are you using a dating app to meet new people? Comment below with reasons why dating apps work out in your benefit!

Enjoy an Outdoorsy Date Night at The Little Nell



By [Cortney Moore](#)

If you have a special event like a birthday or anniversary coming up, or you just want to visit a romantic location for the holidays, then The Little Nell might just be the place for you! Nestled on the Aspen Mountain in the beautiful state of Colorado, you can enjoy a [date night](#) in the great outdoors alongside your sweetheart.

Have a romantic and scenic date night in the Colorado mountains.

The Little Nell is a 5-star resort that features a number of luxurious amenities, such as: free in-room snacks and non-alcoholic drinks, WiFi, spa services, activities for children, free seasonal bike loans, outdoor pool and hot tub, a local American restaurant, tavern, multiple bars, and much more. However, this chic hotel's main attraction is its ski lodge, which goes along with the resort's snowy setting at the base of the Silver Queen Gondola. This is a great option for active couples who like snow sports and vacation spots that provides bang for the buck.

Related Link: [Embark on a Romantic Getaway in the Luxurious Wilderness of Finch Hattons](#)

If you're unsure whether The Little Nell is right for your date night, keep in mind that this upscale resort has made celebrity news with a list of famous clients. So, if The Little Nell can make superstars like Mariah Carey and Kate Hudson happy, then this might be a place you want to look into.

Related Link: [Romantic Getaway: Enjoy a Fun Holiday at the Beautiful Gaylord Texan Resort & Convention Center](#)

Have you ever been to a ski resort? Would you like to visit The Little Nell for a romantic date night? Share your thoughts below!

Product Review: Celebrity Style Goes to The Beach



By [Nicole Caico](#)

There is no denying that [Kate Hudson](#) is en route to becoming one of the most fit celebrities in Hollywood. On a recent trip to Skiathos Island, Greece, Hudson was spotted rocking her fit bod ... and also rocking an Oyala Beach bikini.

Celebrity style doesn't stop at clothing items. In fact, edgy designer bathing suits take

celebrity style from the streets to the beach.



Photo: Oyala Beach
Swimwear

Hudson made a bathing suit fashion statement in the *Mars* bikini from [Oyala Beach Swimwear](#) (\$189). This string bikini, with color blocking, and gold metal accents brings the eye to all the right places. Take a cue from Hudson and choose a classic swimsuit with a small twist. Whether it be metal accents, braided details, or a beautiful pattern on a classic cut suit.

It's time to ramp up your summer style game and take a cue from celebs like Kate!

Former Celebrity Couple Kate

Hudson & Matt Bellamy Reunite for Son's Birthday



By [Nicole Caico](#)

On July 9, actress Kate Hudson and her rockstar ex-fiance, Matt Bellamy, joined forces to celebrate their son's fifth birthday. [UsMagazine.com](#) reports that the former [celebrity couple](#) took their [celebrity kids](#), Ryder (12) and Bing (5), to Palace Theatre in London to see the new *Harry Potter and the Cursed Child* play. Since calling off their engagement in 2014, Hudson and Bellamy have redefined their [celebrity relationship](#). The two remain amicable for their children and continue to run a joint wine company, Hudson Bellamy Wines.

This former celebrity couple isn't letting their differences get in the way! What are some ways to remain civil with your ex for the sake of your kids?

Cupid's Advice:

Not everyone can remain as friendly as Kate Hudson and Matt Bellamy. Remaining civil with an ex isn't easy. You parted ways for a reason, and it definitely wasn't because you just loved each other too much. Though you may want to run in the other direction every time you see your ex, that won't help your children at all. Here are some basic ways to remain civil with your ex:

1. Take responsibility: Chances are that when you split from your ex, some ground rules were laid out—either on your own or in court. Follow them. Do not deviate from the schedule, and be sure to hold up your end of the deal. This will help avoid additional issues and show that you respect your ex's time with your kids.

Related Link: [Celebrity News: Hayden Panettiere Poses with Fiance After Ringless Pics](#)

2. Mind your business: Whether your ex is telling you about a date he or she went on, or your kids are relaying information, if it doesn't have to do with you or your children, stay out of it. You may feel entitled to weigh in, but don't do it. Staying out of your ex's personal life or love life will keep everyone's lives more simple.

Related Link: [Celebrity Wedding: Ciara and Russell Wilson Set to Tie the Knot in England](#)

3. Play nice: Maybe you two couldn't stand each other at the time of the split, but now that you've parted ways, tensions should die down. Remain polite when dealing with your ex, especially in front of your kids. If you respect each other, say "thank you" when you can, or do a favor here and there. Co-parenting will work out much more nicely.

How do you remain civil with the parent of your child after a split? Comment below!

Famous 'Couples' Star in Best Movies for a Rainy Day



By [Katie Gray](#)

The weather is always unpredictable, but how we spend our time during a rainy day doesn't have to be. When it's dreary outside, the best thing to do is stay inside and watch a movie. Watching [celebrity couples](#) on screen with your significant other is the perfect bonding experience. Plus, a movie date is classic! Many of these storylines involve love, celebrity engagements and celebrity babies. You'll be happy you have your love by your side during these films. Watch [celebrity relationships](#) in movies unfold, snuggled up with your partner!

Cupid has compiled the 10 best couple movies for a rainy day:

1. *The Proposal*: This 2009 romantic comedy starring [Ryan Reynolds](#) and Sandra Bullock will have you laughing and feeling the love. It shows us that sometimes we fall in love with someone who we least expect. The plot revolves around Margaret, a powerful publishing executive, and her assistant Andrew. In order to continue working in the United States as a Canadian, Margaret convinces Andrew to marry her, and in return he would get a promotion. We meet his family and get to see this story unfold. Bonus: Betty White plays the Grandma! Hilarious!

2. *Juno*: Diablo Cody outdid herself when she wrote this masterpiece film. She even won the Academy Award for Best Screenplay for it! The film stars Ellen Page, Michael Cera, Jennifer Garner, Jason Bateman, Allison Janney and J. K. Simmons. It's a film you can watch as a couple and/or as a family. The comedy-drama is set in Minnesota and revolves around a teenager who finds herself pregnant and is giving the baby to a couple who can't get pregnant through adoption. It's fresh, funny and heartfelt. The film was so popular it earned

over \$231 million dollars, when the budget was only a little over \$6 million. In fact, [Jennifer Garner](#) loved the script so much, she took on the role even though her salary alone is usually way over what the entire budget was for this production.

Related Link: [8 Celebrity Couples Who Were Friends First](#)

3. *The Wedding Singer*: Who doesn't love Adam Sandler and Drew Barrymore? This 1998 rom-com, is about a wedding singer in the 80's in New Jersey and a waitress at the reception hall he performs in. He sings catchy songs like, 'You Spin Me Round' and 'Love Stinks.' They form a friendship, although they're both in different relationships. However; it shows us that sometimes being friends first leads to the best relationships. This is one wedding singer you don't want to miss perform!

4. *Couples Retreat*: Why not watch *Couples Retreat* as a couple? This movie is a 2009 American romantic comedy starring Jon Favreau, Vince Vaughn, Jason Bateman, Faizon Love, Kristin Davis, Kristen Bell, Malin Akerman, Kali Hawk and Jean Reno. It was written by two of its stars, Favreau and Vaughn. This movie will make you laugh out loud, and maybe even teach you some tips for your own relationship.

5. *Walk The Line*: Fall into this burning ring of fire! This film is based on the true story of Johnny Cash and June Carter – country music royalty. It's a beautiful love story, and it is full of love songs. The movie stars [Reese Witherspoon](#) and Joaquin Phoenix, who have so much chemistry on screen! In fact, Witherspoon even won an Oscar for her portrayal of June. This film shows us that sometimes we go through ups and downs with our soulmate, but that doesn't mean we won't end up with them. What is meant to be, will be!

Related Link: [Celebrity Couples Saving The Earth](#)

6. *Breakfast At Tiffany's*: Indulge in this classic film with your partner on a rainy day. Audrey Hepburn is forever a

Hollywood icon, and this film is one of her most famous roles. Set in New York City, this love story will keep your eyes glued to the screen. The best packages come in little blue boxes from Tiffany & Co., and the best things in life are the relationships we have with people.

7. *The Spectacular Now*: Based on the novel of the same name written by Tim Tharp, this film is spectacular. It stars Miles Teller and Shailene Woodley. It tells the story of two high school students who typically wouldn't be a match, but end up making a pretty pair. The main character Sutter is a fun, party boy, who avoids the future, and Aimee a shy, nerdy, introvert who tends to be a pushover. They end up learning a lot from one another. Sometimes the best relationships are when we can teach our partner different things.

8. *Runaway Bride*: Julia Roberts and Richard Gere shine in this romantic comedy. Celebrity weddings, engagements and babies are always fun topics. In this film, it makes for great storylines. It's a cute love story full of small town characters that will entertain you. It is also very realistic and truly makes you feel real emotions. Bond with this movie and characters, while bonding with your own partner!

9. *How To Lose A Guy In 10 Days*: Despite the title, this film is actually a heartfelt love story that packs the humor! It stars [Kate Hudson](#) and [Matthew McConaughey](#), and they make a pretty pair. It's a funny flick that tells the tale of two people who think they are both playing the other. However; games played in love are put to the test in this film!

10. *The Wedding Planner*: [Jennifer Lopez](#) plays a wedding planner who takes care of everyone, but herself. She makes everyone's big day extra special, but her own love life is nonexistent – until one day it changes. Fall in love with the woman who helps everyone else in love.

What are some of your favorite movies to watch as a couple?

Comment below!

Relationship Advice: 10 Actresses To Look To For Guidance



[By Katie Gray](#)

Lights. Camera. Action. There are so many talented actresses in Hollywood who represent strong, beautiful, classy, hard-working, empowering females. They not only play strong female leads on screen, but they are strong females who lead in the

real world by their actions. These women are great role models whom we can seek [relationship advice](#) from in our love lives, as well as in our careers.

Need relationship advice? Cupid has compiled the 10 actresses to seek guidance from:

1. [Jennifer Lawrence](#): This leading lady in Hollywood has accomplished so much. The Oscar winner is all about empowering women and creating wage equality between genders. She even wrote a wage inequality essay that all women can relate to! The *JOY* star has also maintained the right amount of publicity when it comes to her intimate [celebrity relationships](#). She doesn't hide anything, but doesn't publicize everything either. There was also a revealing leaked photo incident, which she handled like the class act that she is!

2. [Kate Hudson](#): This beauty has made films we all love, and so has her mother, Goldie Hawn. The release of her new book *Pretty Happy: Healthy Ways To Love Your Body* also encourages women to embrace themselves. She's a great mentor for health and fitness, and she even has a line of athletic gear called Fabletics.

Related Link: [Kate Hudson Would Marry Fiance Matt Bellamy 'For the Kids'](#)

3. [Mila Kunis](#): *That 70's Show* never gets old! This actress is happily married to fellow actor, Ashton Kutcher. The married pair has a beautiful daughter together who they dote on. We can learn a lot about their [celebrity relationship](#) by watching their dedication to parenting!

4. [Jennifer Garner](#): This television and film star has had many hits. Do *Alias* and *13 Going On 30* bring back any memories?

Although she's going through a divorce from Ben Affleck, she shows us how to maintain maturity even after you're separated and not a famous couple anymore. Jennifer really just lives for her children, and it's something we can all strive for!

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

5. [Reese Witherspoon](#): As America's Sweetheart, Reese Witherspoon can play literally any role. Whether she's singing as June Carter in *Walk The Line*, being a lawyer on *Legally Blonde* or an innocent Catholic student in *Cruel Intentions*, she brings her heart and soul to her work and the role she is playing. She has two children with her ex-husband Ryan Phillippe, and remarried in 2011 to Jim Toth (talent agent and co-head of motion picture talent at Creative Artists Agency where Witherspoon is a client.) The pair have a son together, Tennessee James, who was born in 2012. She's the perfect example of having a career and making love the second time around work.

6. [Jennifer Aniston](#): Jennifer Aniston will forever have a place in Hollywood. She won the world's hearts for her portrayal of Rachel Green on the hit series *Friends*. She is also one of the highest paid actresses in the industry, and in 2012, she received a star on the Hollywood Walk of Fame. Her marriage and subsequent [celebrity divorce](#) from Brad Pitt, had everyone talking for years. Now, she is happily married to Justin Theroux as of 2015. She's a great example of having a career first and then finding love when you're mature and ready. It's never too late and honestly, she is still young!

7. [Julia Roberts](#): Julia Roberts will go down in Hollywood history as one of the best actresses of all time. The Academy Award and Golden Globe winner, broke out with the romantic comedy *Pretty Woman*. She also played another iconic female lead, Erin Brockovich. She was married for a couple years to Lyle Lovett in the 90's, but she has been happily married to Daniel Moder since 2002. They have three children together.

Roberts is also the aunt to actress, Emma Roberts, who is inspiring to young girls. It runs in the family!

8. [Angelina Jolie](#): The proud mother of six and wife to Brad Pitt, Angelina Jolie proves that having a good heart will always prevail. She has adopted multiple children and has had biological children as well with husband Brad Pitt. She is also known for her humanitarian work, women's rights efforts and spreading positive messages about inner beauty.

9. [Gwyneth Paltrow](#): Actress Gwyneth Paltrow is the proud mom of two children and is very into healthy eating. She's divorced from Chris Martin, the front man of the hit band, Coldplay. The pair are a great example on how to stay cordial and friendly with one another after separating, for the sake of their children. They still have a good friendship.

10. **Tori Spelling**: Donna Martin graduates! The daughter of legendary television icon, Aaron Spelling, is Tori Spelling who has inherited her father's work ethic. Outside of her career as an actress and author, she shows us that family is the most important thing. She has four children with her husband Dean McDermott. She puts her efforts into parenting and her marriage, this is her first priority!

Who are your favorite actresses to look to for guidance? Share with us below!

Celebrity Relationships: Kate Hudson Says 'I Am Dating'



[By Mary DeMaio](#)

There are plenty of fish in the sea, so why not go for a few different swims? That's exactly what [Kate Hudson](#) is up to at the moment. In latest [celebrity news](#), this [single celebrity](#) is making the most of her free time by hitting up the dating circuit. According to [UsMagazine.com](#), she has been hooking up on and off with [Nick Jonas](#). They have a great connection with one another, but it remains to be seen if there will be a [celebrity relationship](#) in the future!

Kate Hudson may or may not be in a celebrity relationship, but she's definitely dating around. What are

some benefits to playing the field?

Cupid's Advice:

Finding that special someone isn't always easy. Sometimes you have to kiss a few frogs before you can get your prince, but that doesn't mean you can't enjoy the process. Cupid is here to share some benefits to dating around:

1. Pinpoint the qualities you are looking for: Use your dates to learn about what you need in a partner, and compare those attributes between the people you are seeing.

Related Link: [Justin Bieber Say's He's a Single Celebrity and 'Ready to Mingle'](#)

2. Be in control: Fun dates with many people keeps you in the driver's seat. You won't waste time getting emotionally invested with people who do not have your best interest at heart.

Related Link: [Jake Gyllenhaal Spends Time With Three Eligible Women In One Week](#)

3. Expand your options: Getting to know someone intellectually, emotionally, and spiritually takes time. While you are still technically single, you should really try to get acquainted before making that commitment.

What are some other advantages of casually dating? Share your comments below.

Celebrity Photo Gallery: 15 Stars Who Are Surprisingly Related





Oliver and Kate Hudson

It's easy to see the family resemblance between the 'Almost Famous' actress and celebrity mom Goldie Hawn, but did you know her older brother Oliver is also an actor? Most recently, he appeared in 'Nashville' and 'Scream Queens.' Photo: Girlie/FAMEFLYNET PICTURES

Celebrity Photo Gallery: Famous Couples That Co-Parent





Page 1 of 20



Jennifer Lopez and Marc Anthony

Although they're no longer together, the two singers co-parent and do business together. These celebrity exes didn't let their break-up get in the way of their children or career. Photo: Charles Norfleet / PR Photos

Celebrity News: Olivia Culpo Has Moved On from Nick Jonas to NFL Star Tim Tebow



By Mackenzie Scibetta

[Celebrity exes Nick Jonas](#) and Olivia Culpo have been separated

for almost 6 months now and are both happily moving on to new partners. According to UsMagazine.com, Culpo has been dating former NFL quarterback Tim Tebow since September. This [celebrity news](#) only gets sweeter as Tebow allegedly thinks Culpo is “a goddess” and even writes her sweet notes all the time! While Culpo is being swooned by Tebow, Jonas has been busying himself with [Kate Hudson](#), as the latest celebrity gossip reports they are a new flame.

This celebrity news shows that the world really does keep spinning after a break-up. What are some ways to start moving on after a split?

Cupid's Advice:

Unfortunately there is no way to expedite the process of getting over an ex, but that doesn't mean it has to be painful. Figuring out how to find your place in the world again after feeling so down can be a smooth process if you have the right mindset. Cupid is here with 3 tips to help you move on after a difficult break-up:

1. Work through your feelings: Whether it's with a psychologist, your mom or your best friend talk to someone trustworthy about what's going on in your head. Express the hurt, the pain and the confusion you feel so that way you can learn to understand it. This is a healthy activity to help discover a new you!

Related Link: [Nick Jonas Breaks Silence on Split from Celebrity Ex Olivia Culpo](#)

2. Rediscover your interests: Being in a relationship might

have caused you to accidentally give up some of your passions so this is the perfect time to pick up some of those lost interests. Any hobby or activity that you didn't previously have time for can now easily be squeezed back into your schedule.

Related Link: [Halle Berry and Olivier Martinez Announce Celebrity Divorce](#)

3. Go out alone: Enjoy all of the freedom you have and take advantage of every opportunity that you can. Don't be scared to see a movie by yourself or sit at a restaurant alone...embrace it! This is a time to try new things and explore a new side of yourself.

How do you help a friend who can't get over an ex? Let us know below.

Kate Hudson Opens Up About Celebrity Break-Up From Matt Bellamy





By Katie Gray

In [celebrity news](#), Kate Hudson recently opened up about her celebrity break-up from Matt Bellamy, as the two are no longer a celebrity couple. According to [UsMagazine.com](#), Kate Hudson explained the two ended their celebrity engagement due to different visions of what their future would look like together. The previous pair hope to maintain a friendship. Hudson's relationship advice is, "Relationships ending are painful, and you can choose to carry that or you can choose to reframe it."

The details are coming out about this celebrity break-up! What are some ways to know you aren't meant to be for the long-term?

Cupid's Advice:

Sometimes you see a future with somebody and then you realize

that what you had envisioned is different from what your partner had in mind. In some cases, this means it's time to go separate ways. Cupid has some advice on how to know if you're not meant for a long-term relationship:

1. Different goals: Sometimes you love a person a lot, but when it comes down to it, you have different goals. If one person really wants to get married and have children, but their partner doesn't ever want that, then they either need to compromise or part ways. It's important for a majority of life goals to be the same!

Related Link: [Calvin Harris Slams Rumors of Celebrity Break-Up From Taylor Swift](#)

2. Different paths: Oftentimes people travel different roads in life at different times, and that's okay, because we are all unique. We create our own paths in this beautiful thing called life. If you're not going the same direction as your partner though, it could be a sign that you're not meant to be. You have to be at least headed in the same direction when it comes to life aspirations and routines.

Related Link: [Heidi Klum Talks Life After Celebrity Break Up From Seal](#)

3. Different lifestyles: Opposites do attract, however; birds of a feather flock together too. If your lifestyle is completely opposite from your partner's, then you may run into issues at some point and need to call it quits. If one partner wants to go out and party a lot, but the other partner is a homebody – there will be a clash. The person you spend forever with, needs to have somewhat of a similar lifestyle!

What are some ways you have known when you weren't meant to be long-term with your partner? Comment your stories below:

20 Celebrity Kids Who Look Just Like Their Famous Parents





Violet Affleck and Jennifer Garner

Despite their different hair colors, Violet is definitely Jen's mini-me. They both have almond-shaped eyes and share the same unique dimples in their plump cheeks. Photo: PR Photos/PRPhotos.com