

# Fitness Advice: How to Use Resistance Bands



By

[Jessica Gomez](#)

Resistance bands are a great workout tool that help you get a killer workout in by using your own body weight. They're elastic stretch bands, and if you don't have weights at home, resistance bands are a good alternative. There are benefits to using them as well, aside from working out your full body. They include maintaining stability throughout your movements and using multiple muscles at once. Also, they're inexpensive, easy to carry around, and easy to store.

Here's a [workout tip](#): Incorporate

# resistance bands into your workout or use them solely for specific exercises. Try the following exercises to get that celebrity workout type of routine in:

Resistance bands can help you workout any part of your body from your legs and arms to your back and booty. Start your light strength training to help you get that celebrity body you want this summer. Here are five workouts to try with them:

1. [Ankle jumping jacks](#): Simply place the band around both ankles and stand in quarter squat position. Once you're in position, jump and bring your feet out and in – that's one rep. You can do 20 of these or more. This is a good butt exercise. Also, remember not to jump too high, and land straight on your feet, not toes.

2. [Standing glute kickback](#): This is another butt workout to get your booty looking great this summer. Again, simply place your band around your ankles. Next, shift your weight onto your one of your legs and move your other leg backwards and up a little, like a donkey kick, but not as high. Continue doing this motion for 20 reps or more and then switch to the other leg. You can rest your hands on your chest or hips.

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3. [Bicep and tricep workout](#): Hold each side of the band, each in one hand. Place the other part on the floor and step on the middle with both feet. To workout your bicep, pull up with each hand toward your chest. For triceps, bend over with your back straight, looking at your feet. Then push your arms down and backwards. Now get ready for sculpted arms this season.

4. **Leg press:** Extend the band around your back and around the outside of your shoulders. Next, lay down with your back on the ground and your legs at a 90 degree angle (knees pointing at you), then put the rest of the band under your feet. When finally in position, push your legs back and forth (knees toward your chest and then outward, back and forth). Do 20 reps or more. This will work on your quads.

**Related Link:** [Celebrity Fitness Secrets: Funky Exercise Fads](#)

5. **Kneeling back row:** This exercise will target your outer back. Secure the band around a door or pole first. Then plop down on your knees and pull the band back with your arms until they're by your chest, squeezing your shoulder blades as you do it. Return to starting position while controlling the resistance, and repeat. You can 20 reps or more.

**Which body part/s are you trying to work on this summer? Comment below!**

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## **Fitness Tips: How to Stretch In the Morning**





By

[Haley Lerner](#)

Waking up in the morning can be tough, especially if it's early! A great way to increase your energy levels is to start your day by stretching. Stretching is proven to prevent injury and relieve pain by increasing your range of motion, taking pressure off of your joints, and preparing you to exercise so you can get that [celebrity body](#) you've been dreaming of. It also improves circulation to your muscles, helping your body recover faster. Plus, it helps to relieve stress so you can unwind and calmly start your day. But, while stretching in the morning, you want to make sure you're doing it right! We've got some [fitness secrets](#) to help you stretch properly in the morning.

## Check out these fitness tips to help you stretch the right way!

**1. Warm up:** Before you start stretching, it's important your body is ready for the task. If you stretch right when you wake up, you have an increased risk of getting injured. This is because while you're asleep, your spine swells with fluid, so it's vital to warm up first to prevent muscle strain. Try

doing jumping jacks or walking around your home for 10 minutes to get your body ready to stretch.

**2. Form a routine:** If you want to make stretching a part of your daily schedule, putting together a routine will make the practice easier to manage. Find what muscles in your body feel tight and target those areas. Creating a routine means doing the same stretches daily, therefore increasing your flexibility in those focus areas.

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**3. Don't hold your breath:** When stretching, it's important you aren't holding your breath, as this will result in your muscles tensing. Instead, try to relax and focus on exhaling longer than you inhale. The breathing itself will help calm you, and it's sometimes helpful to practice deeper breathing by meditating as well.

**4. Make sure you're not in pain:** While a subtle pulling sensation can be good and show that you are properly stretching your muscles, you want to make sure you don't feel any sharp pain. If you feel a significant amount of pain, it's important to stop what you're doing. You definitely don't want to injure or irritate a problem area.

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**5. Cool down:** After stretching, it's important to give your body a rest. Drink some water to replenish your body and focus on stabilizing your breathing. You'll feel much looser, which is the goal, but wait a few minutes before plunging into your workout routine.

**Do you have any additional tips for stretching in the morning? Comment them below!**

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# Fitness Tips: Meditate And Practice Breathing



By

[Jessica Gomez](#)

Meditation is a technique where deep breathing is used to clear your mind and relax you. It's something that we can all benefit from. People who believe in meditation usually meditate anywhere from five to 30 minutes a day. If you're just starting out, you can begin with five minutes and gradually increase the time. There are many different types of meditation and ways to go about it, so it's important to do research before you start practicing.

# Meditating is a great [fitness tip](#) due to the positive effects it has on the mind and body. Here are several healthy benefits:

Meditation consists of regular deep breathing and specific breathing practices. This is what contributes to the following beneficial effects:

**1. Reduces stress:** When our bodies experience stress or threat, they respond with a “fight or flight” response. The adrenaline rush we endure increases blood pressure and pulse rate, and produces faster breathing and increased blood flow to the muscles. When we meditate, it produces a relaxation response, which is the exact opposite from the “fight or flight” response – a state of deep relaxation where our breathing, pulse rate, blood pressure and metabolism are decreased.

**2. Promotes emotional health:** A study in the journal *Perspectives on Psychological Science* noted that there are several benefits of mindfulness on symptoms of anxiety and depression and its ability to improve sleep patterns. It points out, “Compared with novices, expert meditators’ brain activity diminished in anxiety-related regions – the insular cortex and the amygdala – in the period preceding the painful stimulus.”

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**3. Slows aging:** A small and growing body of evidence suggests that regular meditation can indeed slow aging, at least at a cellular level, according to an article in *The Guardian*. A study published last month found that long-term meditators had a reduced inflammatory and stress response to psychological

and chemical stressors in the lab compared with a control group. This would seem to mean that if we counter the effects of stress with meditation, we can indirectly slow cellular aging.

**4. Can decrease blood pressure:** Meditation techniques appear to produce small yet meaningful reductions in blood pressure either as monotherapy or in conjunction with traditional pharmacotherapy. Transcendental meditation and mindfulness-based stress reduction may produce clinically significant reductions in systolic and diastolic blood pressure. What a great natural way to achieve what most use medicines to treat!

**Related Link:** [Celebrity Fitness: 5 Basic Yoga Poses by Celebrities](#)

**5. Good for your immune system:** Since your immune system responds to both negative and positive thoughts, meditation creates a positive mental environment for the immune system to flourish. A study from ScienceDirect showed a reduction of pro-inflammatory gene expression in older adults.

**What are some other things that meditation can help with? Share your thoughts below.**

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# **Product Review: The Coolest Gadgets to Achieve Your Fitness Goals!**







By

[Rachel Sparks](#)

In this [product review](#), Cupid explores the newest [fitness](#) gear to help you fully engage in each workout. The innovative technology will encourage you to conquer those summer fitness goals while you work towards building that [celebrity body](#)!

## Product Review: Workout Technology for Every Fitness Need

**Related Link:** [Product Review: Gripbell for a Full Body Workout](#)

### 1. [PowerGear Sound](#)



PowerGear Sound. Photo courtesy of mycharge.com

Have you ever been at the gym, your muscles pumping to a great rhythm and then your bluetooth headphones die? It's a real buzzkill to your workout. PowerGear has designed a case that both protects and charges your headphones! It's compatible with both of PowerGear's headphones and regular earbuds. With 1400mAh battery capacity, it adds 14 times extra battery to your headphones.

For only \$39.99, it includes the case and a micro-USB charging cable. It's the perfect size to fit in your pocket or gym bag at 4.3 inches by 3.7 inches by 1.9 inches. It weighs less than half a pound, so it's virtually unnoticeable. The 4.9 star rating and 93% suggestion rate, we're excited to get our own for our next workout!

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## 2. [WeCoup Cold Roller](#)



Chryosphere. Photo courtesy of [recoupfitness.com](http://recoupfitness.com)

Far more important than your workout is what you do post-workout. Serious injuries can happen if you don't care for your muscles after a gym session. This cold ball is the perfect tool for your recovery needs! Toss out those foam rollers and ice packs because the Cold Roller is everything in one tool. Filled with 3.4 ounces cooling gel, it is safe for travel and can hold its chill for up to six hours after only two hours in the freezer. It's reusable and comes with a hard shell for holding.

The design combines traditional rolling techniques with cold temperatures to help muscles to release metabolic waste and reduce inflammation for a quicker recovery time. With the cover on, it's just about the size of a baseball, so it's an easy addition to your gym bag. Priced at \$39.99, it's a great investment into your muscles' health. You can also buy the ball without the cover for \$19.99.

**Love these fitness must-haves as much as we do? Hurry up and click buy on your phone for the best workout of your life!**

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# Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout



By

[Jessica Gomez](#)

We all wish to be fit, but for many of us there is always something getting in the way somehow. Whether it be our lack of motivation or lack of time – where there is a will, there is a way! Getting an early morning workout in should be a goal we all put on our list. There are many benefits to working out in the morning. “But I just don’t have the time!” many of us say. Well, enough is enough– it’s time to learn the celebrity fitness secrets that can help you put your game face on in the morning. Follow this piece of workout advice: you don’t have to work out for two hours; you can work out for a short time each morning, but the key is to do a mix of workouts quickly.

# **It's time to achieve that celebrity body, so here are a few celebrity fitness tips to ensure that you start working on yourself first thing in the morning by doing what Hollywood trainers advise:**

**To get a butt like [Jennifer Lopez](#):** J. Lo gives 500% when working out, according to her trainer David Kirsch. And that's what we have to do – give it our absolute all. In addition, Lopez combines cardio with strength training to tone that booty and those thighs. A couple of workouts that are easy to include in your morning routine are squats and donkey kicks, which will tone your butt and can even build it overtime! Create a personalized mini morning routine with sets and circuits, adjusting it daily or every other day. Ideally, you can start with five sets of 10, totaling in 50 squats and 50 donkey kicks per leg.

**To get arms like Cameron Diaz:** Like Jennifer Lopez, Diaz is highly dedicated to a fit lifestyle and also does strength training with cardio. Moves to tone up your arms that you should add to your morning workout are plank push-ups, triceps dips, and bicep curls. Get on the treadmill also to help burn off fat. Create a personalized mini morning routine with sets and circuits for this as well, adjusting it daily or every other day to gradually increase.

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**To get abs like [Gwyneth Paltrow](#):** Building great abs is more about overall body training than just spot training. You can definitely include workouts like crunches, curl ups, and sit ups to your routine however. But do not exclude Paltrow's

workout tip from her trainer Tracy Anderson: [Goop, an ab workout circuit](#). Let the sweating begin, and let's expose those abs we have hidden!

**To get legs and thighs like Beyonce:** Obviously dancing plays a part in her great bod, so let's dance to tone and shake the pounds off. In addition, you can add jumping lunges and pelvic lifts to your morning workout like Queen B does to tone those thighs. Doing a few sets of 10 in the morning, gradually increasing the set number or doing more than 10, will help.

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**To get an overall toned physique like Shakira:** It seems like the key to everything is cardio and strength training intervals, because guess what, yes – Shakira does it too, according to her trainer Anna Kaiser. Simple exercises you can add to your morning routine are jumping jacks, jogging/running, and lifting some weights (no, they won't get you muscular like a body builder).

**Which of these are you excited to include in your new morning workout routine? Share below!**

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## **Fitness Trend: Break A Sweat With Piloxing**





By

[Carly Horowitz](#)

Imagine a world where fitness gurus combine the intricate skills of boxing with the flexibility of Pilates. Well, you don't have to imagine anymore, because we are living in such a world! Allow us to reveal the latest [fitness trend](#): Piloxing. People around the globe are partaking in this cool new workout.

## **Piloxing is a fitness trend that will get you feeling sexy and powerful!**

There are a multitude of ways to work your body in order to achieve the fitness level you desire. This piloxing movement is striving to target both the mind and body by inspiring everyone to reach their fullest potential.

**Here are some benefits to this exciting fitness trend:**

**1. Burn up to 1200 calories per hour:** Not only is this workout fun, it also works to burn an abundance of calories so you can be rocking your summer body in no time!

**2. Improve cardiovascular ability:** This amazing workout will enhance the transportation of oxygen to your muscles from your heart, lungs, and blood. It truly strives to improve your overall well-being.

**3. Strengthen and lengthen muscles:** Piloxing isn't designed as a workout to help you get buff. It works to lengthen your muscles for a lean, toned look while still gaining plenty of strength.

**4. Improve balance and posture:** By practicing piloxing, you will gain agility as well! So many different aspects are added into this workout so that it serves as such an inclusive total body experience.

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The ornate mixture of both pilates and boxing works to combine grace and power. A touch of dance is even added in! The movements are meant to empower everyone and exhibit that you can be elegant yet strong during this workout. Look into where piloxing is offered near you and try it out!

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

If you live in New York City, try visiting the Piloxing Studio at Adelante Studios or Bally Total Fitness. If you reside in the LA area, check out the Real Ryder Cycling Studio on San Vicente Blvd.

You can even purchase a piloxing DVD or search for some fun piloxing YouTube videos. Work those muscles!

**Do you want to try out piloxing? Comment below!**



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# Fitness Trends: Shakes & Smoothies



By

[Jessica Gomez](#)

Shakes and smoothies are delicious ways to stay healthy because of all the nutrients they provide and the fact that they keep your body hydrated. You can get healthy shakes and smoothies at cafes and juice bars or make them at home with a juicer. Many celebrities juice and drink smoothies to nourish the body, mind, and spirit. Among them are [Jennifer Aniston](#), Jessica Alba, [Blake Lively](#), and [Kate Hudson](#).

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

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

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

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

Making smoothies with water is the healthiest option because you cut back on calories and just get pure deliciousness full of health benefits. [Here](#) are some scrumptious smoothies and

juices that celebs incorporate into their celebrity diets. Paired with nutritious meals, smoothies and juices are a yummy addition to a healthy lifestyle.

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

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## Fitness Secrets: 5 Simple Tips to Stay Healthy



By

[Jessica Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick

is to find easy ways to stay healthy without the struggle – isn't that the dream? There are simple healthy habits that even fit celebrities take on.

**When it comes to staying or becoming healthy, there are things you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:**

**1. Get enough sleep:** Eight hours should be your aim. Getting enough sleep is not just about not being tired. Sleep offers so much more than that! It helps you think clearly and improves your productivity, while also reducing stress and improving your mood. You are less likely to get sick as well, and can lower your risk for heart disease and diabetes. So, make the time!

**Related Link:** [Active Wear Inspiration to Kick Start Your Workout](#)

**2. Drink lots of water:** It's extremely good for you! Up to 60% of the human body is water, so that goes without saying that it's important to stay hydrated. Hydration has major effects on brain function, energy levels, and physical activities. Water is also good for many other things including healthy skin. Many celebrities drink water religiously, among those are [Kylie Jenner](#), [Kim Kardashian](#), [Jennifer Aniston](#), and Cameron Diaz. And you can tell that it works!

**3. Get a massage to boost immunity:** Who doesn't love massages? What a wonderful and pleasurable way to stay healthy! Studies

have found that a 45-minute massage can cause an increase in white blood cells that fight bacteria and viruses. And of course massages reduce stress and muscle aches – and feel amazing! \*Books massage\*

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**4. Small workouts:** including stretching. Walk as much as you can, take the stairs, and take time to stretch throughout the day. If you want to kick it up a notch without a full blown workout, then try jumping jacks and/or jumping rope. Simple, right? Consistency is key. After a while of being consistent with small workouts, your body will get used to it and then you can up your standards and up your game!

**5. Meditate:** Probably everyone has heard of the relaxing and stress-reducing effects of meditating. It just chills you out! But wait, there's more: studies have shown that people who practice yoga or meditation long-term had much more "disease-fighting genes" present! Mind over matter, right? Take at least 10 minutes of your day to clear your mind and take deep breaths. You will see the changes pretty soon! Celebrities like Oprah Winfrey, [Angelina Jolie](#), and Eva Mendes are among many who meditate.

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Not everything has to be super hard, like we assume celebrity fitness to be. Make these five fitness tips into habits, and watch how they affect your health. It's game time!

**What are some easy fitness tips you swear by? Share below!**

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# Celebrity Style: Active Wear Inspiration to Kick Start Your Workout



By

Christine Rudolph

You're probably familiar with the infamous New Year's mantra "new year, new me." People everywhere use (and sometimes overuse) this phrase to help motivate and achieve the goals they have set. For some, the "new me" entails hitting the gym to get that toned body many of us desperately desire. But we all know that making a resolution is one thing and abiding by it is a whole different ball game! We all need the right amount of inspiration to stick with such momentous resolutions – and cute active wear certainly helps! Gone are the days when workout clothes were incredibly dull and boring. Now you can attract everyone to your newfound style mantra based on active wear. Not only will you stand out from the crowd, but you will

also look as good as some of your favorite fit celebrities!

**Here are some of our favorite celebrities that have awesome workout clothes! You don't want to miss out on these bits of [celebrity style](#):**

**Selena Gomez:** Selena Gomez has been making [celebrity news](#) recently since getting back together with Justin Bieber, but what is even more ravishing than that is Gomez's choice of active wear! Gomez was recently spotted leaving a hot yoga class sporting blue Puma leggings with an oversized white sweatshirt with spotless white sneakers. The bright blue leggings added a chic pop of color to her mostly-white outfit, and she looked ah-mazing! We don't blame her for turning up the heat at yoga class his winter.

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**Gigi Hadid:** Gigi Hadid makes working out look so, so glam! Her active wear ensembles are just as cute as the outfits she wears on the runway. She is frequently spotted strutting down the street of whatever glamorous city she's in, wearing the cutest work out clothes. A recent standout of Hadid's included a chic sports bra paired with an oversized zip-up jacket, and silver metallic fitted leggings. Hadid definitely doesn't sweat when she exercises, she sparkles!

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**Rihanna:** Rihanna isn't all just songs and dance as this diva is more feverishly known for her new beauty line and her fashion choices! Being a global icon is not a small deal, but

Rihanna's confidence in her outfit choices shines even when she has on active wear. One standout in particular was a matching Alexander Wang long-sleeved crop top and leggings. She even amped up her look with some red-hot lipstick. Rihanna is your go-to girl if you aspire to create the perfect look to make those jaws drop down to the ground!

Take notes from these celebrities and make this year be the one that you stick to your resolutions, and look great doing it! Your future self will thank you.

*Christine Rudolph is an enthusiastic dreamer and a workaholic to achieve that. She is a blogger, writer, state level badminton player, and technology freak. Currently, she is associated with [Sophie & Trey](#), an online clothing boutique and a team of style conscious millennials. For all updates, follow her [@RudolphBlogger](#) and become friends with her on [@Facebook](#).*

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## Product Review: Gripbell for a Full Body Workout







By

[Rachel Sparks](#)

*This post was sponsored by Gripbell.*

Post-holidays means extra weight for most of us. With Spring followed by Summer right around the corner, the pressure to get your body back in shape is rising. Gripbell is the perfect accessory to add to your workout routine when you're practicing Cupid's [fitness tips](#) and trying out those latest [celebrity diets](#)!

**Check out our product review to help you get that dream celebrity body!**

Whether you're at home starting your workout routine for New Year's Resolutions, an experienced lifter, or recovering from an injury, Gripbell is designed to be both safe and versatile for your workout needs. The design features soft edges make it safe to use, prevents injury, and its ability to lay flat makes for an easily transportable workout for at home, at work, on the road, or on vacation.

What started as a Kickstarter project, Gripbell was officially released in June 2017. This new workout product offers a range of workouts that encapsulates the full body. With interchangeable weights ranging from three to twelve pounds, it's perfect for any body and virtually any age.

**Related Link:** [Celebrity Fitness Secrets: Funky Exercise Fads](#)

The revolutionary design combines the concepts of traditional handheld gym equipment, such as dumbbells, kettlebells, and medicine balls all into one device! Simplify your workout space and your workout routine with just one piece of equipment! Don't worry; if you love the way [Jessica Biel](#) looks after her famous kettlebell workouts, Gripbell can do the same!

The versatility of Gripbell is what makes this trendy piece of equipment so successful. It can be used to simplify workouts because it's three pieces of equipment in one. It can intensify your workout and is well suited for cross-training, physical therapy, weightlifting, or even interval training sessions. Add Gripbell to workouts where you wouldn't normally have weights. Challenge your yoga, Pilates, or water aerobics routine by adding this flexible and water-safe product!

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If you're recovering from an injury, Gripbell is safe for you to use. It is regularly added to physical therapy sessions and rehabilitation plans because of its safety and versatility in use and weights.

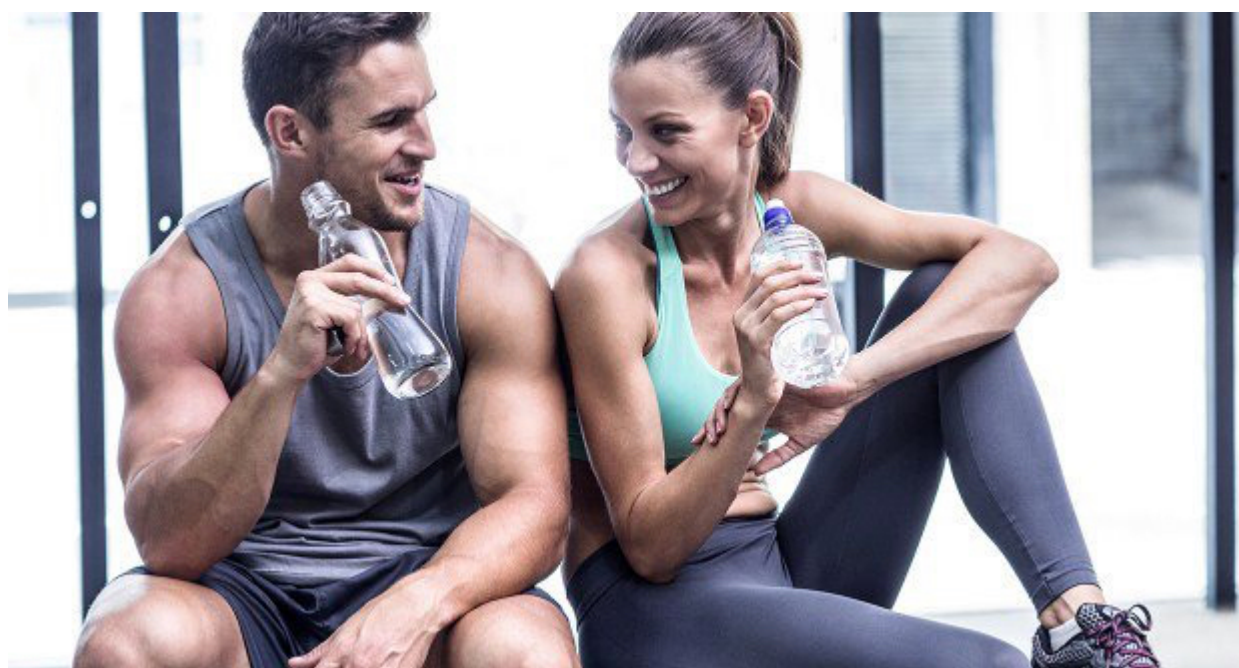
Do you need another reason to add Gripbell to your gym essentials? When you purchase your very own set, Gripbell sends full body and muscle specific training videos that were developed by experienced fitness instructors. It's the perfect way to start or refine your workout routine! A full set costs \$245, or you can purchase single Gripbells based on weight,

the three pounder starting at \$45. It's a worthwhile investment for your home gym!

We've fallen in love with the way Gripbell has changed our workouts and we can't wait for you to feel the same! Are you ready to buy your own? Check out their website at [Gripbell.com](http://Gripbell.com) or [Facebook](#) page!

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## Fitness Tips: How to Keep the Beer From St. Patrick's Day Off Your Hips



By

[Rachel Sparks](#)

St. Patrick's Day is upon us and we need to prepare our

bodies. Let's be honest, the Irish have a stereotype for a love of drinking and St. Patrick's Day is no exception. If we're being honest with ourselves, we're going to join in on the fun. So soon after the New Year and our resolutions dangling over our heads, the biggest question is how we can have fun without failing our fitness goals? Cupid's [fitness tips](#) are our secret to you.

## **Cupid's fitness tips will help keep all your St. Patrick's Day fun from sticking to your hips!**

**1. Eliminate carbs:** This is a given. If you know you're about to be ingesting a lot of green beer, and the pretzels that come along with them, just make sure that you've balanced your intake. Cut back the days before and days after. Generally speaking, you don't want too many carbs anyway, but a little moderation will help balance that green beer you're going to have.

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**2. Limit portions:** Like any dietary recommendation, rationing portions helps. Smaller meals more often is a much better alternative for your body than a few large meals. Don't starve your body; the extra calories from holiday celebrations will send a message to your starving body to store them while they can.

**3. Watch caffeine:** Caffeine is a jittery high compared to the sleepy lows of alcohol. Be careful to not get stuck in a cycle of highs and lows that make up drinking and too much caffeine. In addition to the energy chaos, both alcohol and caffeine are diacritics. Sounds delicious? Yeah. Both will upset your stomach and mess with your sleep. Monitor caffeine or find

kinder alternatives than coffee, such as tea or mate.

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**4. Work out routine:** If you've been sticking with your resolutions we imagine that you already have a great work out routine. Make sure you stick with it before and after St. Patrick's day. It's much easier to maintain than it is to recover, so don't stress about working out more in order to lose the extra beer weight, just tick with your normal routine to avoid packing it on.

**5. HIIT:** This is extreme. If you're ready for intense workouts with burn and fast results, this is it. High intensity interval training is a celebrity fitness trend that really works. Queen Latifa, [David Beckham](#), and [Carrie Underwood](#) are proud of their hot bods thanks to HIIT, so as a great fall back to get your butt in gear, HIIT will be saving your hips from St. Patrick's day.

**How do you plan on keeping the beer weight off? Share your tips below!**

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





By

[Rachel Sparks](#)

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

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

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

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

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

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

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

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

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

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

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

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## **Celebrity Fitness Secrets: Funky Exercise Fads**







By

Christine Rudolph

While it may seem as though celebrities keep their exercise routines mum, occasionally we're able to snatch their [fitness secrets](#). While some stick to the standard gym routines, machines, and weights, others have some very interesting ways of getting fit. Leave it to celebrities to find super interesting workouts that help achieve perfectly toned bodies! If you're looking to workout like a celebrity and achieve a fit [celebrity body](#), then some of these exercises might be for you.

**Bored of your routine gym workouts? Check out some of these celebrity fitness secrets that will change the way you workout!**

**1. CrossFit:** CrossFit has taken the fitness world by storm over the years, and is one of the most rigorous workouts out there! This super popular workout combines a multitude of exercises such as cardio, weights, and kettlebells in a short 45-minute timespan. Quality trumps quantity; your results

aren't determined by how much time you spend in the gym, rather, by how hard you work out. [Jessica Biel](#) is a huge fan of this regimen – and judging by her perfectly chiseled body, she certainly isn't intimidated by its intensity!

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

**2. Piloxing:** As you may have guessed, Piloxing is a high-energy combination of Pilates and boxing. Celebrities such as Vanessa Hudgens, [Hilary Duff](#), and Ashley Tisdale are all fans of this recently popularized fitness routine. The workout is focused on building the core and muscle toning, which ultimately helps build strength and endurance. Piloxing is also a huge calorie burner – you can burn 900 calories in just an hour!

**Related Link:** [Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers](#)

**3. Barry's Bootcamp:** If you've ever wondered how [Kim Kardashian](#) has achieved her post-baby slim downs, her fitness secret is Barry's Bootcamp. Each class utilizes a combination of resistance training with elastic bands, kettle bells, and body bars, as well as cardio. Barry's Bootcamp has been voted "The Best Celebrity Workout" by many fitness magazines and other publications, so you're guaranteed to have a solid workout with each class session!

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

**4. Belly Dancing:** Belly dancing is a super fun workout that has been around for quite some time! In the celebrity realm, it has become pretty popular among A-Listers like Shakira and [Beyoncé](#). The sultry dances target the abs and sculpts the hip area. Bonus: you'll learn to move muscle groups in your body that you never knew existed, too!

**5. Hula hooping:** Would you have ever guessed that one of your favorite childhood past times would come back into popularity as an adult? Hula hooping tones your entire body! Zooey Deschanel has embraced hula hooping fitness classes, because they target everything from your core, to your arms and legs. The best part is that it doesn't feel like a workout at all! If you're intimidated by exercise, this one's for you!

*Christine Rudolph is a passionate lifestyle blogger who loves to write about current trends. She is a featured author at various authoritative blogs. Currently, she is associated as a blogger for [Hourglass Express](#), providers of quality waist trainers, belly bands, and other weight loss products. For all updates, follow her [@RudolphBlogger](#) and become friends with her on [Facebook](#).*

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## **Fitness Tips: Stick to Your New Year's Resolutions**





By

[Rachel Sparks](#)

All of us have our body quirks with our bodies – things we don't like about ourselves. While it's important to accept who you are as you are, we also recognize that investing in yourself helps self-esteem. If exercise is a priority, you'll reap so many rewards beyond how your body looks. Cupid knows how hard it is to keep up a strong exercise routine, and we're here to help. Here are our [fitness tips](#) to keep your routine rocking!

## **Read on for Cupid's fitness tips to achieve those New Year's resolutions!**

**1. There's an app for that:** There's an app for anything, so look out for any of your specific needs! There's apps for fitness that give you a sense of community right on your phone. You can track calories, workouts, miles walked, etc. with other apps. Some apps help you meal plan, interpret labels, and compile shopping lists. There's an app for any need you have to keep you motivated and on track for your

resolutions.

**Related Link:** [Fitness Tips: The 5 Best Apps to Help You Stay on Track](#)

**2. Classes:** Let's be honest; working out a gym sucks for most people. As much as we want to workout, if we're pulling on a machine all day it's hard to stay motivated. Fitness classes have become so much more fun. To stay on top of your resolutions, find a class that interests you! There's aerial fitness, dance classes, yoga, crossfit, bootcamps...you name it, it's out there.

**3. Friends = accountability:** Who is holding you to your goal? Is anyone motivating you, asking about your progress, celebrating your wins? Self-discipline only goes so far. On the days when you're feeling unmotivated, having a partner who is responsible for kicking your butt in gear is necessary. Prevent any breakdowns by assigning a friend to be your accountability partner. If you can rope your love into a workout, not only is it more accountability, but there's tons of couples workouts to rock to like Elsa Pataky and Chris Hemsworth for an energizing [date night](#).

**Related link:** [Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers](#)

**4. S.M.A.R.T. goals:** Have you heard of these from school or work? As annoying as these goals seemed at the time, it's a practical approach to personal goals as well. S.M.A.R.T. means "specific, measurable, achievable, realistic, timely" goals. Is what you're asking of yourself something you can track your progress and achieve in a reasonable amount of time? If not, break down a bigger goal into smaller steps so you can feel great about progress and keep building to that bigger dream.

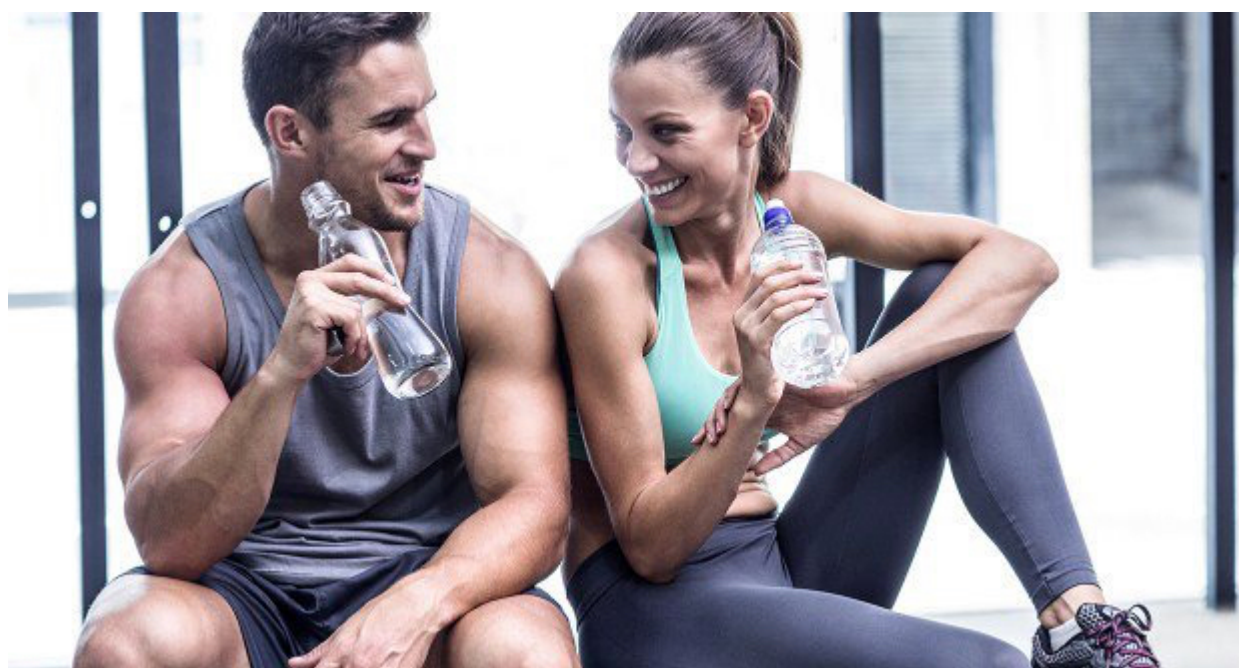
**5. Recognize aches and pains:** How does this help you achieve your goals? When you overdo it, your body will react negatively. You may seriously injure yourself. Learn how to be

aware of your body and recognize when it needs a break. It's better to rest for a day than to lose your goal completely from an injury. Remember, your goal is to better yourself; it's a lifelong process. You don't have to push yourself to achieve an Olympian's body in a few months. Commit for a lifetime. Commit to yourself.

**How have you bested your demons and achieved your New Year's resolutions? Share your advice below!**

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## **Fitness Trend: High Intensity Interval Training (HIIT)**



By

[Karley Kemble](#)

One of the hottest [fitness trends](#) of 2017 and now 2018, high

intensity interval training (HIIT) is a great all-over workout and really maximizes your calorie burn. Loved by celebrities such as [Guiliana Rancic](#) and [Carrie Underwood](#), this popular workout type uses a series of intervals at rapid intensities to condition your body in a shorter period of time. Seriously: you only need to dedicate 30 minutes for each workout. Whether you're an on-the-go mom or a bride-to-be, you should give HIIT workouts a try. You'll find it's the perfect workout that'll give you the results you've been searching for – regardless of whether you're a newbie or a fitness guru.

**Still not sold? Check out some of the benefits of this popular [celebrity fitness](#) trend that include more than just maximizing your calorie burn:**

**1. It promotes fat loss and muscle gain:** Cardio is excellent for your heart as well as an great way to burn fat. Most HIIT workouts will have an element of weight training built-in, so it is truly an all-inclusive exercise regimen. You'll be in killer shape in no time because of the combination of cardio and muscle building!

**2. It's perfect for busy schedules:** Let's face it – we are all busy and overexert ourselves. If you think you don't have enough time for a consistent exercise routine, it's time to stop making excuses! HIIT workouts are all about burning calories in a short period of time. All you need to do is spare 15-30 minutes and give it all you've got. Trust us, the results will amaze you!

**Related Link:** [Up and Coming Fitness Trend: Indoor Rowing](#)

**3. You don't need equipment:** You don't need to spend money on

fancy equipment or gadgets. HIIT is all about getting your heart rate up, and keeping it up throughout the workout. You can easily tailor your workout to fit your current needs and fitness goals without the added tools.

**4. It's gets you out of your comfort zone:** Because of the intensive nature of HIIT, you are constantly pushing yourself out of your little comfortable bubble. HIIT exercises are a lot more fast-paced than 30 minutes on the treadmill or elliptical, so you'll find that your stamina will build at a quicker rate, too.

**Related Link: Fitness: [5 Amazing Workout Tips from the Best Celebrity Trainers](#)**

**5. You can do it anywhere:** If you have a gym membership you can check to see if they offer HIIT classes, or you can make-do in the comfort of your own home! There are tons of videos online that you can follow along with – just make sure you follow the directions so you don't injure yourself.

**Have you tried out HIIT? What do you like about it? Let us know below!**

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## **Fitness Tips: 6 Ways to Avoid Putting on Extra Holiday Pounds**







By

[Karley Kemble](#)

The holidays are a wonderful time of year filled with lots of reasons to celebrate. With so many parties and gatherings, it's easy to break away from healthy habits, and even easier to add numbers to your scale. While holiday weight gain is usually inevitable, you can put up a good fight. How cool would it be to say you actually *lost* weight after the New Year hits?

**If you're worried about gaining weight during the holidays, check out these [fitness tips](#) that'll help prevent the scale from climbing. After all, Cupid doesn't believe in keeping fitness secrets.**

**1. Workout in the mornings:** In most cases, parties are held in the afternoons or evenings, so if you're heading to an evening shindig fit in some exercise in the morning. Starting your day off with fitness really sets the whole tone for your day and

will make you more conscious of the foods you put in your mouth. You also are less likely to feel guilty about treating yourself to grandma's homemade gingerbread cookies!

**2. Walk after dinner:** It doesn't seem likely that you'll leave early from a holiday party and head straight to the gym. There is some good news – you can still get those Fitbit steps in. Start a new family tradition and go on a good walk around the neighborhood. While it may not be the most intense cardio workout, it still counts for something. Plus, you can bond over all the houses decorated for the holidays!

**Related Link:** [Dating Advice: How to Avoid Holiday Weight Gain!](#)

**3. Take advantage of commercial breaks:** If you find yourself glued to the T.V. for all the holiday specials and every new Hallmark Christmas movie, the couch potato life can really take a toll on your weight. Utilize the 15+ minutes of repetitive ads, and turn your living room into a mini home gym. You can do a ton of exercises – crunches, pushups, jumping jacks – the list is really endless! Find what works for you and go for it. By the end of the movie or show, you'll have a decent workout in.

**4. Snack beforehand:** Never go to a party hungry! When the "hanger" kicks in, it's almost impossible to control yourself. Make sure you eat a little something beforehand, so you don't become ravenous. You'll be more mindful of what's going into your mouth and will significantly reduce the chances of a regrettable binge eating episode.

**Related Link:** [Dating Advice: Don't Be Afraid to Sparkle During the Holidays–Even If You Are Single](#)

**5. Bring a healthy dish:** While there is a bit of uncertainty with the menu at a party you're invited to, your host/hostess will definitely appreciate some extra help. No matter what you're asked to bring, there is always opportunity to put a healthy spin on a dish. That way, you know at least one thing

is a good choice. Don't be worried about people skipping over your dish because of your modified recipe, most people can't even taste a difference.

**6. Plan, plan, plan:** What's great about the holidays is that you can prepare your action plan beforehand. The big holidays fall around the same time every year, so you know what to expect. Eat healthily in the days leading up to a holiday party, and fit in workouts around your busy schedule. Establish as much consistency as you can – breaking the routine is what causes you to stray and will cause weight gain.

**How do you manage your weight during the holidays? Share in the comments below!**

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## **Fitness Tips: 5 Couple Exercises That Are Worth the Sweat**





By

[Rachel Sparks](#)

Now that the holidays are over, we're no doubt regretting some of those holiday treats we consumed. The cold keeps us in, the sweets come out, and we're juggling between moments of extreme stress and joy with friends and family so our eating habits are erratic at best. Right after that came the new year with the promises we made to lose the weight we gained over the past couple of months. Let's break that cycle *now* by taking a cue from [celebrity couples](#) like [Jennifer Lopez](#) and Alex Rodriguez and start working out with our S.O's.

**The hottest fitness tips start with you and your partner breaking a sweat together.**

Working out makes us feel great about ourselves, but make it even better by doing it with your partner. Celebrity couples who work out together boast of strong bonds with their partner. There's nothing but good reasons to exercise with your partner, so grab them up off the couch and get going!

**1. Hiking:** We're starting easy and free (usually). If you or

your partner are new to the exercising world, hiking is a great way to cheat the mind into thinking you're not working out. You can control your path, mileage, and speed so it's a great way to get into shape with a motivating view.

**Related Link:** [Let Your Partner Be Your Inspiration to Getting and Staying Fit](#)

**2. Kayaking:** Another way to trick those who hate traditional exercise into getting active involves another outdoor sport—kayaking. Most rental kayaks offer an option to share a two-butt kayak. It's a great workout for the arms and it challenges your communication and teamwork.

**3. Rock Climbing:** Let's keep it safe and stick with indoor rock climbing gyms until that confidence and strength has built up. The latest celebrity trend involves rock climbing gyms, but beware that there's a fair amount of trust involved. Your partner usually holds onto the rope that keeps you secure as you climb. When your arms start shaking, there's no better feeling than your S.O. cheering you on.

**Related Link:** [Celebrity Interview: Celebrity Trainers Sebastian and Danielle Lagree Talk Famous Clients, Relationships, and Love](#)

**4. Kick Boxing:** Don't do this when you're mad at your S.O. Or at least, don't miss the bag as you throw your anger-fueled upper cut and knock your partner in the teeth. It's a great way to relieve stress and learn self-defense in addition. Take turns on the offense and defense and offer each other constructive criticism. Hot celebrity couple Chris Hemsworth and Elsa Pataky are known to practice kick boxing together.

**5. Yoga:** Yogi's make intense positions look effortless, but be warned: there is a fair amount of knowledge and practice that goes into this sport. Couples who practice together help strength fine-tune muscles and flexibility. Bonus: you can do some really cool aerial tricks together. [Adam Levine](#) and his

wife Behati Prinsloo have been pictured holding plank together. And yes, holding your favorite position is an integral part of yoga.

How do your workout with your partner? Share your ideas below for fitter couples!

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## Celeb Workout Tips to Get the Perfect Beach Body



By

[Ashleigh Underwood](#)

Everybody wants to look their best and be as healthy as possible. When summer rolls around, this means trying to achieve the perfect summer beach body. Our favorite celebs seem to look beach ready year round, but how do they do it?

What do their workout routines and diet plans look like? Celebrities are always showing off their fitness methods and are eager to share new ideas!

## **Dying to learn how to get the perfect beach body this summer? Check out these awesome celebrity workout tips!**

**1. Mix it up:** When you first start working out, you tend to stick to the things you know. You go running every day, or you spend all your time lifting weights. Singer Ellie Goulding says the key to her workout is mixing up her routine! Spend one day at the gym doing cardio, another day go try boxing, and a different day lifting weights. As long as you have variety, you will never get bored.

**2. Update your diet:** One of the simplest and most effective ways of improving your health and fitness is to enhance your diet. Cut out unhealthy things like sugar and sweets and add more protein to your meals. Performer [Calvin Harris](#) achieved this when he showed off his daily breakfast. Each day, he makes a mouth watering, egg white omelette with smoked salmon and spinach. His routine is a perfect example of how you can eat well and still have it be delicious!

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

**3. Get a partner:** When you're having a bad day or feeling as unmotivated as ever, you need someone to help pick you up. This is when having a workout partner comes in handy. Celebrity power couple [Beyoncé](#) and [Jay-Z](#) are known to workout together whenever they can. While she is running, he might be on the bikes, but either way they are there supporting each

other and working towards their goals!

**4. Do something fun:** Getting fit doesn't always have to mean spending countless hours in the gym. Instead, follow the advice of [Nick Jonas](#), and do things you actually enjoy. For him, this means playing sports and getting in his cardio instead of spending an hour on the treadmill. This is extremely useful for people who don't enjoy the atmosphere inside a gym. You get to do things you enjoy, get outdoors, and even incorporate your friends.

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

**5. Incorporate daily life:** If you lead a busy life and can't find spare time to go to the gym every day, simply add little workouts to your daily life. Iggy Azalea's advice is to make squats and sit ups as important as brushing your teeth. Taking five minutes out of your night right before you go to bed can make a huge difference in the long run!

**What workouts work best for you? Comment below!**

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## **Fitness Tips: 5 Most Effective At-Home Workouts**







By

[Melissa Lee](#)

When you're trying to maintain a healthy lifestyle, getting to the gym all the time can get a little tough. If you have a busy day-to-day schedule, sometimes doing your workouts at home may be the way to go. Don't worry about getting a decent workout in, though – check out a few of these at-home exercises to ensure you keep your healthy habits going.

**Head below to check out some fitness tips: most effective at-home workouts to do when you're too busy to get to the gym!**

**1. Dumbbell squats:** This exercise is perfect if you're trying to workout your legs and butt. It's essentially a regular squat, but you're also using dumbbells to increase the weight being applied. This is super beneficial and intensifies the workout. Do as many reps as you can in one minute, then repeat.

**2. Pushups:** Although they're everyone's least favorite workout

(upper body exercises are definitely a pain), pushups are extremely beneficial. Pushups are fantastic for your upper body strength (arms, chest), plus they work your core. Make sure you're doing the right form to prevent getting injured!

**Related Link:** [Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs](#)

**3. Sprint in place:** So you don't have time for the gym or to go out on a run – no problem! Try sprinting in place for 20 seconds, then repeat three more times. Running is a great exercise to get in the habit of, and it's even better to start or end your workout with. It can be painful when you first get started, but eventually you will start to get better, making a notable improvement.

**4. Squat thrusts:** This workout isn't the most well known, but we can walk you through it. Start by lowering into a squat and placing your hands under your shoulders, then jump down into a full plank position. Make sure you're keeping your abs tight to get the most out of this workout as well. Do as many reps as you can for 20 seconds, then repeat three more times.

**Related Link:** [Fitness: 5 Amazing Workout Tips From the Best Celebrity Trainers](#)

**5. Dumbbell shoulder lifts:** Stand with your feet apart (about hips distance apart), holding dumbbells with your arms bent in front of your shoulders. Hold your core tight and extend your arms overhead (be careful with this one!), then lower the weights. Do as many reps as you can for one minute, then repeat once more.

**What are your favorite at-home workouts? Leave your thoughts below.**

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# Fitness Tips: Staying Healthy During the Holidays

**Cupid's Pulse**  
★ Celebrities. Love. Opinions. ★



By

[Melissa Lee](#)

The holiday season is all about family gatherings, giving (and receiving) gifts, and *food!* Regardless of what you celebrate during the holidays, there is bound to be a ton of delicious food that seems almost impossible to resist. If you find yourself having a difficult time staying healthy during the winter season, don't stress too much. We've got you covered with a few ways to look (and feel) your best!

# Check out these fitness tips on how to stay healthy this holiday season!

**1. Stay hydrated:** this is just a general, every day fitness tip, but water is super important. This becomes even more crucial if you are traveling a ton, especially if you're flying. Make sure you are drinking plenty of water on the days you spend the bulk of your time on a plane, train, or bus. Plus, when someone offers you an alcoholic beverage or sugary drink or dinner, turn them down and opt for a glass of water instead. It's a great way to avoid consuming empty calories.

**2. Skip dessert:** although it's completely justifiable to sneak a cookie or two post-family dessert, try not to go too overboard. After a huge holiday dinner, eating too many desserts can simply lead to unnecessary weight gain and just feeling awful the next day. If there's any fruit, try to stay near the healthier options instead of sampling every cake available.

**Related Link:** [Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers](#)

**3. Snack wisely:** when traveling, staying healthy might not be on the very top of your priority list – trust us, we get it. But when you're at the train station or airport, instead of stopping at a chain restaurant for a sugary snack filled with calories, pick up something healthier and equally sustainable like a granola bar. This small tip will most definitely go a long way, plus it's a great habit to have!

**4. Rest up:** the holidays can very quickly become a very stressful and busy time, so it's important to take some time for yourself. Enjoy your time off by having a few moments just for you. Take a relaxing bath or shower or even take a walk on your own. Small things like this are beneficial for both your

mental and physical health!

**Related Link:** [Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs](#)

**5. Stop yourself from overeating:** even though all the food at dinner will be absolutely delicious, try your best to avoid overeating. Remember that overeating can certainly lead to being bloated, and a difficult mental state will prevent you from feeling good. It's okay if you want to sample a little bit of everything, but pay attention to how full you're becoming.

**What are some of your tips for staying healthy during the holiday season? Share your thoughts below.**

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## **Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill**





By

[Melissa Lee](#)

Although this mega Hollywood actor has had his fair share of weight fluctuations throughout the years, Jonah Hill has recently been spotted looking fitter – and thinner – than ever. Hill, who has considered himself to be a victim of “yo-yo dieting”, reportedly sought help from his *21 Jump Street* co-star Channing Tatum. Tatum apparently pointed him the right direction and helped him find a team of nutritionalists and personal trainers so Hill could finally lose the weight in a healthy manner. After dropping at least 50 pounds, Hill is Hollywood’s newest fitness inspiration.

**Check out some of these celebrity workouts and fitness tips to shed the pounds off just like Jonah Hill!**

**1. Alcohol hurts:** Before his weight loss journey began, Jonah Hill was no stranger to binge drinking, beer being his favorite beverage of all. After meeting with a nutritionalist and attempting to find a way to drink beer and

still lose weight, he ultimately saw the effects it was having on his body. "It's so annoying because if I don't drink beer, I get really, really thin. Then when I drink beer, I get a little bigger," Hill says. The lesson here? Either learn to indulge in alcohol every now and then, or ditch the empty calories altogether.

**2. Say goodbye to those nasty cigarettes:** As if anyone needed anymore reasons to dislike cigarettes, here's another one: you can gain anywhere from five to ten pounds from quitting. People tend to substitute food with the lack of nicotine they're receiving, but you're better off altogether by quitting, despite the reported weight gain. Treat your body with respect and finally say goodbye to any remaining packs you may have.

**Related Link:** [Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs](#)

**3. End the battle with yo-yo dieting:** Hill himself has expressed his frustration with yo-yo dieting – otherwise known as losing weight quickly and then gaining it all back. A recent study in the *International Journal of Obesity* reported that yo-yo dieting can serve some severe damage to your cardiovascular system, along with potentially increasing your risk of diabetes and heart disease.

**4. Plan your grocery trips:** Food shopping can tend to be an intimidating activity when you're trying to lose weight, but here's a way to help make the process a little bit easier. Make a list of items that you need (and be sure to stick to it!), and go food shopping after you've eaten a healthy breakfast. This way, you aren't particularly hungry while shopping, which should prevent you from stocking up on unnecessary snacks.

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

**5. Chew:** While this tip may sound a little ridiculous, trust us when we say it's not! Try your best to chew each bite at least 40 times when eating a meal. In a recent study, it was found that people that chewed their food more than twelve times ate less than those that didn't. It's even believed that chewing longer can lead to a more satisfied feeling.

**What are some of your weight loss tips? Leave your thoughts below.**

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## **Celebrity Fitness: 5 Basic Yoga Poses by Celebrities**



By

[Marissa Donovan](#)



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

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

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



Photo:  
[karliekloss/Instagram](#)

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

**2. Gisele Bündchen's Downward-Facing Dog Pose:** When this

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



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

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



Photo:  
evalongoria/Instagram

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

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



Photo:  
mirandakerr/Instagram

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

**5. Miley Cyrus's Tolasana Pose:** We can't stop being amazed by [Miley Cyrus's](#) skill level! This may not be the most basic pose to try, but some may find it to be easy. The first step to the tolasana pose is to put your bend your right knee and place your right hand in the small pocket of where your knee bends. Lean forward and slowly put your right foot at where your left hip curves forward. Make sure your inner groin and inner knee are aligned in a bend that you are comfortable with. Use your left hand to help cross your bent left leg over your bent right leg. Try your best to bring both knees closer together to perfect your form. Take a moment to focus on your breathing. After you feel comfortable, with a deep exhale push down on your hands to help lift off your knees and butt from the ground. Look straight ahead while pushing off and make sure your knees are next to your belly button. Hold the pose as long as you can and take slow breaths. To come down from the pose, slightly lean forward and undo your left foot from your right thigh and your right foot from your left. This pose can help make your abs stronger while also help you focus on your posture.

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

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# Workout Tips: 5 Exercise Videos Based On Today's Pop Hits



By

[Marissa Donovan](#)

Many people enjoy listening to the radio or their Ipad while working out. Fitness instructor Cassey Ho has created a series of workout videos tailored to those who love today's pop music! Ho has exercises that will help you build muscle while also burning fat as well. You will break and sweat after

trying some of her music based exercises!

**Today's workout tip involves watching these fitness videos for new workouts to add to your daily routine!**

**1. One Direction's "What Makes You Bootyful" Butt Challenge:** This workout will make your butt firm if you complete this challenge every day! It may seem like an awkward position to be in at first, but you will feel and see results!

**Related Link:** [Fitness Advice: Is Fitness Turning Entirely Digital?](#)

**2. Katy Perry's "Roar" Challenge for Abs & Inner Thighs:** Become a beast while working out to this exercise. This challenge will focus your core areas for getting stronger abs and inner thighs.

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

**3. Justin Bieber's "As Long as You Love Me" Love Handles Challenge:** Feel the burn with this Bieber fever challenge! This workout can help you stretch out while also targeting areas you've been meaning to transform at the gym.

**Related Link:** [5 New Fitness Trends to Help You Get a Celebrity Body](#)

**4. Lady Gaga's "Applause" Arms Workout:** This sassy workout will have you clapping over your progress. Make sure to have weights for these arm toning movements.

**Related Link:** [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

**The Wanted's "Glad You Came" Calves Challenge:** This simple workout requires two shopping bags and your will to work your calves. Although this challenge is meant for your calves, you may feel a change in your arms too!

**Which workouts do you plan on trying? Let us know in the comments!**

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## **Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It**





By

[Melissa Lee](#)

It feels like celebrities are constantly talking about their fitness routines and how they were able to shed the weight. Although they're not necessarily *normal* – with a team of personal trainers, chefs and nutritionalists, celeb weight loss is never surprising – the basis of weight loss comes down to eating right and working out, and that's a commonality among us and stars. If you're struggling to lose weight, look to the stars and use their tips to get fit.

## **Check out these fit celebrities lost weight and how they did it! Plus, fitness tips.**

1. [Khloe Kardashian](#): Perhaps one of the most famous celeb transformations, Khloe completely toned her body after being the victim of online bullying for years. Kardashian revealed that she likes to mix up her workouts and enjoy food in moderation instead of sticking to a strict diet. Kardashian says she has “finally learned to process things in a healthy way, and for me, that's my ‘revenge body.’”



2. **Lady Gaga:** Lady Gaga is another celebrity that has also been ridiculed for her weight, but continues to radiate confidence and beauty despite the haters. Gaga's crazy tour schedule makes it hard to maintain her shape, so her personal chef said that her key to staying healthy is planning out her meals. On a day-to-day basis, Gaga's chef says that he tries to prepare healthy, tasty and nutritious food so she has enough energy to make it through the day.

**Related Link:** [5 New Fitness Trends to Help You Get a Celebrity Body](#)

3. **Chrissy Metz:** After facing a health scare regarding her weight earlier in the year, Chrissy made the decision to begin her weight loss journey. Since beginning, Metz has lost 100 pounds by following a strict diet of 2,000 calories and walking for 20 minutes every day. "Physically, I really am interested in just feeling better and not having to be put in a box," Metz says.

4. **Gabourey Sidibe:** Gabourey was diagnosed with type 2 diabetes in 2016, and after dealing with lifelong anxiety, depression, and bulimia issues, she decided to undergo weight loss surgery. Though this was prompted by her diagnosis, Sidibe still chose to seek help from a nutritionalist and a personal trainer, all of which aided in her weight loss. Her trainer boosted her daily workout regimen, and Sidibe says that, "I wasn't cheating by getting it [the surgery] done. I wouldn't have been able to lose as much as I've lost without it."

**Related Link:** [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

5. **Oprah:** Despite dealing with years of struggling with her weight, Oprah eventually lost an impressive 42 pounds by making a mental adjustment. She says that thinking positively helped her find pure happiness, and giving up numerical goals

on the scale helped her lose weight. Oprah explained that the intention behind her weight loss was not about the number on the scale. "It's in the way you see yourself fitting into your life. Embracing your life. Honoring your life. Having reverence and appreciation for your life."

**What are some of your weight loss tips? Share them below.**