

Celebrity Baby: Bradley Cooper Is Spotted on a Run Post Girlfriend's Pregnancy Reveal



By Kayla Garritano

Running to prepare! [Bradley Cooper](#) went for a jog with his trainer just two days after the big [celebrity news](#) that his girlfriend, Irina Shayk, is pregnant with their first child. According to [UsMagazine.com](#), Cooper was spotted in a long-sleeve navy Georgetown Nike shirt, gray basketball shorts, and black sneakers. He was running with trainer Jason Walsh, who recently split from girlfriend Hilary Duff. He appeared to be in good spirits during the cardio session, given this was his

first time being seen since the [celebrity baby](#) reveal. Shayk showed off her small baby bump at the 2016 Victoria's Secret Fashion Show in Paris on Wednesday, November 30, as she walked the runway in a maroon lace bra and kept her stomach semi-covered in a fringed long-sleeve top.

Bradley Cooper isn't hiding after his celebrity baby-to-be reveal! What are some ways to cope with pregnancy news getting released before you're ready?

Cupid's Advice:

When to announce your pregnancy can be a big deal, because you want to do it when you and your partner are ready. Sometimes, the announcement doesn't always go as planned. Don't worry, Cupid is here to help you get through those unexpected announcements:

1. Work out: One of the best ways to blow off steam or stress is to work it out. Sweating it out will help clear your mind and relax for a bit. You'll be able to come back to your partner with a clear head about the announcement coming out a little too earlier than planned. You two can work out what the next step will be with a clearer, more focused mind.

Related Link: [Relationship Advice: 5 Basic Workouts to Do With Your Partner](#)

2. Keep details out: If the news slips out a little earlier than planned, don't feel obligated to spill everything you know. Keep the due date, gender, and any other personal information to yourselves. There's still some secrecy, and you will tell everyone when you are ready. You shouldn't have to

worry about anything else. Just make sure your baby is healthy.

Related Link: [Celebrity Couple Bradley Cooper & Irina Shayk Have Discussed Marriage](#)

3. Go with the flow: Just because your pregnancy announcement got revealed a little earlier than you were ready for, it doesn't mean it's the end of the world. You move on from the announcement and just prepare for a great future. Nothing else matters but what you're planning for your child and how you will prepare for when the baby comes.

How did you deal with pregnancy news slipping out before you were ready? Let us know in the comments!