

New Celebrity Couple: Jake Gyllenhaal Is Dating 'Sports Illustrated' Model Emily DiDonato



By Meghan

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UsMagazine.com reports that steamy *End of Watch* actor, Jake Gyllenhaal, met a beautiful young model, Emily DiDonato at SoulCycle in New York City last fall. The two have been dating for about a month or two, according to sources. [Huffington Post](http://HuffingtonPost) reports that the young beauty, 22, has a lot on her plate. Her first job with Ralph Lauren, modeling bikinis in *Sports Illustrated*, beauty campaigns with Armani Acqua di Giò, and numerous other fashion campaigns take up a lot of her time. Good luck to the native New Yorker and the classic Hollywood boy!

How can working out help you meet the man of your dreams?

Cupid's Advice:

Unless you are a fitness junkie, working out typically isn't on the top of many peoples lists. Working out doesn't always feel like the greatest idea, nor is it appealing at most. Getting all sweaty to have to shower another time afterwards, who would want that? Well ladies and gentlemen, working out could lead to the love of your life, the man of your dreams. Cupid has some more advice:

1. Feel better: It is essential in life to feel better than yesterday. Or to feel great in the first place. It is not always easy to feel great all the time. With work, bills, family, it comes piling in. Working out however, can temporarily make you forget about all these dilemmas in your life. Not only will your worries fade away, but you will feel better that man realize your glow, your aura and want to talk to you. This is a great thing, ladies, just go with it!

2. Gain confidence: Working out will eventually get you a better body, you may not expect it or want it, but it will happen. This will shoot your confidence through the rough, feeling like an entirely different person. With all this extra confidence, you will become more confident with man. Going up to them and talking to them, giving out your number, flirting, it will all come easier. You are way more likely to find the man of your dreams if your confidence is high. So, get on those ellipticals ladies!

3. Happiness: It is proven that working out makes you happier, it releases endorphins which subsequently make you happy. Being a happier person will also give you confidence, it will make you want to do more in life. Conquer more, meet more people, and achieve more. If you are happy, you genuinely would go out. You don't know if the man of your dreams is sitting by himself at a bar, just waiting for you. Go and find

out!

Has working out helped you find your dream man? Share below!