

# Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts



If you are an all-American athlete or if you're ready to get off your spot on the couch, there are some amazing new workouts that can burn calories and still be fun. Unless you have been living under a rock, you may have noticed that there are certain workouts that celebrities tend to be drawn to.

**Here are a few of the most popular celeb-approved workouts.**

**Boxing**

Boxing is an incredible aerobic exercise one that will get you sculpted and in fighting shape in no time. Although you might not be able to stand your ground against the [top-tier professionals and amateurs](#) any time soon, practicing boxing will strengthen your muscles and bones, improve your coordination, and relieve stress – plus, it burns a lot of calories in a short amount of time! Check out [Garage Gym Builder](#) which has a plethora of fitness equipment, accessories, and clothes to get you in shape.

Many of the top celebrities utilize boxing to keep them in red carpet shape. The energetic and strength-training exercises keep you sweating while enjoying yourself. It's a workout that will ensure that you keep coming back for more. If you'd rather work with a trainer than workout solo, you can choose to work directly with a trainer that will give you workouts to build your strength and agility. On the other hand, if you like to be accountable to a group, you can join a boxing class that works together and builds each other up.

You can easily find [certified professionals](#) that can train you and keep you accountable. They're that person that you never had but didn't know you always needed. They will get you in celebrity shape and ready for an occasion.

## **Crossfit**

Crossfit is a high-intensity, strength-building workout that will make you fit and strong for life. The team atmosphere creates not just accountability, but also the tools necessary to keep you coming back for more. Models like Ashley Graham, Karlie Kloss, and Hailey Bieber are just a few that frequent crossfit. If you want to step into shape like them, crossfit is definitely the way to go. It's a great way to get fit but build outstanding muscle strength.

No matter what level you start out at, the workouts are tailored to fit your style and abilities. You will be able to

set goals to increase your strength and fitness. Still, many people can find crossfit intimidating. But, in truth, crossfit is its' own community that will welcome you with open arms. They take pride in your accomplishments and lift you up in defeat. This is a type of workout that creates a new family – a gym family.

## **Cycling**

This is not your everyday cycling or spin class we're talking about. You need to try [Soulcycle](#). Soulcycle is a popular form of your average spinning class that amps up the entertainment and fitness. This sweat-dripping cycling class will build your endurance while keeping you entertained. Each class features different music that keeps you rockin' to the beat with every press of the pedal.

Kelly Ripa and Lea Michelle are a couple of the big names that frequent Soulcycle. So if you want to get in camera-ready shape, Soulcycle is the workout for you. With outstanding instructors that have the perfect workout to each song, you may find yourself feeling like it's less of a workout and more of a party.

Trending workouts come and go, but these seem to be the most popular workouts that plan to stay. With classes all over the world for each of these popular workouts, you can get started on your celebrity body as soon as possible. Boxing will keep you fit and trained as close to a professional as you can achieve. Crossfit will build your strength and connect you to a strong community. Soulcycling will build your endurance and train your body and mind while you cycle to some of your favorite artists. Whatever your flavor or desire, you can find the right workout to get you into celebrity shape and the best version of yourself.

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# Health Trend: Five Diet Tips for Surviving Thanksgiving Dinner



By [Meghan Khameraj](#)

Thanksgiving is a wonderful time to celebrate family, togetherness, and food. In fact, it wouldn't be Thanksgiving without a variety of food to feast upon with your loved ones until you pass out into a food coma. This time of year can be stressful for your body and health. You shouldn't have to miss out on the holiday festivities, but you should also be aware of the impact it has on your well-being. There are many [health](#)

[trends](#) that gain popularity around the holiday season, so it can be confusing to figure out which one fits your lifestyle the best. It's important to realize that not every diet works for every type of body; it may take some trial and error to figure out which works best for you!

## **Skip the post-holiday guilt! In these health trends, what are some diet tips to help you make the most of the holiday?**

**1. Eat breakfast:** It may be tempting to skip breakfast on Thanksgiving to save your calories for later. Instead of missing out on the most important meal of the day, have a small breakfast of cereal or avocado toast. If you skip breakfast, then by the time of your Thanksgiving festivities, you'll be starving and prone to overeating.

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**2. Get active:** While Thanksgiving may be known for food and lounging around with family and friends, there are many holiday activities that will get you moving. Play a game of football or go on a fall walk to help you beat that all too familiar Thanksgiving lethargy.

**3. Listen to your body:** We're all familiar with the feeling of overeating. Our bodies do a pretty good job of letting us know what we should or shouldn't be doing. Once you feel full, despite still having food on your plate, you should stop eating. This will help you avoid that uncomfortable feeling we all get when we overeat.

**4. Be realistic:** Even if you're concerned about your health and body, that shouldn't get in the way of you enjoying the

holiday. It logically makes sense that you would gain some weight on a holiday, especially one that is known for food. Don't be overly harsh or mean to yourself if you happen to overeat. You're allowed to enjoy yourself and that should be your main focus during the holiday season.

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**5. Exercise:** If you happen to feel guilty after Thanksgiving, don't beat yourself up about it. You can always exercise to shed the extra weight you may have gained. Set a weekly exercise regime to follow until your body feels healthy!

**What are some other ways you can stay healthy during Thanksgiving? Let us know in the comments below!**

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## **Fitness Trend: Throw Around The Pigskin This Thanksgiving**





By [Ahjané Forbes](#)

Thanksgiving is a time when we spend time with our family eating turkey and ham with all the fixings. This holiday is notorious for excessive weight gain, cooler temperatures, and, of course, football. Many NFL teams play on this holiday because of the gain of viewership, since most people have the day off from work. Rival teams play to be crowned the winner while die-hard fans are screaming at their screens with excitement, anger, or a little bit of both. The first ever championship game on Turkey Day was between Yale University and Princeton in 1876, though college football is now held the day after on Black Friday. Spending time with your family watching football can create many memories, but getting out here and playing football with your family can determine whose house dinner will be at for next year!

**It's time to throw around the pigskin this Thanksgiving! What are**

# some ways this fitness trend can provide health benefits?

**Exercise:** After eating and waiting for your food to digest, exercise can come in handy. Although you can't gain weight from one single big meal, it is very important to exercise to keep your body healthy! Football is a game that the whole family can participate in. Split the family into teams (children vs children and adults vs adults). Play the four quarters, have a water boy, cheerleaders, a referee, and of course, fans! Everyone will be involved and getting much-needed exercise!

**Reduction of Stress:** Releasing endorphins can make your body react better to pain. This will create a more positive feeling throughout your whole body. Stress for the duration of several weeks can cause a weakened immune system, high blood pressure, fatigue, and depression. Exercise can make your body happier, stress-free, and healthier.

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**Bonding:** Not every member of your family has been there since the very beginning. Some married into it, and some were born into it. Getting them involved in a game of football can make them feel like a part of the family. Make the new baby giggle and laugh when a touchdown is made, or have the new spouse be a part of the team or keep score. They will feel welcomed!

**Mental health:** People who suffer from seasonal disorders can be feeling a bit under the weather around Thanksgiving. Playing or watching football with family can improve someone's mood. The "feel good" aspects that football has on a person's well-being may lift their spirits. This distraction can take your family members' minds off of their daily struggles!



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**Tradition:** Playing football on Thanksgiving with the family can easily turn into a tradition to pass down for years to come. It is a way to add a little more excitement to the holiday and celebrate the importance of family.

**Love:** People who do not like football usually don't know how the sport works. Learn how the plays are called, how many points a touchdown is, what a fumble and penalty flag are, when a field goal or punt is considered and how to know if you are off-sides. Learning these things can make someone fall in love with the game of football. It can also help if you are seeing the game in person.

**Cardio:** Speaking of love, what better way to take care of your heart than by throwing around the football? Moving your muscles can pump more oxygen into your blood stream and heart. Increasing the levels of oxygen in your lungs can get rid of waste in your body.

**What are some ways you can exercise with your family this Thanksgiving? Let us know in the comments below!**

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# Health Tips: Where Intermittent Fasting Goes Wrong





By Rimsha Ather

Nowadays, many fitness experts recommend '[intermittent fasting](#)' as a star-spangled technique for burning your calories without having to go to the gym. What is intermittent fasting, you ask? It is not a diet per se, but more like a dieting pattern. You choose to consume food during a particular window of the day only, while staying hungry for the rest of it. This feasting-fasting mode allows you to torch excess fat (as the body's fuel-source shifts from glucose to ketones), optimize your immune system, preserve muscle mass, and improve gut health, etc.

Though you might have seen multiple celebrities like the Kardashian clan adopting intermittent fasting, it's not mandatory that you'll have similar results. Each body is unique and gives off a different response to any fitness regime.

**Coming back to the topic at hand,**

**there are multiple downfalls to intermittent fasting if it's not done right. You could be starving yourself and not know it, which is the more dangerous outcome. So, do watch out for the following obstacles when you begin your diet so that you can get the best out of it instead of the worst.**

### **Overeating Upon Breaking Fast**

Fasting helps you to learn diet moderation, primarily. If you start eating a horde of high-calorie food items upon breaking your fast (there will be a chicken-nugget themed temptation period, trust me!) you'll defeat the entire purpose of keeping a fast. Thereupon, instead of losing weight, you'll gain it. This excess intake of unhealthy food items after a period of prolonged hunger has a counterproductive effect on the body, and can waylay your fasting regime terribly.

### **Relying Too Much on Coffee**

Suppose, after your 10 p.m. dinner, you determinedly close your kitchen. Regardless of the hunger pangs you might wake up with, in the middle of the night. Next morning, according to the schedule, you are to skip breakfast. So, to compensate for the lack of nutritional intake, you rely on a cup of fresh, black-roasted joe to boost your energy levels and at the same time, dial down your hunger. But, it doesn't stop there. You start drinking coffee way too much during the fasting period and then end up getting overweight instead of under. Where did

you go wrong? With the overconsumption of coffee, which increased your blood sugar level and amplified your fat storing rate as well. Therefore, steer clear of the coffee ingestion and you'll be good to go.

### **Going Headfirst into a 36-hour Fast**

One thing you need to understand is that, especially in the fitness domain, slow and steady wins the race. People who undertake every single workout session on their first day of gym, usually end up exhausting themselves to their bones and rupturing their muscle mass.

### **Your body is not made up of steel.**

It deserves to be treated ever so gently and with extra care. If you take on too much too fast, your system will crash and starvation will be the doomed result. So, pace yourself on a moderate speed and begin with a smaller fasting window. Expand the fasting period gradually—journaling your progress in the meantime—once you're absolutely sure your body can take it.

### **Not Maintaining a Balanced Lifestyle**

Intermittent fasting deprives your body of glucose and dials down your energy levels, only to bring them back up. So, when you adopt this dieting pattern, you'll feel super-low, energy-wise, in the first few days. You might not even wish to get out of the bed. This air of lethargy and the overall sedentary lifestyle will only undo the positive effects of fasting. I'd suggest that you try to stay active throughout the day, consume only the expert-approved healthy diet, take a complete eight-hour nightly sleep, meditate regularly to reduce your stress levels and try to stay composed + calm.

Wrapping up, you can totally optimize your intermittent fasting regime by staying clear of the aforementioned snags, and by doing so, you'll feel positively fit in a matter of days.

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## Celebrity Workout: Take to the Soccer Field with Celebs



By [Emily Green](#)

Picture it: You're flipping channels on TV and thinking about looking for a new way to exercise, and you come across a soccer game. That's it! While soccer isn't the most popular sport, plenty of celebrities like [Justin Bieber](#) and Will Ferrell play pick up games of soccer quite frequently, just to get some exercise! Follow these [fitness tips](#) so soccer can be your next great go-to exercise.

## **Soccer is a great celebrity workout that many stars love to do in their down time! What are some benefits to adding soccer into your exercise routine?**

Soccer is an exercise that works out all parts of your body, even if you don't realize it. Here are some of Cupid's reasons to why you should add soccer to your exercise routine:

**1. Increases aerobic capacity:** Running for more than 90 minutes increases one's stamina. By practicing soccer everyday, one can increase their overall running stamina.

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**2. Improves cardiovascular health:** The average soccer player can run anywhere between 5 and 7 miles per game. By constantly running and sprinting in each game and practice, the player's heart rate continues to go up, making it a great example of cardiovascular exercise.

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**3. Lowers body fat and improves muscle tone:** Soccer is the prime way to burn off any unwanted body fat. Soccer is an exercise that typically burns more calories than other exercises, so players go between both aerobic and anaerobic exercises while playing.

**4. Increases confidence and self-esteem, and helps to reduce anxiety:** Building strength and endurance while exercising can benefit people's self confidence and self esteem off the field. While exercising, endorphins are released that are known to be major stress and anxiety reducers that will benefit one's overall mental health.

**What are some other benefits to adding soccer into your exercise routine? Let us know in the comments below!**

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## **Health Tips: Hand Out Healthy Halloween Treats**





By [Ashley Johnson](#)

Trick-or-treating can be one of the most fun activities for kids once a year, but can also be one of the most unhealthy. In different countries, “the treats” people get can include anything from candy to money. While these kind of treats can be awesome to receive in your goodie bag, they are not the only ones. There are ways to have a fun, healthier Halloween all while still enjoying your favorite snacks.

## **Health Tips: Halloween doesn't have to be unhealthy. What are some healthy snacks you can hand out for Halloween?**

While most people stick to giving out candy for the holiday, there are ways you can switch it up this season. Cupid understands the importance of your child's [health](#) and has some [food advice](#) on what treats you can have as an alternative to



candy:

**1. Fruit snacks:** These snacks are easy to eat on-the-go and are good for your health. They are high in essential vitamins and don't contain any fat, cholesterol, or added preservatives. Fruit snacks are just as yummy as candy and are a great alternative.

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**2. Raisins:** The dried grape is tiny and comes in small red boxes that you can fit in your pocket if need be. Raisins are naturally sweet and rich in fiber, vitamins, and minerals. They also help with digestion, iron levels, and bone strength.

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**3. Apples:** Whole fruit can be a great option for trick or treaters. They are just as sweet as candy, but unlike candy, they contain natural sugar. If you want to make them a little sweeter you can also add some caramel!

**4. Water:** A refreshing bottle of water can actually be beneficial for trick-or-treaters. After walking all night door-to-door, it will definitely be a treat for kids to receive. Water is the best option for them to re-hydrate during their festivities.

**What are some other healthy treats you love? Let us know in the comments below!**

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# Celebrity Diet: Are Detox Teas Good for You?



By [Ashley Johnson](#)

Going on a detox can sometimes be the best thing for your body and mind. However, taking detoxes to the next level can be dangerous if you are not careful. While the primary goal of a detox is to eliminate harmful substances from your body, detox teas may actually be inviting them in. In celebrity diet news, celebrities like [Khloe Kardashian](#) and Cardi B have endorsed detox teas on their Instagrams, while other celebrities like Jameela Jamil and U.S. Paralympic gold medallist Brenna Huckaby`have spoken out against them calling them 'toxic'. Before you take the detox tea diet to extremes in true [celebrity fashion](#), Cupid has some [fitness](#) and [food](#) advice on

what you should consider.

## Here's some fitness advice on what to keep in mind before trying out the detox tea craze:

Teas are typically one of the healthiest drinks you can consume. They have been known to boost your immune system and protect your bones with the power of its antioxidants. However, detox teas are not always healthy and can sometimes contain a lot more than tea leaves. While some detox teas contain normal tea ingredients, others may contain toxins, drugs or medication. Contrary to drinking normal tea, here are some things you may want to watch out for when drinking detox tea:

**1. Water weight loss:** Detox teas don't actually make you lose body fat, but can help you lose water weight. Water weight is all the extra water that your body retains, and losing that water weight can certainly make you feel lighter. Even if you are not necessarily losing actual body fat, you can be tricked into believing you have, as two cups of water weighs approximately one pound.

**2. Electrolyte imbalance:** Consuming too much detox tea and having to frequently use the bathroom can lead to dehydration and ultimately electrolyte abnormalities. An electrolyte imbalance in your body means you are at risk for muscle spasms and an abnormal heart rhythm.

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**3. Unwanted side effects:** Detox teas are primarily made up of the senna plant and caffeine, and these two ingredients together very much act as laxatives. This means the tea can be accompanied by diarrhea, abdominal pain, gas, nausea, and much

more. The list of side effects for detox teas is rather long and also includes heart attacks, seizures and even death.

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**4. Caffeine:** While the average tea contains less caffeine than a normal cup of coffee, detox tea may actually contain the highest amounts of caffeine when comparing the two. Of course this means the detoxifier also comes with some of caffeine's most unpleasant, yet common side effects. Side effects may include restlessness, nervousness, headache and fast heart rate.

**5. Sleep problems:** With detox teas having such high amounts of caffeine, having sleep problems should come as no surprise on this list of things to consider. You may not only experience problems falling asleep, but may also find yourself having trouble staying asleep. Furthermore, not getting enough sleep has also been studied to be linked to weight gain, which is probably the exact opposite of what individuals aim for when starting the detox tea diet.

**Have you ever tried a popular diet? Did it work well for you? Share your comments below!**

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## **Celebrity Diet: Top Fad Diets That Might Be Bad For You**





By Mara Miller

You're taking a risk any time you try any kind of [celebrity diet](#). Not all of them are healthy for you, even though they may brag about all of the fantastic benefits of going on the diet. While it is healthy to lose weight in most cases, it's not good for you to rush into a new diet. Not only is it hard on your body, but some health trends can cause actual harm. It's important to err on the side of caution.

**Check out some surprising facts on these top celebrity diet fads that might be bad for you!**

You don't have to completely avoid these fads all together. The Ketogenic diet, for example, can actually help women who have polycystic ovarian syndrome if it's done right. You may just have to prepare your body before you dive into [health advice](#) you have learned from your favorite celebs:

**Ketogenic diet:** Made popular when celebrities like Gwyneth Paltrow, [Kim Kardashian](#), and Rhianna tried it, the Keto diet is a top food trend that focuses on sending your body into “ketosis” by cutting out extra carbohydrates and sugar. It focuses on high fat content and adequate protein. The only problem that makes this potentially bad for you is that it will increase your desire to binge if you cut out a food group entirely. Try gradually cutting down sweets and carbs from your diet to prepare for the Keto diet instead of cutting out carbs and sweets cold-turkey.

**5-2 Diet:** This diet involves intermittent fasting and an intake of just 600 calories for the next two days. While this seems like a good idea at first, your metabolism will eventually break down as the body starts to go into starvation mode if you stay on this diet for too long. Always make sure you are getting enough food to keep your energy up.

**Juice Cleanse:** Juice cleanses seem great on paper. [Jessica Alba](#) and Miranda Kerr have tried this diet. It’s been around a lot longer than the Ketogenic diet and the 5-2 Diet. The problem with this one is that you will lack fiber and other important nutrients if you stay on the juice cleanse for too long, and it can also slow down your metabolic rate.

**Were any facts about these celebrity diets surprising? Let us know in the comments below!**

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## **Fitness Trend: Move Away from Your Dependence on Technology**



By [Katie Sotack](#)

Admit it: technology has become an addiction. It's easy to get lost trying to grow your following on social media. You've maybe gotten so wrapped up in a game on your iPad you've forgotten to wash your work clothes for the next morning, too. Consumers are reclaiming [fitness](#) as a time to disconnect and recommit to [health](#). The gym, which had become flooded with big screens and Fitbits, has now become a place to find solitude.

**As technology integrates further into our lives, how can we achieve mindfulness through this unplugged [fitness trend](#)?**

Mindfulness is the act of bringing one's attention to the current moment. Psychologists recommend it as a way to deal with emotional distress and to live life to its fullest. The task has become increasingly more challenging as we've become more attuned to our screens and less invested in the physical

space around us. Here's some [fitness advice](#) to help you unplug and lead a healthier life:

**1. Go harder:** To maximize a full workout, mindfulness is essential. The presence of a phone or other distraction limits the workout by dividing attention and providing a slower tempo for movement. It's suggested that songs with high BPM (beats per minute) increase the speed of a workout. Plus, with distraction comes bad form. Give your body the respect it deserves by focusing on structure and engaging muscle groups, ultimately disconnecting from life and experiencing a workout your health and the impact of the workout.

**2. Breathing:** 2019 has seen an increase in breath-focused fitness like yoga and swimming. A key component to mindfulness is meditation, which largely focuses on breathwork. Exercises that stress the importance of deep and measured breath will aid in focusing the mind. The 'breathe through the pain' mantra of yoga will bleed into everyday life. Even emotional challenges will feel less stressful as you take measured breaths to remain calm. Plus, there's the added benefit of regular exercise, which leads to increased endorphins. By participating in an exercise that emphasizes breathing, a person will increase their mood and decrease their waistline simultaneously.

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**3. Fatigue:** Constant tiredness may be brought on by stress, chronic pain, or trouble sleeping. A mindful workout, which focuses on a strong mind-body connection, will alleviate all of the above. Psychologists use the connection to adjust lifestyles and attitudes. When a person is cognizant of their entire being, emotional wounds and physical pains begin to heal. This phenomenon happens by processing our emotions and therefore healing that which plagues us. A mindful workout is a great start to both emotional and physical health (and



should exercise alone work for you, it's a lot cheaper than never-ending doctor's appointments).

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**4. Alertness:** A downside to our constant internet connection is that we as a species have become horribly unaware. People cross busy Manhattan streets without looking up from the movie on their phone. Friends' voices have become background noises to our texting. Taking an hour a day to workout unplugged reminds us that it is possible and can feel *amazing*. Ever heard of runner's high? The endorphins of a full-fledged mindful workout are off the charts. You'll feel superhuman, pushing your body and mind to the limits and not caring about the time spent away from your screen. Plus, a strong mind-body connection makes people more aware in everyday life. You'll begin to pick up on details your brain had been filtering out as well as upping your quick-witted banter skills.

**How do you emphasize a mind-body connection? Share in the comments below!**

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**Health Advice: Victoria's  
Secret Angels' Pregnancy  
Fitness**





By [Katie Sotack](#)

With each Victoria's Secret fashion show, we're brought a parade of beautiful bodies strutting down the runway with toned arms and killer legs. These Angels are no stranger to a fit lifestyle even while pregnant. Models like Gisele Bündchen and Behati Prinsloo don't miss a beat because of their baby bumps. The Victoria's Secret Angels are here to prove [fitness](#) is an achievable lifestyle no matter the circumstance.

**Angels follow strict [health advice](#) to be runway ready with a baby on board. How can the average expecting mother use their [fitness tips](#) to stay toned?**

Regardless of the situation, fitness requires dedication and an inner drive. Once you have that it's all about knowing where to start. Following the Victoria's Secret Angels'

routines and tricks will give your pregnancy a healthy boost. Here are the [health tips](#) for a pregnant [celebrity workout](#) and [diet](#).

**1. Start before pregnancy:** During a sit down with your doctor, they're likely to say it's bad form to lose weight while pregnant. Not to mention the time to try strenuous workouts belongs before pregnancy in order to avoid stressing your baby. Being fit while carrying is about maintaining rather than achieving. This requires some planning on your part. If a fit pregnancy is important to you, begin a routine before you start trying.

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**2. Angel's workout:** The models follow a strict body sculpting routine. For the first six weeks of training exclusively engage in cardio like swimming, dancing, or running. In the following six weeks focus on interval workouts which involve building muscle. The trick to a lean muscle is keeping the weight low and the reps high. The ratio should be twenty minutes of cardio to 15-20 weight reps, alternating back and forth throughout the workout.

**3. A colorful plate:** Angel mummies don't count calories as restricting can affect milk production and thus the development of your baby. Rather, pre-, post-, and during pregnancy fitness is about making healthy choices. Your meals should be colorful. Pile on the bright veggies to match with a white protein like chicken or fish. Carbs are essential as well, just lower the portion size and keep it brown (as in whole wheat/grain).

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**4. Post-pregnancy:** To lose weight post-delivery, it's recommended to begin with leisurely walks. Anything harder than that should be preceded by medical clearance and be

relatively low impact. Move onto water aerobics for cardio before adding light weight lifting. Respect where your body is and know it won't spring back to its pre-pregnancy levels immediately.

**5. It's their job:** While working to emulate an Angel body during pregnancy it's important to realize your limitations. For Victoria's Secret models it's their literal job to sculpt and tone their body while making sure to eat right. But for the average person getting to the gym for hours and knowing exactly what to eat is challenging. Not to mention the pregnancy cravings and fatigue. Give yourself leeway to have an ice cream cone every once in a while.

**How do you stay fit during pregnancy? Share in the comments below!**

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## **Celebrity Workout: Group Classes That'll Have You Sweating With Obsession**





By [Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

**Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?**

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building yoga to fast-paced cardio like Zumba, there's a group class

for every future workout junkie. Here are the details on who does what and why you should try it:

**1. The model workout:** Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

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**2. Tracey Anderson Method:** These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

**3. Soulcycle:** This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle very week. With 70 locations across the United States, it's as easy said as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

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**4. Body by Simone:** Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear not, there's an eight-week transformation program available to

stream.

**5. Gotham Gym:** Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

**Do you think you'll try group fitness classes? Let us know in the comments below!**

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## **Health Tips: Celebrity Diet Suggests Supercharged Coffee**





By [Emily Green](#)

It is common for people to see their favorite celebrities sharing their favorite products, diets, and much more on social media. Many people try out their favorite [celebrity diet](#) in an attempt to improve certain parts of their lives or their health overall. Actress Busy Phillips likes to include a supercharged coffee with two tablespoons of grass-fed butter or ghee, a tablespoon of Brain Octane Oil, and two scoops of collagen protein powder in her routine every morning. Phillips believes this part of her diet is an important part of boosting her metabolism and keeping her skin smooth.

**One of Busy Phillip's health tips is to include a supercharged coffee in your morning routine. What are some healthy coffee boosters that**



# you can use to replace sugar?

While most people just grab their coffee and head out on the go, adding a healthy coffee booster to your morning drink can help improve your mind, body, and overall just improve your outlook on the day. Here are some of Cupid's favorite healthy coffee boosters:

**1. Cinnamon:** Adding some cinnamon into your coffee will not only leave you feeling warm and fuzzy, but fill you with antioxidants, anti-inflammatory properties, and much more. This can help keep any nasty germs away, and keep you feeling strong and healthy to take on the day!

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**2. Cocoa Powder:** Are you a big chocolate fan? Looking for a way to add that chocolatey goodness into your day? By stirring a spoonful of cocoa powder into your coffee, you can get that yummy taste while also getting antioxidants and vitamins that will help improve your heart.

**Related Link:** [Date Idea: Plan a Walk Around Town](#)

**3. Cayenne Pepper:** Even if you love all things spicy, be careful adding this into your coffee! Research shows that adding a spoonful of cayenne pepper into your coffee every day will not only give you that kick you need in the morning but can even help you live longer.

**4. Baking Soda:** If you have a sensitive stomach but need that caffeine in the morning, try adding baking soda into your coffee. Doing so will cut down on the coffee's acidity, leaving your stomach feeling fine.

**What are some other healthy coffee boosters to add into your coffee? Let us know in the comments below!**

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# Health Trend: Natural Deodorant



By [Katie Sotack](#)

Have you ever wondered about the ingredients in the little antiperspirant you use on your underarms? You wouldn't be the first. The publicity over the last year between mental mindfulness and physical health has spiked a [health trend](#) in natural products like deodorants that don't contain chemicals. But switching to an all-natural deodorant can take some getting used to.

# The health trend of using natural deodorant is more than a one and done process. Learn about the transition before you jump ship to the unprocessed scent blocker.

Switching to natural deodorant is a patient game, but if you succeed the mainstream news says your health will be better in the longer run. Here are the facts and [health tips](#) and [health advice](#) on switching your odor stopper.

**1. Deodorant Detox:** The smell, at first, is not pleasant. Your body is used to deodorants with chemicals that block sweat and stink from coming out. Without a traditional deodorant, your body will need to purge itself. Basically, avoid planning a date the first month of the switch to be safe.

**2. Sweat Stains:** Natural deodorant is not an antiperspirant, meaning it will not stop the sweat. Without the aluminum salts and propylene glycol added in your pores are free to open. This is not a bad thing, considering sweat itself doesn't smell, but rather the bad bacteria on your skin produces the odor. Still, if you tend to run on the moist side underneath, test out a lighter color shirt at home to see if you leave stains. Just like the odor detox, don't be afraid to give your body some time to adjust.

**Related Link:** [Fitness Trend: Reaching New Heights in Aerial Classes](#)

**3. Health benefits:** The big push to this health trend is avoiding the preservatives in processed deodorant. There's been growing concern that the mainstream products cause Alzheimer's and breast cancers. Though researchers have yet to find enough evidence to definitely prove the correlation, it's

enough to terrify some consumers.

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**4. Longevity tips:** Because of the detox factor, the odor-blocking will not last long in the beginning. On the first few days, it works approximately two hours at a time. That's why it's recommended that during the initial process the user carry to go deodorant wipes with them. These products can be found using natural formula as well and will take care of bad bacteria growth while you're on the move.

**5. Funk over time lessens:** An ultimate benefit to natural deodorant is the long term scent booster. Aside from the aforementioned possibility of avoiding diagnoses, natural deodorant does not block pores. This means that after your month of smelling, the good bacteria on your skin will take over and reduce odor. This also allows your natural pheromones to shine through, which could, in turn, make you smell more attractive to some individuals.

**How do you block the underarm scent? Share in the comments below!**

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**Health Trend: Intuitive Eating**





By [Katie Sotack](#)

As sure as [Taylor Swift](#)'s albums win Grammys, [health trends](#) come and go. This time an all the rage [celebrity diet](#) might be reasonable enough to stay: intuitive eating. Models like Steph Claire Smith and Gemma Atkinson have embraced a balance, mindful way of consuming food. Rather than counting calories or suffering through another juice cleanse they trust their guts. The premise of intuitive eating is resetting your mind's ideas around food. Your body dictates when you're hungry, full, and satisfied. It's nature's way of letting us know what and when to eat.

## **The latest health trend indulges your food instincts, but what are the benefits to intuitive eating?**

Resetting your body's natural instinct for food is not a task for the light of heart. No diet comes without its fair share of trials and tribulations. So what makes intuitive eating

worth the effort with this [food tip](#)? Here is [health advice](#) for this way of life:

**1. It is natural:** Letting yourself live in the moment is far less stressful than weighing out each food choice and counting calories for every snack. If you're hungry, eat: it's that simple. There's no wrong way to embrace this lifestyle because our bodies have a built-in system for managing food. They know when and how much will satisfy us. All it takes is listening to your gut.

**Related Link:** [Fitness Trend: Hire a Certified Professional](#)

**2. It is a lifestyle:** There's a reluctance to call intuitive eating a diet. That's because years of bombardment from the diet industry teaching us to feel bad about the way we consume food have brought about a negative connotation to the term. Intuitive eating, on the other hand, is much more lifestyle based. Rather than following a set of rules and equations, food is seen as the nutrients you need to function. Eat as much or as little as your body desires.

**3. It puts the fun back in food:** Similarly to the reason it's a lifestyle and not a diet, intuitive eating is meant to be a joyful experience. If you're craving chocolate, you may eat chocolate until you're satisfied. The lack of strict limitations lets the consumer feast, guilt-free, on their favorite foods.

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**4. It is a responsibility:** While all this food freedom may sound like a kitchen frenzy, intuitive eating is still a responsibility. The eater is in charge of what they consume and when they eat, meaning they must take listening to their body seriously. If not in touch with their gut, they run the risk of ignoring signals and not seeing positive results from this means of consuming food.

**5. It restores your peace of mind:** Your relationship with food is in need of a breakup. With so many messages about how we should be eating and how what on our plate is going to kill us, the diet world can seem impossible to navigate. Restore your peace of mind by listening to your body's natural desires and needs. Intuitive eating allows for a mindful experience, that creates peaceful feelings around food and fitness. After all, everybody is different and only yours can tell you what's right for it.

**How do you listen to your body when eating? Share in the comments below!**

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## **Health Trend: Tampon Alternatives**





By [Mara Miller](#)

A recent [health trend](#) has been on the rise in 2019 in the form of tampon alternatives. You don't need to limit yourself to only tampons. Tampons can hurt, depending on the brand, and they are packed with chemicals like rayon and bleached wood fibers that shouldn't be anywhere near our bodies. You can find 100% cotton tampons but they won't help you with the sustainability aspect of searching for tampon alternatives if that's why you want something different for your monthly flow. Let's forget about sleeping with a tampon in—that's a big no-no because the average person gets 7 to 9 hours of sleep, and therefore going way past the recommended time it's safe to leave a tampon in. You should use a pad instead. Pads aren't any better either—it can feel like you're walking around with a stinky diaper all day. Exploring tampon alternatives can not only help you toward sustainability but can also help ease the cost and discomfort of having your period. You're also reducing the risk of potential illness with our [health tips](#).



# Okay, Ladies—let's talk periods. Check out this new health trend for tampon alternatives!

Forget stained jeans on your next [date night](#) for this [health advice](#)—tampons are potentially dangerous. Toxic Shock Syndrome and other infections are every woman's nightmare. Tampons, especially the super-absorbent kind for heavier flows, can trap bacteria inside called *Staphylococcus aureus* if left in too long, causing TSS. Although the syndrome is rare, this still can have fatal effects for women. Beyond this, tampons cause an unimaginable amount of waste during your monthly flow, and they're *expensive*. When you add up how much a woman spends in her lifetime on tampons, it can be up to \$5,600 dollars. We've gathered a list of alternative tampon products for you to try. Some of them may still generate waste, but nowhere does it equal the number of waste tampons produce:

**1. Menstrual Cups:** Menstrual cups are great because not only are they reusable with a one-time cost (therefore saving you upwards of \$120 each year and much more during your child-bearing years), but they also allow you to monitor your flow, have a less embarrassing odor, and lower landfill waste. Brands like Tampax, Diva Cup, and Luna Cup make their menstrual cups out of medical grade silicone. The cost might be pricey at about \$40 dollars to buy the cup but it will save you much more in the long run. Just be aware of the mess menstrual cups can make since they catch body fluids. Using a menstrual cup can have a learning curve as well because they can be difficult to remove—do not do it by the stem. In fact, you might want to cut the stem down if it hurts. Do not panic if you can't get the cup out immediately. Pinch the base and pull slowly. It's best to practice using the cup before you start your period. Also—be comfortable with yourself. You have to get very familiar with everything down below so you don't

hurt yourself inserting the cup.

*It should be noted there have been some reports of menstrual cup-related TSS incidents, but only when the women have left them in far longer than the recommended time (7 days as opposed to 10-12 hours). Be sure to keep track of time when using any kind of insertable period product for your own safety. Timers on your phone do wonders.*

**Related Link:** [Food Trend: Yummiest Low-Calorie Desserts, And They're Vegan!](#)

**2. Disposable discs:** Comparable to menstrual cups, disposable discs are inserted like a diaphragm and can be left in for up to twelve hours. You can even get frisky in bed with your partner while you are using one. The Flex Company, a disposable menstruation disc company, claims the Softdisc has not been linked to TSS, but be sure to do your own research before you decide to search out period alternatives. Soft disposable discs might be a better alternative to the stiffer silicone cups because they aren't as hard but still catch any fluid that leaves the cervix. You'll still spend money on your period products but they will still go farther than regular tampons.

**Related Link:** [Beauty Tip: Different Uses for Coconut Oil](#)

**3. Period Panties:** Specifically designed to catch your flow during the month, period panties are a tampon alternative that allows you to forgo inserting something in your body. If you have a heavier flow, some of these products may require something else to help catch excess fluids, but there are some brands that have introduced superabsorbent underwear that will help you avoid using other products. Period panties—or thongs, boyshorts, hipsters, bikinis, or hi-cut—work in place of clunky pads that make it awkward through the day. Depending on the panty and the brand you buy, they are equivalent to the absorbency of 2 to 3 tampons. Be prepared to wash the laundry

every day, too! Period panties may also be a good product to start your teen on when she starts her first period since she won't have to deal with embarrassing leaks or odors at school if you get her a few pairs that can handle a heavier flow to get her through the day.

Are there other types of period alternatives you've tried? Let us know in the comments below!

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## Health Trend: The Dangers of E-Cigarettes and Vaping



By [Emily Green](#)

It's common to find people smoking e-cigarettes or vaping these days. Many people partake in this [health trend](#) because they believe smoking e-cigarettes or vaping is better for you, or they believe that you won't become addicted when this is far from the case. Read this [health advice](#), and learn why e-cigarettes and vapes are harmful to your body.

## **E-Cigarettes and vaping have become one of the biggest trends and continues to rise. Why is this health trend actually anything, but healthy?**

E-cigarettes and vapes are just as addictive as regular cigarettes. While the effects may not be the same, you can become addicted to anything, especially with the drugs e-cigarettes and vapes contain. Here are a few reasons why smoking e-cigarettes and vaping are dangerous to your health:

**1. Nicotine is highly addictive:** Nicotine is by far one of the most addictive and harmful substances. It can affect anyone, no matter how it is delivered. If exposed to nicotine at a young age, you are more likely to become addicted and cause harm to your developing brain.

**Related Link:** [Product Review: Curb Your Nicotine Craving and Find Love With Aqua-tine™!](#)

**2. It makes you more prone to lung disease:** Using e-cigarettes is truly just substituting one bad habit for another. E-cigarettes contain a substance called diacetyl, which has been linked to being a cause of lung disease. The more you smoke, the more the drug is in your system, the more likely you are to contract lung disease.

**Related Link:** [Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner](#)

**3. It weakens your immune system:** Regardless of what you are smoking, smoking is still the leading cause of death in the United States. E-cigarettes and vapes are full of unknown chemicals, many of which can have negative effects on the body and the immune system.

**4. It's difficult to know what is truly in them:** Believe it or not, many sellers do not accurately relay what is in each of their products. There have been numerous instances of people selling vape products or e-cigarettes that contain zero nicotine but traces of nicotine have been found in them after being tested. You never know what you are truly putting in your body, despite what may be advertised to you.

**5. People have been poisoned:** There have been so many instances where people have been poisoned by the liquid in e-cigarettes or vapes, whether it was absorbed through the skin, accidentally inhaled, etc. It is much safer to simply stay away from substances such as these—staying away can save your life.

**What are some other risks to smoking e-cigarettes or vaping? Let us know in the comments below!**

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## **Health Tip: 3 Trends That Hurt Your Teeth**



By [Bonnie Griffin](#)

A number of [health trends](#) this year have people drinking new beverages. It's fun to test out this new [health advice](#), like sipping apple cider vinegar or putting collagen in your coffee. You might not realize that some of these can be detrimental to your dental health after you dive into new food or drink trends in the hopes of becoming healthier. Nothing is more painful than an open cavity when you need to wait for an emergency appointment at the dentist because your enamel has been stripped away.

**Health tip: Not all health trends are good for your teeth. What are**

## some ways we can protect them?

Everything we eat or drink has to pass through our mouths. With all the new health trends that include acidic drinks and foods to help burn off calories and become a healthier you, you might be damaging your teeth. Cupid has some [health tips](#) to protect your teeth and gums if you want to try any of these trends:

**1. Adopt a healthy diet instead of a juice cleanse:** Being on a healthy diet has been known to be a better healthy option versus going on a juice cleanse. It turns out that not only are juice cleanses not the best option for getting healthy, but they aren't great for your teeth either. Dentists report seeing increases in decay because the juice can sit between the teeth, wearing away at your gums and teeth. If you still want to give this health trend a try, drink through a straw and definitely use mouthwash and floss regularly.

**Related Link:** [Food Trend: Probiotic Products](#)

**2. Mix your apple cider vinegar with water:** Naturalists claim drinking apple cider vinegar can cure your body of many ailments. These claims include skin with a healthier glow, weight loss, and lowered blood pressure. The process in which apple cider vinegar is made creates a mix of probiotic and helpful bacteria and enzymes, but this also means it is very acidic. Straight apple cider vinegar can damage the enamel on your teeth, leaving them vulnerable to cavities. Instead, it's much better for your teeth if you mix the vinegar with water. Common dosages are one to two tablespoons or teaspoons mixed in a large glass of water, depending on how well you stomach the taste of apple cider vinegar. Be sure to brush your teeth after your dose of apple cider vinegar.

**Related Link:** [Top 2019 Fitness & Wellness Trends to Watch](#)

**3. Decrease your charcoal toothpaste usage:** Charcoal toothpaste promises a whiter, brighter smile. You may not realize that charcoal toothpaste can actually yellow your teeth over time and may contain abrasive ingredients. The abrasive ingredients are used to remove stains, but charcoal toothpaste doesn't contain enough fluoride to fight tooth decay because it can wear down your enamel to reveal dentin, a softer tissue that looks yellow in appearance. If you decide you still want to use charcoal toothpaste, it's recommended not to use it as your everyday toothpaste, but instead once every other week. Do not brush too hard or too long.

Health trends are not always the best ways to make your body healthier, in fact, some can cause damage to your dental health that can be hard to fix. Let us know your thoughts about these health trends below.

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## Health Trend: The Ins and Outs of CBD







By [Katie Sotack](#)

[Health trends](#) constantly evolve through branding by popular [celebrities](#). Cannabidiol, or CBD for short, is growing in popularity as a chemical compound found in marijuana because it doesn't cause a high. According to *RealSimple.com*, the compound is said to cure PMS, anxiety, insomnia, and hangovers.

## **With CBD available from drugstores to cafes, is this cure-all craze worth the hype?**

CBD is available as powders, oils, vapes, and more, but is it really beneficial to aches and pains? The cannabis compound that's a gray area in the eyes of the law and in science. Here are the health tips you need to know before purchasing CBD:

**1. Proven treatments:** When it comes down to it, the only FDA approved use for CBD is to treat two rare forms of epilepsy.

Not to mention that only one form of CBD is approved for such use. Still, studies have shown benefits for patients with multiple sclerosis and arthritis. If it's legal in your state and you're experiencing muscle aches or spasms, rubbing on some CBD on the affected area could be beneficial.

**Related Link:** [Fitness Trend: Mobile Exercise Apps](#)

**2. Anxiety and Depression:** There's not enough research to back this up. The bulk of the testing has been done on animals with no definitive proof that CBD has any effect on humans aside from epilepsy. However, some report that the use of CBD relieves their social anxiety and in one study with mice the oil has been shown to have antidepressant effects. A disclaimer to using CBD with mental illness is that marijuana has been known to trigger psychosis and specifically schizophrenia in patients with a family history of mental illness. If you have concerns speak with your doctor before testing out CBD.

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**3. Relieves cancer-related symptoms:** Like marijuana, CBD can alleviate nausea, vomiting, and pain often related to cancer treatments. However, unlike marijuana, CBD will not get the user high because it lacks THC. Some animal tests have shown the CBD has preventative properties in mice as well. Further studies are needed to conclude if this remains true for people.

**4. Dosage:** Even if CBD is a cure-all, you'd need more of it than what's sold in an average vape pen. For the effects to take place the user would need to ingest hundreds of milligrams. Most over the counter products like vapes, oils, and edibles are sold at around 5 milligrams. Again, speaking to your doctor could be beneficial. They may prescribe something entirely different for your issue or increase your dosage of CBD.

**5. Neuroprotective properties:** As mentioned above CBD has shown neuroprotective properties for issues like multiple sclerosis and epilepsy. This area is also one of the most studied for a relationship between CBD and human health. An oral spray of CBD and THC has been shown to reduced muscle spasms in patients with MS. Ingesting CBD in a way that works for you might ease MS and epilepsy-related symptoms.

**What's been your experience with CBD? Share in the comments below!**

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## **Fitness Tips: How to Workout After Having a Baby**





By [Bonnie Griffin](#)

Working out after childbirth might seem like a daunting task. Your body is out of whack after pregnancy due to hormones that can linger up to six to eight weeks postpartum. Exercising will only make you stronger and will help you recover faster after giving birth to your new little one. According to *Prevention.com*, [Eva Longoria](#) has been following a strict [celebrity workout](#) and a healthy eating plan since giving birth to her [celebrity baby](#) boy six months ago, and it shows! This celebrity mom looks amazing. You might be interested in these [fitness tips](#) for working out after having a baby if you want your pre-baby body back.

**In these fitness tips, find out how working out will benefit you after having a baby!**

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles.

Not only will it physically help you heal, but you'll be in a better mood and have more energy when exercising. Physical activity relieves stress and helps you to lose weight, which leads to you becoming a fitter and happier version of yourself. Cupid has some [fitness advice](#) to help you decide on a workout routine after having a baby:

**1. Abdominal exercises:** When you are a new mom, you'll want to start out with low-risk exercises such as abdominal bracing. For this exercise, pull in your lower tummy towards your spine and brace for a few seconds. These can be done three to four times a day in reps of eight to twelve. Stop working out if you experience any pain. Physical activity is beneficial, but not if you push your body too hard too soon.

**Related Link:** [Fitness Trend: Establish a Workout of the Day](#)

**2. Pelvic floor exercises:** Another low-risk option for new moms are pelvic floor exercises. You can sit and lean slightly forward while keeping a straight back. Squeeze your pelvic muscles for a few seconds. Do these in reps of eight to twelve.

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**3. Walking:** Walking is another great way to exercise after having a baby. You can walk on a treadmill, or put your new son or daughter in the stroller. Take a nice walk around the neighborhood. Not only is it a good and safe exercise after childbirth, but it will get you out of the house for some sunshine. It's also a fantastic mood booster!

**4. Swimming:** You'll want to avoid high impact workouts. Swimming is an ideal way to exercise post-childbirth. You can exercise without any of the impacts you'll experience with something like running. You'll have fun in the water, too!

**5. Rest after your workout:** When you're a new mom, rest seems

like something impossible to come by with a newborn who isn't on your schedule. It is important to take a few moments after a workout to rest because it can help replenish your strength and leave you feeling rested and restored.

Working out safely after having a baby can improve your health and mood. Let us know some of your workout routines after having a baby in the comments below.

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## **Celebrity Workout: Take Leg Day to the Next Level like Jessica Biel**





By [Bonnie Griffin](#)

These days there are so many different diets and workout programs around it can be hard to choose one that will work for you. Well, [Jessica Biel](#) keeps her legs toned with the most intense [celebrity workout](#), doing a variation of skater squats. According to *Shape.com*, Biel “is known for taking leg day to the next level.”

**Fitness Trend: Want to up your leg game? Turn up your leg day like Jessica Biel in her celebrity workout.**

Maybe you don't have a trainer to push you to do ten sets of six intense skater squats to keep your legs toned like Jessica Biel's, but you can turn up your leg day right from home. Remember, when you are building muscle, your body can get strained, so it is important to space leg days at least forty-

eight hours apart to give things time to heal. You don't want to end up burning off the muscle you just worked so hard to gain. Here are some great leg workouts that will keep you sweating and have your legs looking like a celebrity's in no time.

**1. Goblet squats:** This squat is one you can easily do at home. According to *LiveStrong.com*, you want to spread your feet wider than your hips, and sit back until your thighs are even with the floor, then come back up. Better yet, add in a dumbbell or kettle-bell and hold it chest height as you squat. Don't have your own weights at home? No problem. Grab a gallon of water or the laundry detergent and put your strong leg game to work. For best results, try to complete at least three sets of ten reps and rest thirty seconds between each rep.

**Related Link:** [Fitness Advice: Which Boutique Fitness Studio Is Right For You?](#)

**2. Walking lunges:** Walking lunges are challenging enough that no extra weight/resistance are required to put your legs through a great workout. However, if you feel like the lunges are too easy, or you feel like you want to push yourself a little more, grab that gallon of water again and hold it up to your chest with each lung you take. You should keep your feet hip-distance apart, and step three to four feet forward with one leg and bend the other knee. Rise up and step forward to lunge, then repeat.

**Related Link:** [Fitness Trend: 5 Ways Hot Yoga Melts Away Calories](#)

**3. Step up:** The step up workout can be easily done from home. Grab a small bench or chair that is no more than twenty-four inches from the ground. Lift one leg and step up, step down, and repeat with the other leg going to the top of the chair first. If you want to add some extra "gain" to your workout, grab your dumbbells or gallon jug of water one more time.



Squats, lunges, and stepping up are all great ways to tone your legs and really take your leg days to all new heights. Let us know your favorite leg workouts in the comments below!

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## Celebrity Diet: Does Going Vegan Hurt Your Health?



By [Katie Sotack](#)

Reducing meat intake is becoming hugely popular in [celebrity diets](#). According to *Foodnavigator-usa.com* companies like

Beyond Meat are skyrocketing in sales because their branding has increased food options for vegan and vegetarian diets. This, coupled with people's growing concern over climate change, has added to the desire to reduce meat intake. However, celebrities like actress [Anne Hathaway](#) and food blogger Virpi Mikkonen on a vegan and vegetarian diet have expressed their concerns with a completely raw, plant-based diet. Mikkonen experienced early menopause. Hathaway lacks energy. Check out our [fitness advice](#) and [food advice](#) on how to remain healthy on a vegan or vegetarian diet!

## **Here's some food advice on how to follow this celebrity diet trend but also stay healthy at the same time!**

Adding raw, plant-based foods to meals have been all the rage for dieting tip articles, but to maintain a strictly vegan or vegetarian diet requires a lot of knowledge on how nutrition affects the body. Here are the facts to consider when switching up your diet:

- 1. Up your protein intake:** If you're cutting out animal products, you could be cutting out the majority of your protein source. At the start of a plant-based diet, it's important to find other protein sources in nuts and lentils. Tofu is fine but be careful not to overeat soy-based products, which contain isoflavones, and can have ill effects on the body.
- 2. There are different types of vegetarian diets:** Be sure to research different kinds of diets before you make any major changes for yourself. Some eliminate foods high in fat, like avocados, and others encourage minimal cooking. Find which diet works for you.

**Related Link:** [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

**3. Consult a nutritionist:** Not everyone can afford it, but if your insurance will cover it, contact a nutritionist. Whenever you drastically alter your diet it's best to speak with a professional to make sure all your bases are covered. If you can't afford a nutritionist or doctor's visit, make sure to do your research by checking out books on the diet you're seeking to emulate.

**Related Link:** [Fitness Advice: How to Get Your Best Booty](#)

**4. Mix and match:** Lacto-Ovo vegetarians, for example, eat only eggs and dairy produce. Pescatarians include fish. Beegans are vegans who eat honey only. There's no need to follow a by-the-book diet. If you want to enjoy a vegan lifestyle, but need to incorporate seafood to increase your energy go ahead!

**5. Listen to your body:** Above all be aware of your body. Listen to your natural instincts, if you're hungry, tired, and off-kilter in any way, adapt your diet to fit you and your needs. Everybody is different and there are no one-size-fits-all for a diet.

**Have you reduced your meat intake or gone vegan? What are your tips and tricks? Share your comment below!**

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**Fitness Trend: Hire a Certified Professional**



By [Mara Miller](#)

You might have done this: you try a new workout video, but you have no idea which dumbbell weight you should use. You aren't sure what your heart rate should be after a workout. Or, worst case scenario, you injured yourself because you overextended your muscles. The [fitness trend](#) of hiring a certified professional is on the rise. A personal trainer has specific training geared toward giving you [fitness advice](#). People of all ages can hire a professional to help them learn to get fit and stay fit.

**Check out our reasons you should consider following the certified**

# professional fitness trend!

There are many reasons to consider hiring a certified professional when it comes to getting an effective workout. Here are a few [fitness tips](#)!

**1. Accountability:** It's easy to say you're going to start working out, but then not go through with it. Hiring a certified professional will help you stay motivated. They can call you out when you try to back out of the workout and prevent you from making excuses.

**Related Link:** [Fitness Tips: Dumbbell Training for Total Body Toning](#)

**2. Expert Fitness Advice:** A personal trainer can help you attain achievable goals that will motivate you to continue your fitness journey. They'll be able to design your workouts around your current fitness ability and health condition.

**3. Avoid injury:** A certified professional will teach you the correct form when working out. They will also be able to gauge how much weight you can lift. Your workouts will be catered to maximize the benefits and to avoid over-training.

**Related Link:** [Fitness Trend: Isometric Strength Training](#)

**4. It's fun:** Working out by yourself can get boring fast when you aren't sure what you're doing. Boredom and insecurity can prevent you from attaining your fitness goals. Your certified trainer will help you stay on track!

**5. Motivation:** Your certified trainer will help you stay motivated to stick with your workout. If your trainer feels you can do it, they'll push you to do just one more rep, and then another, and then another... as long as they feel it's safe. They'll cheer you on and celebrate your fitness milestones with you, too!

Do you have other ways that hiring a certified trainer can help you attain your fitness goals? Let us know in the comments below!

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## Fitness Trend: Mobile Exercise Apps



By Megan McIntosh

It seems like there is always a new [fitness trend](#) popping up. It's hard when you don't have time to go to the gym to get down to business burning calories. So, why not embrace mobile exercise apps with this fitness advice? These apps give you

the opportunity to get a gym-worthy workout from the comforts of home.

**It can be difficult to get to the gym for our health. Cupid has the top reasons the fitness trend today is to use a mobile exercise app instead.**

Regular workouts help you stay fit and healthy. Why not embrace a mobile exercise app when you're limited on time? Cupid found some great [fitness tips](#):

**1. You don't need a huge time commitment:** Fitness mobile apps allow flexibility around your schedule. Even if you only have 20 minutes a day, you can improve your overall health by doing a quick workout to get your heart rate up.

**Related Link:** [Fitness Trend: Battle Rope Workout](#)

**2. They're free:** You can sweat it out without breaking the bank! A lot of fitness apps are free. You only have to pay if you want more customized workouts.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**3. Work out at home:** Carve out a small space in your living room or backyard and you can get a gym-worthy workout. You can also do workouts that only require minimal-to-no equipment or that are body-only workouts.

**4. Variety:** There's yoga, body-workouts, cardio, and even weights if you have some at home. Pick whatever you're in the mood for before your workout. Try popular apps like the Nike+ training club, Daily Yoga, or the Body Foundation—the creator is responsible for [Ryan Gosling](#)'s abs.

What are some fitness mobile apps you recommend? Share below!

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# 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!**