

# Fitness Tips: Dumbbell Training for Total Body Toning



By [Mara Miller](#)

If you've been looking for [fitness tips](#) and [fitness advice](#) to start a new morning workout routine, a bit of training with dumbbells may be just what you need! They can be used in everything from traditional bicep curls to incorporation with Pilates exercises like a glute bridge. Throw in some isometric exercises with dumbbells, and you'll get a true full total body toning experience.

# We've gathered some fitness tips for working out with dumbbells for a total body toning!

**1. They are inexpensive:** If you don't want to shell out the cash for a gym membership, dumbbells are a great alternative. They don't take up an exorbitant amount of space like other home-exercise equipment, either.

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

**2. It's safe to train without a spotter:** When you're working out for a total body toning with dumbbells, you don't need someone to sit with you to make sure you aren't lifting more than you can handle since you're only lifting a five or ten-pound weight (unless you feel you can lift more).

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**3. It's good for bone density:** Weight-bearing exercises increase bone density. While you are only lifting dumbbells to tone your muscles, consider that you must still lift the weights to actually reap any benefits associated with dumbbells. Bone density is important because having strong bones can prevent bone fractures and breaks later in life (or osteoporosis).

**4. Variety:** If you're not ready for *total* body toning yet and want to work your way up to larger weights, dumbbells are great because they can be used for many different things. Machines allow for movement in one direction and are too heavy; they're also intended for building muscle rather than toning. You control where the dumbbells go, so you have more choice in how you want to use them to work out your body.

**What are some of the other benefits of toning with dumbbells?**

Let us know in the comments below!

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# Fitness Trend: Battle Rope Workout



By Megan McIntosh

There's a new [fitness trend](#) in town, and it looks like it's going to stick around. The Battle Rope workout has been making the rounds in the fitness world. Celebrities like [Khloe Kardashian](#) and Naomi Campbell swear by this fitness trend as an effective total-body workout. It's an easier and faster way to have a bit of cardio in your workout.

# **Fitness Trend: The Battle Rope Workout has many benefits for the body.**

Battle Rope Workout allows your heart rate to kick up while using multiple muscle groups. Though celebs are making it popular, it's also popular because it has many benefits for the body. Cupid has some of them:

**1. It's a great core workout:** When you're using the battle ropes, you're using muscles in a different way. The abs, glutes, and back are all engaged. Looking to get your body looking great for a wedding or for warmer weather? This exercise is definitely going to help you burn calories and tone those muscles.

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**2. It's A HIIT workout:** Battle ropes are a HIIT workout. This means you can exercise for less time but with the same benefits of regular exercise. HIIT workouts are High Intensity Interval workouts. This means you are using short bursts of energy to see both anaerobic and aerobic results.

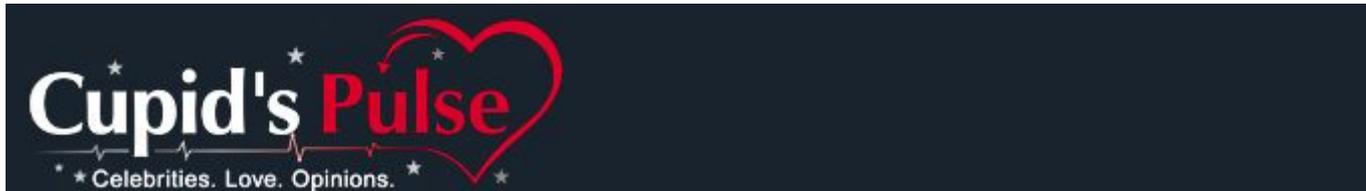
**Related Link:** [Fitness Trend: Help Your Neighbors!](#)

**3. Makes your body all around more mobile and stable:** Doing battle rope workouts requires the body to adapt and become more mobile and stable. There are a variety of moves you can incorporate into your workout and these repetitive motions allow you, as an athlete, to see improvement in your overall workout and performance.

**Are there any benefits that make you want to try Battle Rope? Share below!**

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# Top 2019 Fitness & Wellness Trends to Watch



By [Mara Miller](#)

Wellness and [fitness trends](#) are ever-changing. Unfortunately, we do have busy lives, so even though we want to brave a class at a Metaformer studio, it might be better for us to do a simpler workout with an online class. You may also be thinking more about brain health as well. We've gathered several trends for you to keep an eye on if you're looking to shed a few pounds!

# Top 2019 Fitness & Wellness Trends to Watch

**1. Isometric strength training:** This fitness trend involves working out in place. The idea behind it is to focus on the way muscles supposed to move rather than some of the intense workouts like throwing a tire. A yoga plank, for example, is considered an isometric strength training.

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

**2. The brain:** Language and math skills aren't the only things you need to work on if you want to keep your brain in tip-top shape. This year, more people are focusing on brain health—more specifically, your cognitive skills. Apps like Lumosity are geared toward brain wellness to help you keep your brain challenged.

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**3. Megaformer workouts:** Celebrities like Meghan Markle and [Kim Kardashian](#) love this machine, which appears intimidating at first sight. Megaformer studios are popping up across the country. The workout with the Megaformer is meant to challenge the body while doing Pilates.

**4. Online Workouts:** Workouts that involve being able to access instructor-led online classes have been gaining popularity lately. Online classes mean you can do the workout wherever you want, be it at your home-office, during your lunch break at work, or on your weekend getaway with your honey. It's also great if you have an erratic schedule and can't commit to classes on a set time block.

**5. Wearable Technology:** Our smartwatches, if you are willing to spend the money, can do everything from reminding you to stand during the day to monitoring your heart rate.

Smartwatches can help not only with our workouts but also wellness since they can monitor your sleep. Some people have even found heart conditions by wearing a smartwatch. So if you've been eyeing the latest Apple Watch or Fitbit, you may be justified in your purchase.

What are some other 2019 fitness and wellness trends are you watching? Let us know in the comments below!

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## Fitness Trend: 5 Ways Hot Yoga Melts Away Calories



By [Mara Miller](#)

Yoga is an ancient practice originating in India in about 3000 B.C. It's long been used as both a way to meditate and as a fitness tactic. Something that's been around for so long is no doubt effective! Now that swimsuit season is approaching, have you been looking for [fitness advice](#) to melt away calories? Well, you're in luck! Hot yoga is a [fitness trend](#) that has major calorie burning attributes.

## **Hot yoga is a popular fitness trend that burns away pesky calories. Find out how!**

**1. It allows your blood vessels to be more flexible:** Flexible blood vessels means moving more blood through your system. This can result in an instant loss of water weight and will give your skin an instant glow.

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

**2. It makes you sweat:** Sweating is good for you because it helps you flush toxins from your body that might be clinging to your system, resulting in fat burning.

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

**3. You need to drink water before and during:** Water is a natural way to keep away those pesky calories that help pack on the fat. (And you're going to need it because the hot yoga room is HOT!) Sweating will cause loss of water weight—so make sure you're hydrating, especially since some hot yoga rooms can be up to 105 degrees Fahrenheit.

**4. It raises your heart rate:** Along with expanding the blood vessels, hot yoga also helps increase your heart rate. The higher you can get your heart rate, the more calories you'll burn.

**5. More than anything, it's intense:** Yoga is more than stretching. Some sessions can last up to ninety minutes. It's *hot*. You're going to stretch and you're going to hold several positions more than once. It's more of a workout than a relaxed morning yoga session.

Do you like hot yoga? Let us know in the comments below!

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## Fitness Trend: Isometric Strength Training



By [Mara Miller](#)

Isometric strength training is a [fitness trend](#) that involves exercising in place. It focuses on the way the muscles are supposed to move with no crazy movements like tossing a tire or bouncing around. You don't even need weights to do this type of strength training—the point is to tighten up your muscles without even moving.

## Find out more about this fitness trend!

If you find these [fitness tips](#) are working, you can do some research online to find more exercises to add to your regimen. Yoga, for example, is a type of isometric strength training. Remember, the best thing about this kind of workout is that you don't need equipment to do it. Be sure to always drink plenty of water and to warm your muscles up before your workout. Here are a few poses you can try if you're interested in isometric strength training:

**1. High Plank:** Get into the top of a push-up position and hold. Be careful not to put your butt up too high or too low. Hold it for as long as you can. This is a great exercise that works out your core and back muscles.

**Related Link:** [Fitness Trend: Help Your Neighbors!](#)

**2. Prayer Pose:** If you do yoga, you probably know of this pose. You stand still and place your hands together like you're praying. Only, with this isometric strength exercise, you're actually pressing your palms together to create some force and are thereby working out your muscles. Be sure not to hold your shoulders up high because it can cause them to get too tense. This is a great workout for your chest.

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

**3. Forearm Plank:** This is similar to the high plank, but you

are holding yourself up with your forearms. Be sure with this pose not to lift your butt too high or too low like in the other position. It helps to work out your abs since you are placing your muscles in a different position.

What are some of your favorite isometric strength training exercises? Let us know in the comments below!

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## Product Review: Try Peloton and Be Your Best Self



By [Lauren Burczyk](#)

Do you dream of finding an exercise routine you can become obsessed with? Your search is over. Meet Peloton. Peloton is much more than just an exercise bike – it's an interactive experience that offers live spin classes taught by some of the most motivating athletes in the world and an encouraging community of riders that always has your back. When you clip into your bike, you immediately feel like a competitive athlete as you race with your friends on the leader board. Check out these [fitness tips](#) for a celebrity workout experience unlike any other!

## **Check out our product review and bring home your own virtual personal training bike!**

Whether you're a trained athlete, a stay-at-home-mom, or someone just looking to get in shape, this bike caters to everyone. The Peloton has benefits for all different types of people with the same goal, to be their best selves. Deciding to make this investment may be a tough choice, but it's one you won't regret. If you feel like it's time to stop making excuses and you're ready to be in the best shape of your life, visit their website to learn more about purchasing the bike.

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

From day one, the Peloton customer experience exceeds expectations. Your bike arrives in a black, shiny, Mercedes-Benz-van, adorned with a white Peloton logo. Once inside, the delivery drivers help set up your new obsession. They'll put your bike together, secure the pedals, fit your shoes to the clips, and even prepare you for your first class by demonstrating the correct posture for riding.

**Related Link:** [Product Review: The Coolest Gadgets to Achieve](#)

## [Your Fitness Goals!](#)

Once you clip in for your first ride, you'll be hooked. Your first ride may be challenging and intimidating, but rest assured you'll be invigorated to keep riding. You can choose to ride on demand or via live classes with motivating, inspirational instructors that will encourage you to try your best. The workouts you'll be engaging in will keep you active and inspire you to change your diet. We forgot to mention to keep an eye out for celebrity riders on the leader board, you never know who might be racing toward the finish line alongside of you. Give Peloton a try and we promise you won't be disappointed. You'll soon be on your way to ultimate fitness and living the healthiest possible lifestyle.

**Do you love the Peloton as much as we do? Share your experiences below.**

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## **Fitness Trend: Help Your Neighbors!**





By [Lauren Burczyk](#)

Believe it or not, you can actually get a great workout just by helping your neighbors. These [fitness tips](#) will not only have you scoring brownie points in the neighborhood, but will also help to burn some of those brownie points off. Listen to our [fitness advice](#), and help your neighbors during a snowstorm, as this random act of kindness will provide many health benefits for you. All you have to do is pick up a shovel, start clearing off their driveway, and wait to feel your serotonin levels start to rise.

**Here are five reasons why helping your neighbor is becoming the latest [fitness trend](#):**

Instead of relaxing on your couch all day during a snowstorm, try combining exercise with helping your neighbors. Shoveling your neighbor's snow will benefit both you and your neighbor, so next time it snows, lend a helping hand!

**1. Fitting the gym into your busy schedule can be tough:** There's always a good enough excuse to skip going to the gym when you have trouble finding time for it to begin with. During a snowstorm, your schedule has already been cleared for you and instead of staying cooped up indoors, it's a great excuse for getting out of the house and fitting in some exercise.

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

**2. Fitting in exercise for at least a half an hour each day is great for your health:** Since it's so annoying to get to the gym on a daily basis and you may be unsure of how to fit in other types of physical activity, helping your neighbor can greatly improve your health. Since less than five percent of people partake in exercise for a half an hour each day, it means the majority of people are at risk of developing heart disease, diabetes, hypertension, and other serious medical conditions.

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**3. Helping your neighbors doesn't take much willpower:** Since there's an actual chore that has to get done, it doesn't take much willpower to engage in this type of physical activity. It actually won't even feel like exercise because you'll be accomplishing an important task.

**4. This type of exercise won't cost you anything:** You won't have to pay for a gym membership or an expensive piece of equipment for your house, this is completely free. In fact, you may even earn a bit of cash helping out.

**5. You're providing help to people in your neighborhood who need it most:** There may be people in your neighborhood who may have heart conditions or other health problems that prevent them from shoveling snow. Start a Facebook group for your neighborhood and ask that your neighbors post some jobs they need completed. It doesn't have to be limited to shoveling,

there's other physical labor that you can do for exercise and just to help out.

Can you think of any other reasons why helping your neighbor is becoming the latest fitness trend? Comment below.

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## Fitness Trend: 5 Benefits of Pole Dance Classes



By [Lauren Burczyk](#)

When people think of pole dancing, they may seldom think that it's becoming a very popular form of exercise. While this

[fitness trend](#) is a great way to embrace your inner sexiness, it can greatly improve your quality of life and has many health benefits. Not only are pole dance classes a ton of fun, but they help to build stronger core muscles. These classes work the entire core and will work your front and back muscles equally. If you're having trouble sticking to an exercise routine because it lacks the excitement you're looking for, take this [fitness advice](#) and try a pole dance class!

## **Check out this new fitness trend! Here's five benefits of pole dance classes:**

Pole dance classes have many great health benefits. This unique form of exercise is fun and exciting. While there are many advantages of pole dancing, we have included five reasons why you need to check out it for yourself:

**1. You'll burn calories quickly:** With pole dancing, you're constantly moving, thus constantly burning calories. This is a great form of isometric and cardiovascular exercise, where you can burn as many calories in 30 minutes as you would doing aerobics.

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**2. It builds self-confidence:** Once you start to get the hang of pole dancing, you'll begin to gain mad skills. These skills will allow you to become better coordinated and more confident, in and out of the classroom.

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**3. You'll reduce your stress levels:** Exercise is proven to help reduce stress levels. Partaking in an exercise routine that's fun and exciting will relieve some of your everyday

stress. To keep stress at bay, it's important to set aside time for yourself each day, so make that time count by incorporating some sort of activity like pole dance classes.

**4. You'll become motivated to be more active:** Incorporating a regular exercise routine into your daily life is vital for your health and well-being. Adding an activity like pole dancing can help you feel happier, healthier, and more motivated. The more motivated you become from attending a class, the more likely you are to stay active throughout the day.

**5. You'll improve your sleep:** Exercise is known to promote healthier sleep habits. Physical activity like pole dancing lifts mood and reduces stress, leading to a more sound and restful sleep.

**Can you think of some other benefits of pole dance classes? Let us know below!**

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## **Fitness Tips: 7 Ways to Speed Up Weight Loss**





By [Mara Miller](#)

Do you need to shed a few pounds, but you aren't sure where to start? Weight loss can be rewarding; both in the "yes!" moment when you fit into your old college jeans and for the health benefits, including more mobility and a decreased risk in health issues.

**Losing weight isn't something that will happen overnight, but it can be kick-started under the right conditions. Here are seven fitness tips that can help speed up weight loss:**

**1. Get enough sleep:** Proper rest does a lot for your body. If you're lacking sleep, it can cause your metabolism and cortisol levels to drop, resulting in weight gain, even if

you're trying to work out and eat healthy. While you won't automatically drop twenty pounds, getting enough sleep at night will ensure that you won't eat more during the day.

**Related Link:** [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

**2. Never skip breakfast:** Skipping breakfast, or any meals, is a big no-no when it comes to losing weight. Your metabolism will slow down, you'll get hungrier later in the day, and you'll possibly get a migraine. Instead of eating a huge plate of bacon, eggs, and toast, try a smaller breakfast with a plate of fruit and a side of Greek vanilla yogurt. Or, if you're really pressed for time, grabbing a handful of grapes or another fruit for your morning commute is better than not eating at all.

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**3. Stay away from sugar:** Sugar addiction is real—especially common with refined sugars—and it's a serious problem that can pack on the pounds. Staying away from sugary drinks, cookies, and other sweet treats can help speed up weight loss since you aren't taking in the empty calories that your body doesn't know what to do with before it stores it as fat. Aspartame and other fake sugar alternatives can make you hungrier, working counter-productively to help you shed the pounds. Instead, try a natural alternative, Stevia, which comes from a plant and is 200 times sweeter than sugar. This means you need less. And the best part? It acts as a zero-calorie sweetener that you can use in coffee or bake with the next time you want cookies.

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**4. Choose healthy snacks:** It's easy to default to a bag of chips, a big old jar of french onion dip, and snack like crazy while you're binge-watching the latest season of *Grey's Anatomy* or *The Bachelor*. Instead, try a handful of peanuts, almonds, or an apple. Hummus and high-fiber crackers are a

healthy option for those heavy series-binging nights.

**5. Take care of your gut:** Did you know that the bacteria in your gut can influence your weight? Studies show that if the gut isn't healthy, then it can be hard for you to digest the foods you need to eat in order to be healthier. It can even influence when your stomach tells you if you are hungry or not, the vitamins your body absorbs, and how food is digested. Introducing probiotics to your body can have a positive effect on the bacteria in your gut. Consider consuming more fermented foods like sauerkraut or Kombucha. You can also purchase probiotics online or in your local pharmacy.

**6. Drink lots of water:** Our bodies are dependent on water. It can suppress appetite, help aid in waste removal, and helps after you've had a really intense workout, among several other benefits. The regular recommendation is to drink at least eight glasses of water a day. That isn't always easy. Here's an extra tip: you can drink tea too, and it will count as your water intake. It can also ease the dread of trying to drink so much water when you may not like to drink it plain.

**7. Keep a food journal:** Knowing exactly how much you're eating and when you're eating it can be helpful when you're trying to lose weight. While all of your fat isn't going to speed up overnight, you can track how much water and tea you're drinking, write down your favorite recipes, yoga poses, and thoughts about your weight loss journey. You can do this in a blank notebook or in a book that is specifically geared toward weight loss if you need more structure.

**What are some other tips you have to help speed up weight loss? Share your thoughts below.**

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# Fitness Trend: 5 Multivitamins Good for Your Immune System



By [Jessica Gomez](#)

Having a healthy immune system is important because the immune system is our body's defense against sickness. Vitamins that are essential to our immune system's well-being are ones like vitamin C, vitamin B6, vitamin E, Folic acid, Iron, Selenium, and Zinc. Honestly, many things can help, so you can add to this list. Don't worry though, that's where multivitamins come in. These bad boys are all the [fitness trend](#) because you get multiple vitamins in just one pill! They save you time and money and there is less pill popping, of course. In addition to these multivitamins, be sure to eat healthy and exercise

for the best results.

## Follow our fitness trend! Here are five multivitamins you can get online with a few clicks!:

As a [fitness tip](#), do things right. The following multivitamins are natural. Plus, these babies are vegan/vegetarian and cruelty free, so yes, natural and without animal products or testing. That's how you do it!

1. [Deva Vegan Daily Multivitamin & Mineral Supplement](#): In addition to these vitamins being vegan, they're also gluten free! A 90 tablet pack of 2 at Amazon.com will cost you about \$18.00 – not bad! The formula is enriched with green whole foods, vegetable powders, and special herbs to help give your immune system a boost. Also, these multivitamins emphasize vitamin B12 and Iron! Take a tablet daily with food.

2. [Mega Food's One Daily multivitamins](#): This multivitamin, according to their site, "supports optimal health and well-being." What vitamins does this product feature? Beta Carotene, as well as vitamins C, E, and D, to name a few. You can take these pills anytime of the day and on an empty stomach – convenient! Get a bottle of 30 for \$22.00 on their site.

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3. [Pure Vegan Advanced Vegan Multivitamin](#): These possess folic acid, along with vitamins C, D, and E. You have to take two of these pills daily. You can get 60 capsules for \$21.00 by clicking on the link.

4. [NoorVitamins Adult Gummy Multivitamins](#): These apparently

taste great and contain vitamins C, E, and Zinc to help maintain your immune system. It also has vitamin B to boost your energy. Lastly, it's fruity; who doesn't like fruity flavors? You can buy a 90 capsule bottle from Amazon.com for about \$18.00.

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5. [Gummi King Sugar-Free Multivitamin Supplement](#): These are gummies! We had to throw a multivitamin in here for kids, who do not like pill popping of course. You get a variety of flavors: strawberry, lemon, orange, grape, cherry, and grapefruit – that's what we're talkin' about. To make these even better, they're sugar free! You can get a bottle of 60 from Amazon.com for \$12.00.

**Which multivitamins are you looking to try? Comment below!**

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## **Fitness Tips: Incorporate Superfoods in Your Diet**





By [Ivana Jarmon](#)

As the end of the year approaches we often want to start the new year by getting our bodies back in shape. A great way to get fit is to insert superfoods into your diet. Superfoods are a new way to offer the maximum nutritional benefits for minimal calories. They're packed with minerals, vitamins and antioxidants. Cupid has some [fitness tips](#) to help you incorporate super foods into your diet.

## **Check out these fitness tips on how to incorporate superfoods in your diet:**

**1. Make a smoothie with spirulina:** Spirulina is a blue green algae powdery substance, rich with nutrients, that prevents damage and stress to the body. It's not the easiest thing to add in your diet, so why not make it into a smoothie.

**Related Link:** [Fitness Trend: Get Motivated in Group Classes](#)

**2. Add nuts to your pesto:** Traditionally pestos are made with pine nuts, but you can add more (toasted) tree nuts in your sauce. By doing this, you up the amount of the antioxidants making your meal even healthier.

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**3. Use pure maple syrup in salad dressing:** If you need to add something sweet to your salad, go for something more natural like pure maple syrup. It's high in polyphenols, which can increase brain function and health.

**4. A pinch of nutritional yeast on popcorn:** Nutritional yeast is a B-complex vitamin and is an easy way to boost nutrients like folates, zinc and niacin into your diet. By putting it over popcorn instead of butter for flavor, it will taste like parmesan cheese.

**5. Just add blueberries:** Blueberries are low in sugar and packed with anthocyanins, also a anti-inflammatory agent. Blueberries can be added to any breakfast such as oatmeal and pancakes etc.

**Where are some Superfoods you can incorporate in your diet? Share your thoughts below.**

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## **Fitness Trend: Establish a Workout of the Day**





By [Courtney Shapiro](#)

If you are busy throughout the day, it can be difficult to establish a solid fitness regiment. A popular [fitness trend](#) right now is to set up a workout for each day. These workouts can be something different everyday; for example, Monday can be strength training, while Thursday can be more aerobic type exercises. Planning a workout every day will definitely help you get on the right fitness track.

## **In fitness trends, check out why you should establish a workout of the day.**

- 1. A routine is a good way to achieve accountability:** Plan a workout for each day and keep track of what you accomplish that day. The workouts you plan can change from day to day, but giving yourself a way to stay in shape everyday can help improve your accountability.

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**2. Helps with organization:** A lot of people use planners or calendars to keep track of the events going on in their daily lives. Use these tools to plan a workout as well. You can easily create a time where you will workout, and planning for the same time can make you more organized because working out will be something you expect in your routine.

**3. You'll feel good about yourself:** If you're able to get even a little exercise in throughout your day such as a short walk or weight training, you'll probably start to feel pretty confident. Working out has many benefits including better sleep, stronger metabolism, and boosted self esteem.

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**4. You can inspire others:** Once you start telling your friends or co-workers that you workout every day, they may be inspired to join you. You might even be able to start working out together and incorporating a partner workout into your routine.

**5. Your health will improve:** If you workout every day, your stamina and metabolism are sure to improve. You will also prevent yourself from certain diseases or medical problems that can arise if you are unhealthy.

**What are some of the benefits of incorporating a daily workout into your routine? Let us know in the comments!**

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## **Fitness Trend: Get Motivated**

# in Group Classes



By [Ivana Jarmon](#)

The catalyst for change is often due to a new year approaching and a little thing called New Year's resolutions, a tradition in which millions of people take stock in their lives to make positive changes. An example is making the decision to get in better shape through exercise. But, we know that it's easier said than done. We can all relate to the promise we make at the beginning of the new year. An excellent way to motivate yourself to stick to your fitness-related resolution is by joining a group class. Group fitness classes have many benefits such as structure, motivation, proper form, and variety. Cupid has some [fitness tips](#) on what classes you should take this coming year.

# Fitness Trend: Check out our top five favorite group fitness classes!

**1. Cardio classes (The Art of Strength):** This is a circuit of strength-based exercises using kettlebells, logs, and ropes. Twenty-second micro-sets are followed by one-minute rest periods. It's intervals at their finest.

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**2. Pilates:** What you should expect is a traditional core-building Pilates exercise with arm and leg work courtesy of a wall unit and a magic circle.

**Related Link:** [Hack Your Way to Frugal Fitness Workouts with These Tips](#)

**3. Dance classes (Ballet):** Class starts with a gentle barre warm-up, but quickly progresses to long, brain-teasing movement phrases with challenging footwork and lots of weight and direction changes.

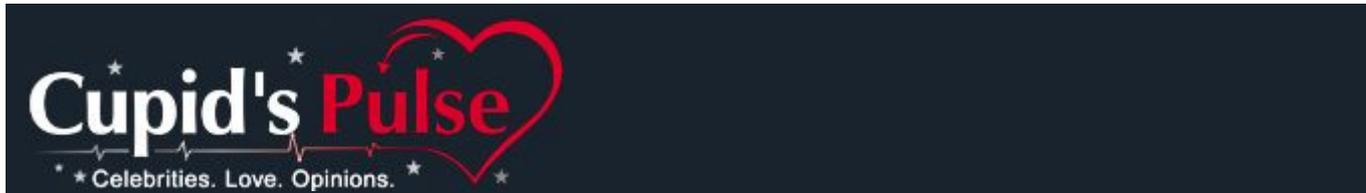
**4. Martial arts classes (Kick Boxing):** Boxing improves coordination helping to burn calories and boost your energy. It's a form of martial art that combines boxing with old-school cardio stunts like jump roping and jogging with muscles building ab work.

**5. Yoga classes:** Yoga focuses on using postures to build balance, strength, and flexibility. What you should expect are some yoga poses and other spine-expanding moves.

**What are some group fitness classes to start of the new year right? Share your thoughts below.**

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# Fitness Trend: 5 Best Workout Apps



By [Courtney Shapiro](#)

In today's society, it can be pretty difficult to make it to a physical gym. Workout apps are a huge [fitness trend](#) right now that will help you save time and money. You can still burn calories and sweat from an at-home app workout; you just have to find what works best for you.

# Check out which workout apps will get you the best results.

**1. PEAR personal fitness coach:** The free version of this app offers a wide variety of workouts and intensities that adapt to your personal fitness level. It also includes packages and coaches that gives you hands-free audio-based guidance.

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**2. Workout Trainer:** A good thing to have in a workout app is versatility. In this app specifically, you can pick from the step-by-step video or audio workouts, or you can create your own routines. The workouts range from gaining muscle to conditioning training, as well as other options.

**3. Aaptiv:** Unfortunately this training app is not free, but there are over 2,500 different types of workouts in various class styles that are offered. Workouts can be configured for distance, duration, intensity, or calories burned.

**Related Link:** [Fitness Trend: Cold Therapy](#)

**4. Freeletics Bodyweight:** This app requires nothing, but your body. The routines cover an array of muscle groups as well as fitness levels, and uses no outside equipment. Step-by step routines are also provided.

**5. Nike+ Training Club:** The workouts featured on this app are designed by professional athletes and celebrities. Workouts focus on strength, endurance, or mobility and offer three levels of difficulty. Users can also share photos after their workouts, and progress with the Nike+ Community.

**What are some of your favorite workout apps? Let us know below!**

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# Product Review: A Runner's Essential Product Guide



By [Ivana Jarmon](#)

If you're new to the running world, or newly addicted, there is so much out there in terms of running tips that you can use to improve your [fitness](#) routine. That being said, having the right running gear is essential to becoming an experienced runner. In this [product review](#), Cupid explores the newest fitness must-haves for beginner runners.

# Product Review: Check out some of the best products for beginner runners.

**AZIO HEARA Headphones, \$89.99**



AZIO HEARA headphones

Anyone who runs knows that headphones are a necessity! AZIO HEARA headphones are the new must-haves in the world of running. The headphones are tuned hybrid drive with a structured hi-resolution earphone. The dynamic woofer provides a rich bass and precise mids, while the ceramic tweeter creates a clear high-range harmonic. The earbuds are also known as gaming earbuds that were designed to match up with the AZIO retro classic gaming keyboard. AZIO HEARA headphones are JAS hi-res certified to give you a studio-grade sound reproduction of every detail and wide frequency range. Just imagine running with that kind of sound reverberating in your ears.

**Related Link:** [Product Review: Back-To-School Products For Kids Of All Ages](#)

**Tart Cherry Juice Concentrate, \$12**



Stoneridge Orchards  
Tart Cherry  
Concentrate

Stoneridge Orchards Tart Cherry Juice is not only refreshing and delicious, but it also provides great health benefits. It's rich in nutrients like potassium and iron and provides a high amount of anthocyanins, which promote anti-inflammatory processes in the body. As a beginner runner, your body experiences a lot of aches and pains. Taking Ibuprofen is unhealthy in quantity and can cause more issues if you choose to keep taking it. This juice helps with maintaining hydration, blood pressure and muscle recovery, as well as digestion. It helps fight inflammation and arthritis pain and boosts immunity. Plus, it helps regulate your metabolism, fights fat and blocks cancer growth. This is just a portion of what it does. Stoneridge Orchards Tart Cherry Juice Concentrate is all-natural and allows you to recover sooner without having to take ingest chemicals that may do more harm than good.

**Related Link:** [Product Review: YouTuber Heather Marianna's Created ORganic Beauty Line, Beauty Kitchen](#)

**3. Smooth Feet by Legendary Apothecary, \$35**



<https://www.legendaryapothecary.com/store/smooth-feet-subscription/>

If you have dry feet, rough heels, and have tried a variety of creams and lotions that just don't work. then Smooth Feet is for you. The oil is an old recipe that will leave your feet hydrated and smooth. The product uses organic ingredients and prevents evaporation of water from the surface. Smooth Feet doesn't use any synthetic fragrance, toxic chemicals, artificial colors, animal derived ingredients or preservatives. It only has three USDA certified organic ingredients: vegetable glycerin, pure lavender oil, and sugar cane alcohol. The old-world recipe was passed down from co-creator Sara Saidy's grandmother, Masy. All it takes it's a few drops to get Smooth Feet.

Make sure to check out more of Cupid's [product reviews](#).

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# Hack Your Way to Frugal Fitness Workouts with These

# Tips



Achieving a toned, fit body does not have to break the bank. Yoga and Pilates classes, personal trainers and gym memberships are not financially realistic for all people. For parents, going to the gym means having to worry about childcare, therefore adding another expense. Just because you don't have a fat wallet does not mean you can't get buff. The following are budget friendly at home [fitness tips](#) from Gerald Mayes, a certified fitness trainer with [www.vshred.com](http://www.vshred.com)

## Here are the hacks:

**Use soup cans for weights.**

Gerald Mayes says that "You can do any triceps or biceps exercise at home using cans of soup that you'd do at the gym

with dumbbells. To properly gauge the weight, don't go by the ounces listed on the can – that's liquid weight. Instead, weigh the cans on your scale to figure out the poundage that's best for you."

### **Use jugs as weights.**

Fill a household bucket or jug with water (or sand, rock salt, or powdered detergent) and secure the top with duct tape. Lift it up and down in front of you as you do squats.

### **Substitute paper plates for body sculpting equipment.**

"The key here," Gerald says, "is to use the plates to help your body slide on a carpet. This allows you to do body sculpting moves that would ordinarily require workout equipment. You can do the sliding lunge (put the paper plate under one foot and lunge forward). Try simulating skating to work your butt and thighs – just attach the plates to your feet with rubber bands and slide away. Or, get down on all fours, put the plates under your hands, and use them to work your chest by sliding your arms back and forth."

### **Substitute a counter-top for a push-up bench.**

In most homes, at least one counter-top, either in the kitchen or the bath, is the right height for a push-up. Put both hands on the counter-top, extend your legs behind you at an angle, lean down into the counter, and then push back up.

**Related Link:** [Fitness Trend: Online Workout Classes](#)

### **Substitute pantyhose for resistance bands.**

"Almost any exercise you can do with a resistance band, you can do with old pantyhose or tights," says Gerald. For example, sitting on the floor with your legs straight, loop a pair of pantyhose around the balls of your feet and pull back with both hands as if you are using a rowing machine.

## **A fitness ball.**

Sometimes called a stability ball, looks like a large beach ball. You can do many core exercises, including abdominal crunches, with a fitness ball. You can also use a fitness ball to improve your flexibility and balance.

## **Kettle-bell**

A kettle-bell is a round weight with the handle attached at the top. A kettle-bell can be used to do strength-training exercises and to help improve grip strength. Kettle-bells are available in many sizes.

## **Jump-ropes.**

Skipping rope can be a great cardiovascular workout.

**Related Link:** [Fitness Advice: How to Use Resistance Bands](#)

## **Resistance tubing.**

These stretchy tubes offer weight-like resistance when you pull on them. Use the tubes to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.

**Chair or step stool.** Use a chair for support when doing exercises such as leg curls. A low, sturdy step stool can become exercise equipment if you use it for step training – an aerobic exercise resembling stair climbing.

## **Towels**

Make your waist-whittling planks more effective with towels says Gerald . Take two and place them under your hands or feet, then move forward, backward and sideways.

## **Clean Sweep**

This one's easy: You can burn 80 calories every 20 minutes of

sweeping. Pull out the broom and get to sweeping every corner of your house or apartment. How's that for multitasking?

### **Laundry Twist**

Gerald says, "Sit next to a full basket of laundry and twist to grab an item from the basket. Twist to the other side to lay it on a pile. Continue until your laundry is finished."

### **Become a member of an online fitness platform**

Vshred.com guides users to the very best program for their body type and fitness goals while giving them some amazing tips they can use that day in a video and then offers them a program that's perfect for them if they don't want to do it themselves.

[Take the V Shred Quiz Here.](#)

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## **Fitness Trend: Reaching New Heights in Aerial Classes**





By [Courtney Shapiro](#)

Aerial classes are currently a super fun [fitness trend](#). These classes are also known as aerial yoga or anti-gravity, and use suspended ribbons to achieve a workout. There are various types of aerial workouts including ones with silks, ropes, lyra, which is a steel ring attached to two ropes straps, hammock, as well as conditioning. The classes are usually small and help people work on the aerobic and conditioning skills in an innovative way.

## **Check out why Aerial Fitness classes can be beneficial for your body and why you should try this fitness trend**

**1. The workout is fresh:** If you're tired of the same routine, you should try Aerial classes. This acrobatic style class will probably get you out of your comfort zone, but will also help

with balance, as well as strengthen your muscles.

**Related Link:** [Fitness Trend: Cold Therapy](#)

**2. Muscle toning and strengthening:** The classes use a lot of upper body and core strength since you have to hold yourself up on the ribbons. The ribbons can support up to 1,000 pounds and can be used with any body type.

**3. Improves Posture and Flexibility:** The workout is made up of more free movements, and the suspension from the ribbons helps to release tension in the muscles.

**Related Link:** [Fitness Trend: Online Workout Classes](#)

**4. Learn new skills:** These classes teach how to balance your body while in the air. You can also try workouts with rings, trapeze elements, and three dimensional movements.

**5. Aids mental health:** The aerial classes help with focus as well as rebuilding emotions. The trendy workout releases stress and helps to combat future negative energy.

**Would you try an aerial fitness class? Let us know below!**

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## **Fitness Advice: How to Get Your Best Booty**





By [Jessica Gomez](#)

It's time to get off your butt and make it the best one you've ever had! We are in the age of the booty and a lot of us want a celebrity body. Hard work pays off, and combining a healthy diet with exercise is key – no surprise there. Eat plenty of protein and good fats (like avocados, nuts, beans, etc.) and veggies (broccoli, spinach, and other greens). Combine that with some killer workouts, and you're well on your way to your best booty! You'll be building muscle, toning, and shaping. What are some of the best workouts you should consistently do for your bum, you ask?

**Well, here are six workouts to start doing on the daily that will work out the different parts of your booty. Let's change our daily**

# routine and get the butt we deserve with these [fitness tips](#)! :

If you'd like to include break days and not do these everyday, you can most definitely do so. It all depends on what your body is used to. You should always push yourself, but not beyond your limits. Remember to pace yourself and always stretch for about five to 10 minutes before exercising:

1. [Squats](#): These bad boys workout your thighs, hips, and butt. Make squats your best friend. You can try starting with 20 to 50 squats the first day (depending on your current limit). After that, each day, you can add five squats. You can increase the number of squats from five more to ten more gradually. Just pace your progress. Like mentioned before, make sure to push yourself, but don't stress your body.

2. [Donkey Kicks](#): These are great for the bottom of your butt, your lower back, and legs. Aren't butt workouts wonderful? They workout multiple body parts simultaneously! Make these your best friend, too. These should be easier than squats, so aim to do more of them.

**Related Link:** [Fitness Trend: Online Workout Classes](#)

3. [Marching Hip Raises](#): Guess what these workout? Besides your butt, they workout your hamstrings and abs. Talk about shaping your booty and your bod! Try to do as many as you can and start from there. Everyone can do it at their own pace. Just remember, the more you workout (at a healthy rate of course), the faster the results. Again, please make sure not to strain your body aka your temple.

4. [Glute Bridges](#): Working your abs and butt, these babies should be included in your exercise routine. It's a strengthening move that will help your core. They can also improve your posture. Hey, for some of us, this can be a way

to ease ourselves into yoga!

**Related Link:** [Fitness Advice: How to Use Resistance Bands](#)

5. **[Side Skaters](#):** This move works out all of the above: your butt, thighs, hamstring, and core. It's both an essential part of your butt workout and it provides you with good cardio. They can be pretty fun to do once you get out of a lazy mood.

6. **[Lunges](#):** These are famous, but can be a pain. Remember, it's all about consistency and making these exercises practically a habit. They workout your hips, quads, hamstrings, core, the hard-to-reach muscles of the inner thigh, and your glutes. You can do lunges at the gym, in your room, [on the stairs](#), etc. Speaking of stairs, if you can, take them. [Walking up stairs](#) is a fabulous exercise because it works so much out, including your rear end, of course!

**Your best booty is on its way! Are you as excited as we are? Share with us your favorite butt workout below!**

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## **Fitness Trend: Acai Bowls**





By [Courtney Shapiro](#)

Acai bowls are a super yummy indulgence [fitness trend](#) right now. The bowl is made from the acai berry, a super fruit originally hailing from Brazil. The berry gets pureed and takes on a sorbet-like texture as the base of the bowl. The puree can then be blended with other fruits, or left as is. As a finishing touch, it then gets topped with anything ranging from oatmeal to fresh fruit, or different types of obscure food items including chia seeds or bee pollen. The combinations are endless, but the health benefits from eating these are also worth checking out.

**Check out why Acai Bowls are beneficial for your health and are the latest fitness trend.**

**1. Full of nutrients:** Acai berries are pretty unique because they have a high fat content, but are super low in sugar. They also have vitamin A, calcium and a bunch of important

minerals.

**Related Link:** [Fitness Trend: Cold Therapy](#)

**2. Loaded with antioxidants:** Without antioxidants, free radicals in our body can damage cells as well as lead to further diseases such as diabetes or heart disease. The acai berries have three times the antioxidants as blueberries, and are definitely good for you.

**3. Good for the skin:** The oils in the acai berry have been used by the Brazilians for years to achieve younger and healthier looking skin. By eating the berries, your body is able to get rid of old or unwanted skin cells faster.

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**4. Improved digestion:** These berries can help you clear out unwanted toxins, and are also a great source of fiber. They can help keep your digestion regular and will improve your morning energy as well.

**5. Brain function is boosted:** Acai berries are full of various plant compounds that can prevent brain damage as you grow older. This super food can also improve memory and learning.

**What is your favorite way to eat an acai bowl? Let us know below!**

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## Fitness Trend: Cold Therapy





By [Haley Lerner](#)

Cold therapy, or cryotherapy, is one of the coolest (pun intended) [fitness trend](#) going on right now. Cold therapy is when you apply something frozen or cold to an area of your body to treat pain. There are various methods of cold therapy, such as icepacks, ice massage, whirlpools, ice baths or coolant sprays. We've got some reasons why cold therapy is one of the best ways for managing pain.

**Check out our [fitness tips](#) on why cold therapy is a great pain management option for you!**

**1. Pain relief:** Cold therapy is a great pain relief option instead of pain relievers. Cryotherapy can reduce swelling and sensitivity to pain. Cold therapy is very useful directly following an injury, as it constricts blood vessels to reduce blood flow to the area, limiting inflammation and muscle spasms.

**2. Burn fat:** By exposing yourself to the cold, you activate brown adipose tissue, or BAT. BAT helps produce energy and oxidize fat in muscle tissue. By using cold to activate BAT, your body generates heat, raises your metabolism and burns off fat.

**Related Link:** [Fitness Secrets: Chia Seeds Are the Superfood You Need In Your Life](#)

**3. Be more alert:** Nothing wakes you up more than a cold shower. Cryotherapy can be a great option to help you focus and stimulate your mind to be more awake during the day.

**4. Better your mood:** Some studies show that cold therapy can actually increase your mood. Since there are a high density of cold receptors in the skin, a cold shower can actually send a huge amount of electrical impulses from peripheral nerve endings to the brain. This can then result in an anti-depressive effect.

**Related Link:** [Fitness Tips: How to Stretch In the Morning](#)

**5. Increased immunity:** Cold therapy can apparently help your immune system, as thermal stimulus to cold gives your body an increased tolerance to stress on your body. So, your body is better equipped to handle any diseases thrown at it.

**Have any more reasons why to try cold therapy? Comment below!**

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## **Fitness Trend: Online Workout Classes**



By [Haley Lerner](#)

We know the dilemma: you seriously need to hit the gym, but you have absolutely no time to make it there. Nowadays, who doesn't have a totally busy schedule? Plus, who has the money to pay for an expensive gym membership that you might never use? Luckily, we have the perfect solution for you. Online workout classes are the hottest new [fitness trend](#) that are totally convenient and will give you the [celebrity body](#) you've been dreaming of. We've got the perfect online workout classes that will get your body sweating.

**Join in on the hottest new fitness trend with some of these online**

# workout classes!

**1. Ballet Beautiful:** Looking for some dance-inspired workout routines? Look no further than Ballet Beautiful, a website created by professional ballerina and celebrity trainer Mary Helen Bowers (who also trained Natalie Portman for her role in *Black Swan*). The website offers live, interactive online classes along with pre-recorded videos. All of the workouts are ballet inspired and help build your muscles and improve your posture. You can buy a monthly subscription to the workout videos or pay individually for a class.

**2. Blogilates:** Casey Ho hosts Blogilates, an online Pilates class full of fun music and challenging workouts. Ho also shares diet and nutrition tips, so Blogilates can be the perfect health and fitness class all-in-one!

**Related Link:** [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

**3. Tone It Up:** This online fitness site is free and comes loaded with health and fitness resources for you. Subscribe to the site for weekly workout schedules, daily workouts, motivational messages, health advice, workout tips, and recipes. You can also download the Tone It Up app on your phone.

**4. Booya:** This is a streaming service that offers you an unlimited supply of 30-minute fitness classes, including yoga, bodyweight training, kickboxing, boot camp-style classes and any other of the latest workout trends. Plus, only costs \$10 a month.

**Related Link:** [Fitness Tips: How to Stretch In the Morning](#)

**5. Peloton:** This online workout also involves purchasing a pricy physical fitness bike, so it is an investment, but it definitely can be worth it. Peloton is an indoor cycling bike

that includes a screen attached to it to stream daily live classes to your home. Plus, you can also access pre-recorded classes at all hours of the day.

Know any more awesome online workout classes? Comment below!

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## Celebrity Workout: Take a Swing with Boxing



By [Haley Lerner](#)

Ever feel like your workout routine has got you in a rut? It sounds like you need to try out something new. Luckily, we've

got the perfect fitness trend for you: boxing. Boxing is a great workout that so many celebrities love, such as [Kim Kardashian](#), Adriana Lima, Karlie Kloss and [Kendall Jenner](#). Boxing is the perfect [celebrity workout](#) to let out your anger and get a great workout in. Read our [fitness advice](#) on why you need to head straight to the gym and sign up for a boxing class right now.

## Check out our fitness advice and see why boxing is the perfect new workout for you!

**1. Burn a ton of calories:** One reason why boxing is a great workout is that it burns a huge number of calories. Boxing increases your heart rate and engages multiple muscle groups to burn anywhere from 700 to 1500 calories per hour.

**2. Total body workout:** Another reason why boxing is so great is that it engages your entire body. Punching while boxing engages your upper body, core, hips and legs.

**Related Link:** [Fitness Trend: Break A Sweat With Piloxing](#)

**3. Stress relief:** Boxing can also be an incredible method of stress release. If you're stressed about work, your family or anything else, you can take out your frustration on a punching bag. Boxing is a healthy outlet for getting through your aggravation.

**4. Incorporates high intensity interval training:** HIIT is fat-burning method that spikes your heart rate, followed by a period of short rest, then intense working out again. Boxing totally incorporates HIIT and helps your burn fat way more than a regular cardio workout would.

**Related Link:** [Fitness Trend: High Intensity Interval Training](#)

[\(HIIT\)](#)

**5. Gives your brain a workout:** Boxing isn't just a physical workout, but also tests your brain! When you box, you have to focus on using proper technique and following your combinations. Boxing requires both mental and physical exercise and helps you build way more skill than a regular workout.

**Have any more reasons why boxing is such a great workout? Comment below!**

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## **Fitness Tips: Form A Work Out Squad**





By [Haley Lerner](#)

Sometimes motivating yourself to hit the gym can be pretty tough. Exercising alone can be intimidating and it's difficult to get yourself to actually do it and get the [celebrity body](#) you've been dreaming of. That's why forming a work out squad is the perfect solution to all your problems. With a group of other people to work out with, you can't simply bail out on going to the gym and will have others to help motivate you. Luckily, we have the [fitness tips](#) to help you find others to work out with.

## **Check out these fitness tips on how to form a work out squad:**

**1. Assemble your members:** The first step to forming your squad is finding members to join it. Recruit friends of yours who enjoy working out and ask them to invite their friends. The more, the merrier! If you have a smaller circle of friends, post in local fitness Facebook groups that you are looking for some buddies to hit the gym with.

**2. Choose your work out style:** Now it's time for you and your group to figure out what method of working out you want to do. Will it be yoga, Pilates, spinning, kickboxing or something else? Find out what your members are interested in doing and take it from there.

**Related Link:** [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

**3. Make a plan:** Once you know what style of working out you and your squad are going to do, set up a schedule of when you all are going to work out together and what your overall goals are. Signing up for a work out class that you have to pay in advance for can help make sure your members are actually going to show up to scheduled work out sessions.

**4. Keep in touch:** It's important that as a group every person stays up to date with each other regarding when they're hitting the gym. Create a texting group chat or Facebook group so all members of your squad can talk to each other and make plans.

**Related Link:** [Fitness Tips: Mediate and Practice Breathing](#)

**5. Have fun:** One of the best parts of forming a workout group is that you can make new friends and get closer to old ones. To get the group closer and make your work outs together better, set up times to hang out after gym hours. Hit up bars, have movie nights and have fun with your squad!

**Have any more tips on how to form a work out squad? Comment below!**

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# Fitness Secrets: Chia Seeds Are the Superfood You Need In Your Life



By [Haley Lerner](#)

With summer starting, we know you're looking for some [fitness secrets](#) to help you get that [celebrity body](#) you've always desired. Chia seeds are the answer. Chia seeds are a popular superfood that can be easily added to many recipes without affecting the taste of your food. The chia seed is dense with nutrients and provides energy, promotes healthy skin, reduces signs of aging, supports the heart and digestive system, and builds stronger bones and muscles. This amazing seed has high levels of omega-3 and omega-6 fatty acids, soluble fiber, potassium and antioxidants. So, now's the perfect time to add

chia seeds to your diet to help improve your physical fitness and health.

## **We know you're wondering how to implement this superfood into your diet and life. Here are some ways to include chia seeds in your meals:**

**1. Top it off:** Chia seeds are the perfect healthy topping to add to any salad, yogurt or oatmeal before you hit the gym. Sprinkle some seeds on top of your meal right before you eat for that added kick of nutrition.

**2. Chia smoothies:** We know your favorite healthy treat is a cold fruit smoothie, so why not throw some chia seeds in to make it even healthier? Add about one tablespoon into your mixture before blending it all together.

**Related Link:** [Fitness Trends: Shakes & Smoothies](#)

**3. Use them for baking:** Every health nut loves the occasional sweet treat. To make your muffins, cookies, pancakes and other sweet stuff healthier, throw some chia seeds into your mixtures before baking. They will add a nice extra crunch to your treat.

**4. Snacks:** Many food stores sell pre-made chia snacks, such as chia-packed energy bars. Throw one of these into your purse or gym bag so you always have a healthy treat to snack on.

**Related Link:** [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

**5. Incorporate them into your beauty routine:** Chia seeds are also great for the outside of your body as well! A chia scrub is the perfect exfoliant that will leave your skin feeling

smooth and bright.

**Have any more ways to use chia seeds? Comment below!**