

Top 5 Celebrity Diets That Actually Work



By [Melissa Lee](#)

It's no secret as to why celebrities are always in shape – between their personal trainers and strict diets tailored to their body types, being fit is basically part of their job descriptions. Fad diets are also typically made famous thanks to the stars that try them out, but thankfully, they tend to pass their wisdom down to us in regard to whether or not they even work. In the mix of all those crazy diet tips (say goodbye to juice cleanses!), there are actually a few diets that are quiet effective – luckily, Cupid is here to explain which celeb diets work.

If you're looking to lose weight, try checking out some of these celebrity diets and tips!

1. The Hamptons Diet: Made famous by celebrities like Sarah Jessica Parker and Kate Hudson, The Hamptons Diet was created by a former medical director. Essentially, this diet is very low-carb and focuses on consuming lean meats and healthy fats. Though it has been criticized for encouraging participants to completely cut out carbs, it has been proven to help those lose weight and keep it off.

2. Balance: Ayesha Curry recently opened up about her post-baby weight loss journey and how she managed to lose 20 pounds without completely restricting herself. She explained that her personal nutritionist encouraged her change her lifestyle rather than go on a temporary diet. Curry also added that she began eating densely nutritious foods (beans, smoked fish and avocados for example) and focusing on portion control.

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3. Focus on quality eating: *The Biggest Loser's* Jen Wilderstrom explained that one day of quality eating is equivalent to two weeks of workouts. She says that solid nutrition consists of a quality day of water, sleep and healthy food (proteins, healthy fats), and from there, it will begin to get easier as you form a routine.

4. Eat breakfast: Nike Master Trainer Marie Purvis emphasized the importance of eating breakfast in the morning, regardless of whether or not you're trying to lose weight. Purvis advises to eat 30 grams of protein within 30 minutes of waking up. While this may sound like a lot, she says that starting your day like this is essential for weight loss, staying lean, and

powering throughout the day.

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5. Snack healthily: When trying to get through that long gap between lunch and dinner, it's important not to munch on fatty foods. SoulCycle instructor Jera Foster-Fell says she likes to snack on dried fruits (simple carbs that give her a quick source of energy), while celebrity trainer Gunnar Peterson prefers protein bars.

What are some of your most effective diet tips? Share your thoughts below.

Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs





By [Melissa Lee](#)

Celebrities constantly look perfectly in shape, but it's no surprise in this day in age – especially because it seems as though every star has their personal nutritionalist and private trainer. If you're looking to get in shape, looking to your favorite celebs might not be the worst idea. Stars are constantly trying out the newest fad diets and exercise classes, so why not try out some of these celeb-approved diet tips?

If you're frustrated with your current diet, never fear – Cupid has some diet tips that have been tested by your favorite celebs guaranteed to help you during your weight loss journey!

1. Bridal-body boot camp: Pippa Middleton, who is newly married to longtime sweetheart James Matthews, took getting ready for her wedding day very seriously. She trained five days a week, focusing on Pilates and cardio, and even eliminated alcohol from her diet.

2. Girl squad boot camp: Former First Lady Michelle Obama recently shared on Instagram that she hosts boot camp weekends for her and her close girlfriends. The girl squad doesn't care about their varying levels of fitness, but rather enjoyed doing the workouts together. Obama revealed that elbow planks, crunches, leg raises, and lunges are only some of the exercises they do together.

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3. Box it out: Hailey Baldwin's body is no joke, and boxing may be the reasoning behind her killer abs! Baldwin shared a video of her intense workout at Rumble Boxing in NYC, where she showed off her moves, including jabs, ducks, crosses, and uppercuts. Boxing is a high-intensity workout that's guaranteed to leave you sore the next day, but also help build up your strength – sign us up!

4. Healthy lifestyle, healthy mind: Ayesha Curry, wife to basketball star Steph Curry, went into detail about her weight loss journey and how she was able to lose 20 pounds without going on a diet. She revealed that she is not one to completely alter her lifestyle, but rather indulge in moderation – something her nutritionalist advised her to do. "I think the key to a happy, healthy lifestyle is being happy and healthy in your mind." Despite this, Curry *did* workout like crazy and is a huge SoulCycle fan.

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5. Vary your workouts: Shakira is practically known for her

amazing hips, and she shared her secret to staying fit even when you have a thousand things going on – varying your workouts! Shakira tries her best to stay active as frequently as possible, but she doesn't do the same workouts all the time. By switching it up, she's using different parts of her body and slowly toning them, enabling her to have a killer body.

What are your favorite diet tips? Share your thoughts below.

Celebrity Workout: Get Motivated by 'GLOW' Inspired Workout Looks





By [Marissa Donovan](#)

GLOW is one of the trending shows that is currently available on Netflix! The show stars Allison Brie, Betty Gilpin, Kate Nash, and is produced by *Orange Is The New Black* creator Jenji Kohan. Not only has the show been hyped up for its girl power qualities, but it has also showcased some iconic 80's looks that will make some viewers nostalgic!

Looking to spice up your [fitness](#) wardrobe? Check out these *GLOW* inspired celebrity workout looks for your next visit to the gym!

Striped Rainbow Leggings: Although the 80's stuck with tights underneath workout leotards, find rainbow striped leggings that give off a retro look that's reminiscent of the Netflix show. This modernized look will make your butt and calves look super cute while doing squats!



Retro 80's Purple
with Stripes
Leggings from
Voodoo Athletic.
Photo:
VoodooAthletic/Ets
y.com

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Vintage and Florescent Crop Top: You are bound to break a sweat while running on the treadmill or doing ab exercises. Be proud of your progress! Show off your figure in a vintage and florescent crop top. Make sure the top is a little baggy under the arms and above your stomach to achieve the look. You can also transform a large 80's T-shirt into a crop top by cutting it yourself!



Vintage Physical
Crop Top from
Dazed And Vintage.
Photo:
DazedAndVintage/Et
sy.com

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High Cut Swimsuits: If doing aerobics in the pool is apart of your daily workout routine, you'll have no problem finding a high cut swimsuit! This bathing suit is currently a [fashion trend](#) and can be found on online retail stores. To complete this *GLOW* inspired look, try to find a swimsuit with an 80's style print like the one below!



80s Sprinkles
Print Swimsuit by
ASOS. Photo:
asos.com

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Scrunchies: Nobody likes to have their sweaty hair down during a workout! You can easily find scrunchies at your nearest drug store or fashion outlet. The perk of this hair accessory is that you can avoid hair breakage compared to a regular hair elastic.



Hair Scrunchies from
lemonyjen. Photo:
lemonyjen/Etsy.com

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White Aerobic Shoes: Grab a pair of white socks and slip into these shoes for a weight lifting session. Make sure your shoes have minimal color and are comfortable to wear. You can add insoles for extra support and look *GLOW* worthy at the same time!



Vintage 80s Reebok Classic Womens White Leather Sneakers Princess Aerobic Athletic Tennis Shoes from Rip City Retro. Photo RipCityRetro/Etsy.com

Will you be wearing these GLOW inspired looks to your next visit? Which one is your favorite from this list? Let us know in the comments!

Fitness Tips: The 5 Best Fitness Apps to Help You Stay on Track





By [Noelle Downey](#)

There's no doubt about it, getting fit can seem like a chore. Whether you're tired of trekking to the gym or just can't seem to keep up in yoga class anymore, there are tons of pitfalls to working out through more traditional methods these days. Not only are trips to the gym or fitness classes tiring, they're also downright time-consuming. If you're struggling to commit to a fitness routine and feel as though your body and figure are paying the price, why not make your workout digital? If you can access everything you need on your phone, from killer fitness tips to coaching encouragements, why wouldn't you? We here at Cupid's Pulse have compiled a list of some of the best and most fun fitness apps you can easily download to your smart phone to help you on your way to getting that celebrity body you've always wanted.

Looking for fitness tips to get the perfect beach bod this summer? Look

no further than these five great fitness apps to help you get toned *and* tanned this season!

1. Charity Miles: If you're looking for a way to give back while you train up, look no further than this handy app. Choose a charity you'd like to support from their list of options and then get to stepping. The app tracks your distances and their corporate sponsors donate a few cents to your charity for every mile you walk or run. While it isn't a huge donation, the more people who use the app, the more money each charity will receive, and the extra motivation of helping those less fortunate than yourself might motivate you to push yourself a little harder than you might otherwise have.

2. Couch to 5K: If you're struggling to start a good fitness routine and feel as though you need to start from the beginning and work your way up, this app may just be for you. Couch to 5K trains beginning runners and takes them from couch potato to the finish line of their first 5K race in just nine weeks. Carve out thirty minutes a day, three days a week for those nine weeks and you can join them, with this handy app that makes running and getting fit a fun challenge. The Couch to 5K app comes with an interactive coach you can hand select and a welcoming and warm community you can share your progress with. Get on the fast track to a 5K and better fitness today!

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3. FIT Radio: If you workout best to music but struggle to find tracks that keep your energy up or very rarely have the motivation to create workout mixes of your own, this app is for you. FIT Radio provides you with ready-made mixes and jams that offer a consistent beat, something that's easy to work out to whether you're tearing it up on the track, cycling your way to success, or dancing your heart out in Zumba class.

Plus, there's also the bonus of being able to discover new tracks that you love while you're working out, so if you're a music fanatic who is always looking for the next big thing, this is a great way to stay up to date on the music scene while you keep your body in tip top shape.

4. MyFitnessPal: If you need help counting calories as well as tracking miles, MyFitnessPal might be your best choice. With a food scanner and a database of tons of foods, this app provides a plethora of data about what you're putting into your body as well as a distance tracker so you can watch your progress and see how what you're eating is affecting your work out routine, and vice versa. Have all the information you need to get the body you've always wanted right at your fingertips with this app that will have you in the know and on the go in no time.

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5. FitStar: If you like customized workouts and going at your own pace, this is the app to get you started. This app creates workouts for you based on your fitness level and you can give it feedback; letting it know which workouts were a little too much for you or which ones didn't leave you breathing hard at all. With this data it'll adjust your customized workouts, giving you the perfect way to find exercises that are just right for your current fitness level. The great thing about this app is that you never need to worry about over-exerting yourself or keeping up in a class, FitStar allows you to work towards harder and harder exercises at your own pace and in the comfort of your own home.

Will you be downloading any of these awesome fitness apps to get the celebrity body you've always wanted? Let us know in the comments!

Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers



By [Melissa Lee](#)

If you've ever embarked on a fitness journey yourself, you most likely know the feeling of doubting whether or not your exercise routine is even working. And while not all of us can afford to hire celebrity trainers, we *can* learn from some of the tips they've revealed to help us move forward in our fitness routines. Use some – or all! – of these tips to get in shape and get your dream body.

Looking for some advice to help you get fit? Check out these workout tips from the best celebrity trainers!

1. 3 miles or 30 minutes: Pilates trainer Kit Rich is no stranger to losing weight and toning muscle – after battling her own eating disorders, she became a trainer and healthy-lifestyle ambassador. The number one tip she has found to be most effective comes from maintaining a manageable workout routine. She claims that either doing 3 miles of running, walking, or hiking, *or* a 30 minute workout is the way to go.

2. The VersaClimber: Rise Nation trainer Devin Wiggins claims that the VersaClimber, a machine typically installed at gyms, is the best way to burn calories if you're sick of the treadmill or elliptical. It's a full-body workout along with being low impact but high intensity. Wiggins says that "you can go hard for 20-30 minutes and get an amazing full-body workout while burning more calories than many 60-minute classes." Sign us up!

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3. The '3-2-1 Method': Dakota Johnson's trainer, Ramona Braganza, helped her prepare for her *50 Shades Darker* role by having her use the [3-2-1 Method](#). This workout routine is a combination of three cardio segments, two strength circuits and one core segment. "These jumping exercises increase metabolism, burn fat, and tone legs," Braganza says.

4. Optimism is key: 10-year fitness expert Holly Rilinger revealed that she thinks fitness begins with your mindset. Her advice is to keep a positive attitude and the rest will come

easy. “We’re so used to finding our flaws, but if you start your day finding something you love about yourself, you’ll find the motivation to go out and meet your fitness goals.”

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5. TV timeouts: Celeb trainer Chase Weber advised to use commercial breaks to your advantage. When binge watching your favorite show, choose an exercise – squats, push-ups, sit-ups, etc. – and do it for a set of 15 during each commercial break. He says that you should do this at least three times a week, and you will soon find yourself making the effort to get it done.

What are some of your favorite workout tips? Share them below.

Look Like a Victoria’s Secret Model with These Celebrity Workouts





By [Melissa Lee](#)

The Victoria's Secret Angels are known for their absolutely *killer* bodies. We're in the dark days of summer, and if you're still working on that beach-ready bod, it may be helpful to try out some of the VS Angel's workouts. Although they haven't shared all their fitness secrets with the public, we might as well take advantage of the tips they have revealed – plus, you may be so confident that you'll even feel like an Angel yourself!

Check out these celebrity workouts guaranteed to tone your body!

1. Running: A basic one, but running actually has so many benefits. Running has been scientifically proven to help improve your health, prevent disease, lose weight, relieve stress, and boost your confidence. With all these perks, why *wouldn't* you want to start running?

2. Rock Climbing: This activity helps build muscle and

endurance, in addition to building lower body strength and lean muscle mass. Plus, it's not your typical every day exercise, so it's a great way to get a good workout in while having some fun.

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3. Planking: Planks are an amazing upper-body strength workout with a bunch of variations that tone different parts of your body. Along with toning your core, planks can also work your glutes and hamstrings, and improve both your balance and posture.

4. Hiking: Hiking is a powerful cardio workout complete with a great view! Some benefits of hiking include strengthening and toning muscles (similar to running), as well as improving endurance and stamina. Hiking can also tone your quadriceps, hamstrings, calves, glutes, abs, and hip muscles.

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5. Yoga: There are endless pros to yoga, both physical and mental. Yoga can increase your flexibility, muscle strength, respiration, and energy. Additionally, it can help maintain a balanced metabolism, along with improving athletic performance.

What are some of your favorite workouts? Share your tips below.

5 New Fitness Trends to Help You Get a Celebrity Body



By [Melissa Lee](#)

It seems like everyone's hitting the gym to get their ideal summer body before strutting across the beach, but sometimes doing the same strength training and cardio routine can get pretty repetitive. There are always tons of new fitness trends circulating social media, but the best (and most effective) ones are always celeb-approved!

Check out these fitness trends

guaranteed to help you get a celebrity body!

Try out some of these celebrity-approved fitness trends to get in the best shape of your life:

1. Ballet Beautiful: Endorsed by Victoria's Secret Angels galore, Ballet Beautiful is a fairly new workout trend that is intended to mix athleticism and classical ballet in order to help you get the most lean, toned body possible. The [website](#) offers global access, online workouts, and customized private training. If you're interested in taking a class and live in New York City, they have two locations in Soho and the Upper East Side.

2. Indoor Rowing: This may sound like an odd form of exercise, but Duchess of Cambridge [Kate Middleton](#) is a huge fan of indoor rowing, so why not try it out? This full body workout is becoming more and more popular as [rowing clubs](#) open throughout New York City and Los Angeles. However, the most important aspect of this fitness trend is to learn the technique and maintain a steady pace in order to avoid injury.

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3. Aerial Yoga: Aerial classes aren't the most recent fitness trend, but they're approved by stars like [Khloe Kardashian](#), Vanessa Hudgens, and Sarah Hyland. This [activity](#) is designed to explore, refine, and advance traditional asana. If you're interested, there are tons of aerial classes available throughout New York City.

4. SoulCycle: It feels like every celebrity is obsessed with SoulCycle, but it's for good reason since it's so effective! These classes consist of high power indoor cycling, but they center in on having fun while getting a good workout in.

Celebs like Demi Lovato, [Lady Gaga](#), [Selena Gomez](#), and Kelly Ripa all approve!

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5. Dogpound: Alright, ignore the odd name and focus in on the fact that this is another Victoria's Secret Angels-endorsed fitness trend. This NYC based gym is *super* intense, and offers private training, boxing, group training, nutritional programs, and more. Models like Ashley Graham adore Dogpound and their high intensity workouts (along with the amazing results!).

What are some of your favorite fitness trends? Share your thoughts below.

Fitness Trend: 5 Reasons Women Should Lift Weights





By [Melissa Lee](#)

Working out may not be the most exciting activity, but with summer right around the corner, who *isn't* hitting the gym? A hot [fitness trend](#) is showing some serious benefits when it comes to lifting weights, and even has been proven to be more useful than cardio. Strength training can help you burn fat, reduce your risk of diabetes, prevent physical pain, and even improve your mental health!

With all of these advantages, it's easy to understand why lifting weights is the latest craze in fitness trends!

1. You'll burn more calories: Lifting weights aids in creating more muscle, and your muscle mass determines your metabolic rate. The more muscle you have, the more energy your body releases, so even by doing normal, every day tasks, you'll be

burning *more* calories just because you've been expanding your muscle mass.

2. You'll be stronger, mentally: By having a workout routine that involves lifting weights, you will not only improve your physical strength, but your mentality, too! Weight lifting is an empowering activity and by constantly challenging yourself to work harder at the gym, your confidence will grow.

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3. Your flexibility will improve: Research has actually shown that strength training and full-range resistance workouts can improve flexibility. As long as these exercises are performed on a regular basis, progress will definitely show!

4. Lifting weights boosts your heart health: Studies show that by performing moderate-intensity strength training, blood pressure can decrease notably. Lifting weights increases blood-flow and gets your heart beating.

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5. You'll look – and feel – better!: Any form of working out is proven to have positive effects, but weight lifting is the best way to get a lean and fit body. Strength training challenges and tones your body, so what's not to love?

What's your favorite thing about lifting weights? Comment below!

Fitness Trend: Wearable Technology



By [Noelle Downey](#)

With warm weather here it's time to party on the beach and play in the surf and sand. But what if you're feeling like your beach body isn't quite bikini-ready? There's a new [fitness trend](#) that could help you get outdoors for a sensational summertime in the sun *and* motivate you to start sculpting some killer abs too. With stars like [Ryan Reynolds](#) and [Gwyneth Paltrow](#) jumping on the bandwagon, it's official, the newest celebrity trend when it comes to fitness is wearable technology. From Fit Bit to Garmin, this trend is everywhere, and we here at Cupid's Pulse have the the top five celebrity-approved ways to catch up on this trendy tech

breakthrough for summer fitness fun.

Looking for a great way to stay fit and fab this summer? Check out these awesome pieces of tech to stay on the fitness trend and on track to a red-carpet worthy body this summer!

1. Flaunt your abs with [Fitbit](#): While Fitbit is far from the only good option out there when it comes to wearable tech, it's definitely one of the most popular in the mainstream fitness world, probably partly because of the variety of models available. Tons of stars have been spotted with this handy piece of tech on their wrist as they work out. [Britney Spears](#) gets in some steps with an eye-catching pink Fitbit to match her workout ensemble, while Ryan Reynolds works on his killer abs with the Fitbit Flex, and [Kelly Ripa](#) struts her stuff with a Fitbit of her own tracking her every move toward a red-carpet worthy figure. Even former president Barack Obama has been spotted with a Fitbit Surge on his wrist during his daily runs. Whatever model you choose, this piece of tech wonder will do everything from track your steps and heart rate to monitor your sleep, with some models even synching directly to your smart phone to store and compare the data.

2. Push to the limit with the [Pebble SmartWatch](#): If you're looking for something a little less mainstream and slightly more upscale, try the Pebble SmartWatch for a fitness tracker that looks like a fashion statement in the form of a swanky watch. TV talk show host and comedian Stephen Colbert has been spotted multiple times with this great piece of wearable tech on his wrist. If you're looking for something that doesn't

necessarily proclaim, “I’m working out right now,” but you’re still interested in tracking your fitness data, try Pebble SmartWatch, which tracks your calories burned and distance covered and gives you personalized fitness encouragements when you need them. All of this is caught up in a sleek, celebrity style design that looks fashionable and stellar, and if you’re not busy hitting the gym, you can discreetly set it to display the time and still get compliments on your gorgeous accessory.

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3. Burn calories with the [Nike + Fuelband](#): If you’re looking for something a little more simple that’s still celebrity-approved, try the Nike + Fuelband, a simple band around your wrist that tracks calories burned and steps taken while allowing you to set daily goals for yourself on a single simple screen. This chunky and funky band certainly isn’t as sleek as some of its competitors, but it also does exactly what it needs to do to help you set a better fitness schedule, without all the fuss of a more high-tech gadget. And it certainly has a great celebrity endorsement from Serena Williams, who’s been spotted on the court during many of her victorious championship tennis games with this trendy fitness gadget on her wrist.

4. Take a step forward with [Jawbone UP](#): If you’re not feeling Fitbit but want a combination of Fitbits variety of models and the sleekness of the Pebble SmartWatch, look no further than Jawbone UP, which offers four different models with a variety of abilities, from the basic model that provides a smart coach, activity tracking, calories burned, and sleep tracking to the more advanced models that provide all of this as well as automatic sleep detection and data on heart health. This sleek and shiny band offers choices to those who decide to purchase from this brand, as well as a variety of colors and styles. Famous actress and health guru Gwyneth Paltrow has been seen wearing the Jawbone UP on many occasions! See if the

Jawbone UP could be for you too!

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

5. Get in shape with [Garmin VivoSmart](#): For a fitness monitoring tool that's approved by fitness icon and Virgin-founder Richard Branson, look no further than the Garmin VivoSmart. Garmin may not feature the fanciest models on the market when it comes to wearable tech, but it's also one of the most affordable, and you get a fairly good bang for your buck when it comes to using this handy fitness tool. Just like Richard Branson, you can strap this on and learn about your sleep and steps with one of their colorful and water-resistant models, or you can spring for one of the newer releases and get all day stress monitoring, rep counting, and more!

Have you ever used any wearable tech when it comes to fitness? What do you think of this trend? Will you be springing for one of these fitness tools soon? Let us know in the comments!

Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC





By [Noelle Downey](#)

With summer about to be in full swing, it's officially time to start thinking about how amazing you're going to look in your favorite bikini at the beach this year. If you want to shave off a few pounds to look your best while you play in the surf and sand this summer, never fear! There are tons of places you can head to work out and look stunning in time for the hottest summer months, especially if you live in celeb-studded NYC. Tons of celebrities will be joining you on your quest to get fit this year, and if you head to any of these premier fitness locales, you just might run into them!

Celebrity Fitness: Check out these celeb-approved ways to stay fit in NYC and see if any of these fitness trends could help you get a

celebrity style body and look!

1. Ballet Beautiful: For a somewhat non-traditional workout, visit Ballet Beautiful, a celeb-approved hotspot for getting fit with ballet exercises and cardio that's client specialized to any particular needs you might have or problem areas you might want to address. Owner Mary Helen Bowers is used to VIP clients, including Victoria's Secret Angels Miranda Kerr and Lily Aldridge, and Bowers also personally trained Natalie Portman for her Oscar-winning performance in dark horror flick, Black Swan. With two convenient locations in SOHO and the Upper East Side, visit this special studio and pick a workout from anywhere between fifteen minutes to three hours to see what all the stars are raving about when it comes to this fun fitness opportunity.

2. ModelFit: For a fantastic workout that leads to an absolutely stellar body, try ModelFit, a hugely popular fitness boutique in Manhattan frequented by such big-name stars as [Taylor Swift](#), Karlie Kloss and [Chrissy Teigen](#). Owner and fitness expert Justin Gelband focuses on toning your muscles through cardio, so expect a lot of fun activities like kickboxing and yoga to shake up your fitness routine. And don't be surprised if you spot even more Victoria's Secret Angels – ModelFit is incredibly popular with the modeling crowd, so much so that Gelband is referred to as “the supermodel trainer.”

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3. Rumble Boxing: Looking for something to break you into even more of a sweat? Why not try Rumble Boxing, a hardcore workout that allows you to jump from lifting weights to hitting a punching bag in minutes. Rumble Boxing is still an up-and-coming fitness destination for the rich and famous, but professional models are often seen blowing off steam and

burning calories in this premier establishment, including Canadian-born supermodel Lexi Wood and fitness training icon and former football player Devon Levesque. Visit this awesome workout facility to burn some calories and get your body beach-ready this summer!

4. AKT InMotion: If Ballet Beautiful sounds fun but you're looking for a different kind of dance for your workout, look no farther than AKT InMotion, a high-energy dance studio from owner Anna Kaiser, who is responsible for the fantastic physiques of such stars as Shakira and [Kelly Ripa](#). Keep on your toes with this fantastic workout that combines the fun of a night out dancing with your girlfriends with the calorie burn you'll need to feel great about your body this summer. Grab a group of friends and hit up this celeb-approved NYC fitness hotspot for a fun hour of intense dancing that will leave you feeling invigorated and full of adrenaline.

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

5. Dogpound: If you're looking for a workout that has a high level of intensity but an equally high level of results, than Dogpound might just be for you. This insane fitness hotspot is a beloved favorite of a ton of Victoria's Secret Angels, including Ashley Graham and [Leonardo DiCaprio's celebrity ex](#), Toni Gaarn. Move across the room burning calories and flipping tires or step into the ring for a boxing match for some intense fitness that will leave you breathless and with a great bikini-worthy body. Feel great about your tenacity in the ring and your core strength as you step up to the challenges at this amazing and hardcore NYC fitness stop.

Are you planning to visit any of these celeb-approved fitness hotspots in NYC? What are your favorite ways to get fit? Let us know in the comments!

Fitness Secrets: Learn More About Your Body in a Metabolic Chamber



By [Cortney Moore](#)

Thanks to modern scientific advancements, losing weight has become somewhat easier. Don't believe this to be true? Well, researchers and [fit celebrities](#) have long kept the [fitness secret](#) that are "metabolic chambers." Before your imagination runs off to a sci-fi fantasy, just know that metabolic chamber is just a regular room. The only difference is that your vitals are monitored and analyzed by experts to figure out

your energy expenditure, and how variables such as diet and exercise affect your metabolism.

Metabolic chambers are the latest fitness secret for weight loss.

A few metabolic chambers exist in the U.S. However, each of these chambers have a few features in common. Metabolic chambers tend to be found in hospitals and university research centers, and usually require you dedicate 24 hours of your time. Being able to stay a whole day allows doctors and metabolic analysts to accurately ascertain how your body functions under normal and active circumstances. Inside the chamber you will, eat, sleep and partake in slow-paced and/or high-energy exercises, alongside daily activities. By the end of the study, researchers will show you your results and provide insight on how your body burns calories. Not only will you learn great weight-loss tactics, but you'll also help scientists demystify the human metabolism in regards to nutrition, genetics, caloric burn during rest and exercise periods.

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

Recently, *ABC News* anchor Mara Schiavocampo investigated the effectiveness of metabolic chambers in a "[Good Morning America](#)" segment. Schiavocampo stayed in a 9-by-11-foot metabolic chamber at Mount Sinai St. Luke's Hospital in New York City for a full 24 hours. The chamber was airtight and measured her oxygen consumption along with carbon dioxide production to determine exactly how many calories she burned while inside. During her time in the chamber, researchers were able to determine how Schiavocampo's body best burned calories and even offered her customized fat-burning [fitness tips](#). "I was really shocked about the high-intensity interval training, I'm someone who reads about this stuff and I'm really into

health and wellness, I thought it would burn more because I felt like I was working so much harder. But that just goes to show you it's all about perception," Schiavocampo explained while comparing workout results during the segment. "And that's what the magic is about the chamber, it tells you what's *true for you*."

Related Link: [Let Your Partner Be Your Inspiration To Getting & Staying Fit](#)

Although metabolic chambers are helpful in determining your best fitness plan, they also aren't accessible to everyone. A single night inside a chamber can cost anywhere from \$1,500 and up. Yes, it's a lot of money, but ultimately it's up to you if it's worth it to know exactly how your body expends energy and other valuable [workout advice](#). If a metabolic chamber seems out of reach, then regular cardio and weightlifting may be your best options in cutting and toning.

What do you think of this fitness secret? Would you give a metabolic chamber a try if given the chance?

Fitness Advice: Is Fitness Turning Entirely Digital?





By Christa Ganz

With the constant emergence of digital [fitness](#) hardware and software, we ask ourselves an important question: is fitness turning entirely digital? The days of simply timing yourself while running are over. Now, you can pop on your fitness band and track every move through your smartphone. Fitness trackers are designed to keep up with your workout and help you stay motivated, no trainer required. They continue to monitor important features like your heart rate, elapsed time and type of workout. You can even turn to different apps if you get stuck in a routine that's producing slow results.

Whatever you're looking for in a workout, your smartphone is sure to have an app for that. Whether you want to lose weight, tone down, get

a few more steps into your daily routine, or train for a marathon, you're sure to find the perfect app to meet your digital fitness needs.

Runners

Caught the running bug? [Shape.com](#) offers a selection of the best free apps for runners. Track your time and distance, set goals for yourself, and watch your progress through one of their recommended apps.

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

Beginners

If you're looking to ease into a workout from a beginner level, Johnson & Johnson's 7-minute workout has your needs in mind. [HuffingtonPost.com](#) tried it out, and warns you that those seven minutes are meant to be challenging! Its digital function is designed to let you decide how long you want to work out.

Related Link: [2016's Worst Fitness Trend's That Need to Go Away in 2017.](#)

Class workouts

Are boutique fitness classes more your thing? You're in luck, because there's an app for that as well. Though a subscription is required, [Aaptiv](#) is less than the cost of a monthly gym membership, and offers unlimited access to your preferred workout. [InStyle.com](#) offers a review of Aaptiv's uniquely designed service.

Product Review: Exercise Your Brain Daily With A BrainHQ Subscription



By [Mallory McDonald](#)

With a lot of our time spent watching reality television, checking social media on our phones and constantly having tasks to do throughout the day, working out your brain just doesn't always make the list. In fact, many people including [celebrities](#) don't make time to exercise one of the most important parts of our bodies. [Fitness trends](#) have been taking over America and healthy dieting options are becoming our go-

to. With all of these switches to a more healthy lifestyle, don't skip out on your brain in the process! For less than 50 cents a day, \$14 a month or a \$96 yearly subscription, you can become smarter than you have been in years!

Don't Waste Your Time On Average Brain Exercises On The Internet. Get a [BrainHQ](#) Subscription and See Results Almost Instantly!



Posit science has worked countless hours to make sure this product is not wasting your time or your money. BrainHQ's co-founder, Dr. Michael Merzenich is an internationally respected leader in the field of neuroscience. Top researchers from around the world help to test, work and create all of the exercises and courses from BrainHQ. The program has a unique patented approach to keeping your brain fit. Each exercise you will participate in has a specific science basis and training goal.

Related Link: [Fitness Trend: Why Aqua Cycling May Be For You](#)

When you subscribe to BrainHQ it unlocks 26+ exercises and more than a dozen special courses. These exercises and courses all specialize in different areas such as attention, memory, people skills, navigation, intelligence and brain speed. Taken together, these exercises and courses exercise the entire brain for broad improvements to many aspects

of brain function. Unlike other brain exercises, BrainHQ has been published in over 70 scientific papers published in the Journal of the American Medical Association and other top journals. All of these articles say that BrainHQ provides real benefits to the brain. Results include better memory by an average of 10 years, safer driving due to sharper focus and much more!

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

Up and Coming Fitness Trend: Indoor Rowing





By [Cortney Moore](#)

Rowing is a fun activity to enjoy, and it provides many workout benefits. Typically in the past, only those who live near water could use rowing as a reliable form of exercise. However, this is no longer the case. With indoor rowing gaining traction as a [fitness trend](#), this calorie-burning workout can be done regardless of geography. Not convinced? Well Duchess of Cambridge Kate Middleton sure is. According to dailymail.co.uk, the 35-year-old royal uses indoor rowing to help maintain her gorgeous [celebrity body](#), and you can too! Don't fret about not having a row machine at home, there are indoor rowing studios popping up all over the country to support this fitness craze.

Indoor rowing is a fitness trend that will help you burn the calories!

Indoor rowing truly is a head-to-toe workout. It uses 84

percent of the body's muscles and can burn up to a staggering 1000 calories in one hour- making it the ideal workout to get rid of jiggly arms, muffin tops, wobbly thighs and of course that hard to get rid of bulging tummy. Aside from toning your body, indoor rowing is a great way to improve your heart's health by boosting its cardiovascular endurance. Another plus, with indoor rowing you don't have to experience the chilly and wet elements nature has to offer if you're not the outdoorsy type.

Related Link: [Make Your Love Soar On Date Night With Aerial Classes In NYC](#)

How can you make the best of your indoor rowing session? CityRow trainer Hannah Davis offered her best fat-blasting [workout advice](#) in a [Cosmopolitan](#) interview, "In an average workout session you'll want to do five intervals of 200 meters, which takes about 90 seconds to complete. So, to break it down, you would do 200 meters and then rest for 60 to 90 seconds. Followed by another 200 more meters, resting again, and then repeating this entire sequence three more times." Though this fitness plan is daunting for a newbie, it's the most effective way to lose pounds. If you're unable to do intervals during your first try, just do what you can and work your way up to it. You don't want to push your body too hard in a short amount of time or risk injury.

Related Link: [Get Fit In Time For Date Night With A Twerk-Out](#)

If working out alone isn't your style, then a rowing class might be just what you need. It's almost like a spin class, but instead of stationary bikes, you're on a rower (which may or may not include water depending on the gym you go to), while your instructor leads you and your peers through a full-body workout. There, you will learn all about proper form and all the tricks needed to become an expert indoor rower. Since rowing classes are a group activity, you can also make friends throughout the process who can motivate you to upkeep your

celebrity body!

Get fit in time for summer with indoor rowing. After you've gained strength and confidence, you might just be able to tackle outdoor rowing like a pro.

What do you think of indoor rowing? Have you given it a try? Please share your comments with us below!

Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand





This post was sponsored by Naja

By [Mallory McDonald](#)

With so many changes happening in our society, Naja has decided to make a stand. They are the first women-owned lingerie company to take an outright stand for women, the environment and women's reproductive rights with an exclusive product launch of The Active(ist) sports bra. Naja encourages women to be an active(ist) for women, for the environment and for yourself. The product launched coinciding with the inauguration on January 20th. Naja.co officially launched in 2014 and was quickly named "one of 5 top brands to watch" by *The Lingerie Journal* and said to be "chang[ing] the underwear industry through its innovation, attention to detail, and serious heart" by *The Huffington Post*. Their elegant, fashion-forward designs, quality eco-friendly fabrics, and fine details such as beautifully lined interiors and hidden inspirational quotes quickly captivated the attention of the fashion industry.

Feel inspired & empowered when working out in Naja.co Active(ist) Sports bra!

The Bra



The Active(ist) sports bra is made by single mothers, out of upcycled, recycled, and digitally printed fabric. Selling for \$20 or \$19 which covers the cost of the bra, employing marginalized women in its making and enforcing eco-friendly practices in apparel. The extra \$1 funds Planned Parenthood with a charitable donation. Planned Parenthood provides primary and preventative care to women, men, and youth in need of reproductive health care and sex education.

Related Link: [Fitness Trend: Why Aqua Cycling May Be For You](#)

The Environment

The environment matters to us as much as it matters to you. Naja makes every effort to reduce their environmental footprint. That's why Naja's prints are digitally printed and not dyed, saving precious water and ensuring that no waste or toxins go back into our oceans. Naja uses upcycled and recycled fabrics made from recycled plastic bottles and our factory is ISO 14001 certified.

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

Stay Fit

It can be hard with a vigorous schedule to keep in shape and feel good. In [celebrity news](#), there are constantly new [fitness](#) routines and diets that claim to work. Visit [Naja.co](#) for some ideas on which fitness boutique is right for you. By finding the perfect routine for your body type, eating a balanced diet and feeling beautiful in your Naja fitness apparel, staying fit will never be easier!

Take the world by storm by getting fit and helping a cause that is important to you!

Let Your Partner Be Your Inspiration To Getting & Staying Fit





This post was sponsored by Altar'd.

By [Mallory McDonald](#)

When you are in a relationship with someone, it can be easy to let yourself go and pack on some extra pounds. But, this is the worst thing you can do for not only your relationship but also for yourself. You aren't the only one who is guilty of doing this when getting comfortable in your relationship. [Z Living Network](#) has a new original television series, [Altar'd](#), which features real life stories blending [fitness](#), health, love, and relationships. The worst time not to feel your best is when your [wedding day](#) is approaching and you still haven't lost the weight you planned on. *Altar'd* features real life soon-to-be-married couples who are separated for 90 days as they each complete their individual wedding weight loss transformation, guided by the hosts and fitness experts, Chris Marhefka and Erin Stutland. Their journeys are both inspiring and emotional as they get ready to reveal themselves to each other on their wedding day.

Watch [Altar'd](#) with your spouse to motivate each other to get into shape & stay in shape for yourself & your relationship!

In an episode airing on Valentine's Day, February 14th, a young couple Natifah and Reggie work hard to battle their previous bad habits. Their unhealthy eating habits have begun to cause tension within their relationship. With a history of high-blood pressure and diabetes in both of their families, they both feel that this challenge will greatly improve their relationship and have a massive impact on their overall quality of life. Instead of going out with your loved one this Valentine's Day, stay in and watch *Altar'd*, and begin to make the changes in your own relationship. This way, next Valentine's Day you and your partner can look back on this show, your decision to make a change, and celebrate your success!

Here are some [dating tips](#) on why you and your partner should work together like the couples in *Altar'd* to get fit & stay in shape:

1. Accountability: When you work out on your own it can be hard to keep yourself accountable. If you work out and make healthy meals with your significant other it keeps you both accountable.

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

2. Support system: Your significant other is supposed to be your support system in all aspects of your life, so why not your health? Use each other to not only get in shape but also build the strength in your relationship by leaning on each other.

Related Link: [Make Your Love Soar On Date Night With Aerial Classes In NYC](#)

3. Strengthening communication: Working out together and motivating each other can only be done through communication. So not only will you be getting in shape for yourself and your relationship, but you will also be strengthening the key to a good relationship, communication.

Tune into *Altar'd* on Tuesday's at 8 p.m. ET/PT on Z Living Network to inspire you and your partner to live a new and healthy lifestyle together!

2016's Worst Fitness Trends That Need to Go Away in 2017





By Justin Thomas

As we enter the New Year, almost everyone's annual resolution is to get in better shape. In the internet crazed world we live in today, social media is a way that many of us get all sorts of information. So it's no surprise many people take to social media for fitness tips and #Bodygoals. It's a true sign of the times in realizing how much social media affects the day-to-day life of everyday people. Luckily, trends are only here today and gone tomorrow as some of social media's biggest claims to fame are silly at best. Not to be confused, social media and the internet at large are great innovative tools when we use them appropriately. Social media is also the common thread in many of these trends we're shaking off this New Year.

Here are some of 2016's failed fitness trends to steer clear of in

2017:

1. Fitness teas: If you're one of those who finds yourself spending time scrolling through Instagram, it's safe to say that you've seen pictures of some of your favorite celebrities or Instafamous bloggers posed strategically with a cup of tea. No doubt you've thought to yourself, "What's the big deal about this tea?". Turns out, the answer is nothing! The celebrity endorsement fitness tea ploy was a marketing goldmine. These fitness teas promise to promote fat burn, weight loss, and to get rid of stubborn belly fat. Here are the facts. According to Health.com, you're actually only losing water weight from drinking the tea. The way it works is the tea filters out the excess salt in your body allowing retained water to be flushed out which then makes your stomach appear less bloated. Subsequently the more tea (water) you intake, the more your stomach feels full and so it's expected that you're eating a lot less. Many of the teas often come with many unwanted side effects. And if you thought this meant you could cut down on the cardio, but think again! Many of the teas clearly mention on the labels that exercise is still necessary to see results.

Related Link: [Get Fit In Time For Date Night With A Twerk-Out](#)

2. Waist trainers: Squeezing into corsets with literal bated breath isn't anything new. Since the 19th century, women have been essentially "waist training" their bodies with tight lace-up corsets in hopes of having that "perfect" feminine curvature to their bodies. Now due in large part to social media, the trend is bigger than ever. Marketing, marketing, marketing! Waist trainer brands have teamed up with countless celebrities like Kim Kardashian and sister Kylie Jenner to have them sport (endorse) their waist trainers on Instagram as a way of helping sculpt their hourglass shapes. The idea is to progressively wear the corset enough hours to permanently take

inches off your waist matching that of the corset. Some waist trainers even promise to help drop a few lbs. The flaw in this concept is that, according to [Dr. Oz](#), “There is no clinical proof that this is effective or beneficial to a woman, and in fact, it may be harmful to a woman’s body over time.” Scary, right? It gets worse! “As a corset squeezes a woman’s outsides, it is also squeezing the insides. If the lungs are prevented from properly expanding, it can increase risk of pneumonia. As the stomach and colon are prevented from moving its contents, heartburn and chronic constipation can occur. Forcing the ribs and muscles into a tight and restrictive garment can cause chronic pain and bruising. The corset can also prevent return of blood flow to the heart, which can affect blood pressure and may result in dizziness and even fainting. Homes in the 18th century had “fainting couches” for this very reason.”

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

3. Social media work-out routines: 5 words... “Leave it to the professionals”. This is more so targeted towards the social media bloggers turned trainers than the actual fitness trainers turned social media bloggers. Just because someone has a large number of followers doesn’t mean they have the slightest of clues on training and fitness. Be careful where you get your fitness information and always fact check your sources. It’s best to get an actual trainer or visit a local gym than to try to keep up with social media hype.

4. Fancy workout gear: Expensive workout clothes like “toning shoes” and gym suits are definitely a trend to leave in 2016 and all the years to follow. Instagram has been operative in helping promote some of the latest gear available. However, a new study, released by the American Council on Exercise (ACE), shows that toning shoes from brands like Sketcher and Reebok do not “help exercise more intensely, burn more calories, or improve your muscle strength and tone”.

5. Body shaming: Body shaming in the gym, on social media, at work, at school, and body shaming everywhere needs to stop. The definition of body shaming is “the practice of making critical, potentially humiliating comments about a person’s body size or weight”. Body shaming could affect all genders, all ages, and all sizes even those who are considered “too thin”. People sometimes even body shame without realizing that they’re doing so which is why it’s so important to get the message out there. It’s easier now for body shamers than it was 20 years ago because social media is so pervasive. Hiding behind an online profile doesn’t hold the same accountability as face to face interaction. Many celebrities like Demi Lovato, Emma Stone, Tyra Banks, Kelly Clarkson and Amy Schumer have fought back against body shaming and their own struggles with the issue. In last November’s issue of [*Glamour*](#), Demi Lovato discusses how she handles body shapers online in saying “If somebody calls me fat, even in a vulnerable moment, I laugh to myself and think, I’m doing everything I can, so there’s nothing I can do about it,” she told the magazine. “I don’t have a six-pack. Maybe I don’t even want a six-pack. It doesn’t sound very appealing.” You should know there is no perfect body but only being the best version of you. Live and let live! 2017 is about living happy and healthy lives filled with positive energy.

What are some trends you wish would be left in 2016? Share your opinion below!

Fitness Advice: Which

Boutique Fitness Studio Is Right for You?



By [Mallory McDonald](#)

2016 has come and gone, and one thing is for sure, [fitness](#) is still in! The difficult part is deciding what kind of exercise is right for you, what works for your body and what doesn't, can be difficult to figure out. We have some [fitness advice](#) for you: throw out your old 2016 gym membership and do what all the [celebrities](#) are doing by joining a boutique fitness studio! While these boutiques are smaller in scale compared to the bigger gyms, they are much more personalized and it is easier to find which studio is exactly right for you. Depending on what has worked for you in the past, these boutique fitness studios are designed to attract certain

people's workout preferences.

Here are some of the major fitness boutiques that are taking over the fitness world and how to pick which one you should join!

Bar Method

Bar method is a fitness boutique that specializes in using a ballet barre for building resistance and working with some of the larger muscles. This routine focuses on building muscle mainly in your legs and your abdominal region. While to some this may not be appealing, if you already have a good cardio workout, and are looking for something to tone muscles this could be your perfect fit. Also, if you have always been flexible, or have done dance as a child but didn't stick with it, this could be a way to do something you once loved while staying in shape!



Photo: Barmethod.com

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Orangetheory Fitness

Orangetheory fitness is not for the lighthearted when it comes to working out. If you are looking for a cardio-intensive workout that is going to push you to your breaking point. Each

member must pass through five zones of interval training. Some of these interval training include working out on treadmills, rowing and weights. The after burn of this workout is intense, but if you want fast results and are looking to dedicating yourself to a powerful fitness program, Orangetheory is the place to go!



Orangetheory Studio. Photo:
Pinterest.com

CrossFit

One of the more popular boutique fitness chains is CrossFit. This fitness plan focuses on functional workouts which include but are not limited to burpees, ab exercises and weights throughout the routine. If you are the type of person who cannot stand doing the same routine over and over again and find yourself not working out because you get bored, CrossFit may be your new fitness home. The routines are constantly varied and you won't ever be doing the same two things. However, it is extremely fast passed with a lot of reps, but they work hard with where you are at physically to make sure you are doing what is best for you body type. CrossFit is known to have very serious members, so if you are looking to join a fitness family this is the right place for you.



Photo: Crossfitaether.com

Related Link: [Make Your Love Soar On Date Night With Aerial Classes in NYC](#)

SoulCycle

If you cannot stand a treadmill or an elliptical but can't find the right cardio workout to shed some calories, SoulCycle is definitely a good option. SoulCycle's aim is to bring some fun into working out which for most people isn't a very fun activity. It is high power indoor cycling and has recently added hand weights and choreography to work on toning your arm and core muscles. The music is very loud and very upbeat to get you set in a good rhythm while your instructor pushes you to your limits! The community within SoulCycle is very strong and if you want to find a good group of friends to workout with you SoulCycle is calling your name!



SoulCycle Studio. Photo: SoulCycle.com

Make sure before joining any fitness boutique to consult the instructors and the studio on your personal body type, what you want to gain and payment plans!

Fitness Trend: Why Aqua

Cycling May Be for You



By Kayla Garritano

We've heard of water aerobics, and we've heard of cycling. Well, what happens when you put the two together? Instead of cycling on land, you can now cycle in the water! Aqua Cycling is the latest [fitness trend](#) that started as a revolution in Europe and has now gone viral in the United States, including in New York City! The bicycles are placed in a pool where the water is up to your waste, and you're then able to pedal against the water resistance. Proving its numerous benefits on both health and beauty, aqua cycling has also positively impacted many people's lives. It may even set up to me a new, unique [date idea](#)!

Aqua cycling is a crazy twist to working out that was brought to America, and may just have some fitness secrets to share!

Scientific studies show that exercising in water provides numerous benefits to both health and body. Not only do you shape your body in a much more efficient way than on land but you also protect your health, your bone structure, your joints, and your muscles. Here are some reason why you should try it over land cycling:

1. Goodbye calories, goodbye cellulite: In one hour, you can burn up to 800 or more calories. Thanks to the support and the pressure provided by the water, blood circulation is speeded up and can quickly eliminate fat. It also effectively burns cellulite thanks to the water resistance.

2. Better blood flow: The hydrostatic pressure of water combined with cycling movement helps to increase your blood flow and circulation, energizing your muscles, and reducing the symptoms of tired legs. Water pressure compensates the arterial pressure and improves circulation. If your blood circulates well, your legs feels lighter, like you're walking on a cloud!

Related Link: [Date Idea: Workout Together](#)

3. Less pain: The water's zero-gravity feeling is perfect for people with muscular, joints, or overweight problems. Working out in the water is impact-free on joints and will support your body weight. Struggle less, have more fun! That's what this new crave wants you to do.

4. Sleep tight: This exercise is known to help let out your stress. With less stress, comes more relaxation, meaning a

better night's sleep. Posture, muscle relaxation and flexibility are improved as well!

Related Link: [Celebrity Photo Gallery: Famous Couples Who Workout Together](#)

5. You can breathe: How many times have you worked out and just felt completely out of breath after? Well, with this new exercise, you won't feel that way. In the water, you don't feel out of breath. You increase your capacity in a gentle way. You may get a little wet, but you won't be breaking a sweat!

Have you tried aqua cycling and want to share your experience? Comment below!

Product Review: Maintain Your Figure With the 5-Day Fast Diet





This post was sponsored by Weight Loss Buddy.

By [Mallory McDonald](#)

We are constantly hearing in [celebrity news](#) about the newest weight loss secrets. Stars have the figures we envy and the tools needed to get their goals. For everyone else, it can seem impossible to achieve our dream, which can lead to constantly trying the latest fitness trend. Eventually, after the results fail, it can be easy to give up and remain unhappy about your image. Don't let all the failed fitness trails keep you from achieving your goal body!

[Weight Loss Buddy's](#) 5-Day Fast Diet Program is the perfect way to kickstart your weight loss journey at an affordable cost.

Constantly seeing different weight loss companies being promoted through social media can seem redundant and

ineffective. There are companies that guarantee extreme weight loss in a short amount of time and many women have purchased these products, in hopes of creating a new body. When this is not the case, it may be time to figure out your next step. This is where Weight Loss Buddy's 5-Day Diet program is the perfect answer to figuring out your next move!



There is really no easy answer to losing weight, and Weight Loss Buddy knows that you have to be dedicated and willing to work to achieve the goals you've set for yourself. Results that last aren't solved by a magic pill. Eating right, creating a proper workout routine, cutting out carbs and watching your calorie intake is the most successful way to lose weight and keep the weight off. However, Weight Loss Buddy is aware that for most people, finding the time to set aside every day to workout and eat right is challenging.

Weight Loss Buddy's 5-day fast diet program is the perfect solution for anyone simply wanting to bring about a change in their health, help jump start their weight loss and see changes above and beyond positive, limited fasting. The 5-Day fast diet is a pre-measured, pre-calculated 5-day eating plan delivered to your door. The diet requires minimum work for a short amount of time to achieve great results. Not only will you be able to see results in five days, but this is the perfect way to begin your journey to a healthier lifestyle without taking drastic measures that won't last. Each box only costs \$99.95 and Weight Loss Buddy is constantly running sales to help you get what you need for weight loss success!

Don't let losing weight rule your life and keep you from enjoying the process. Losing weight doesn't happen overnight, and Weight Loss Buddy is the perfect place to help you start your healthier lifestyle. With the five day fast diet, you can

see results sooner rather than later!

Celebrity Interview: Professional Aerialist & Celebrity Trainer Jill Franklin Talks About Aerial Physique, Fitness And Love Advice



By [Cortney Moore](#)

When you hear the word “aerialist,” colorful imagery of gravity defying circus performances might come to mind. Not many can say they make a living soaring through the sky, but world-renowned aerialist and celebrity trainer Jill Franklin has found a way to make aerial her business. In our exclusive [celebrity interview](#), Franklin opens up about her experience as an aerialist and founder of Aerial Physique, what it’s like training her clients, and fitness related [relationship advice](#).

A World Famous Aerialist Offers Us Great Fitness & Relationship Advice In This Celebrity Interview

Franklin became enchanted with aerial at age 14 when she attended her first Cirque du Soleil show. As someone who was trained in dance, Franklin admired the graceful acrobatics these performers exhibited, but like most people she doubted she could be capable of such feats. Seven years later, Franklin found herself in New York City looking for work; until one day she saw an advertisement for a circus school and decided it would be a great opportunity to knock aerial off her bucket list. “I was convinced I wasn’t strong enough, I was totally afraid of the whole thing. I was afraid of heights,” Franklin admits, “my first class- I was totally awful. I couldn’t do anything they asked me to do!” However, Franklin did not allow herself to get discouraged and continued with her classes the same way she had when she studied dance.

Related Link: [Make Your Love Soar On Date Night With Aerial Classes In NYC](#)

Fast forward to 2016, and now Franklin has become the teacher rather than the student with her Los Angeles based aerial

studios, Aerial Physique. "I just really love watching people's progress as far as someone comes in and says they're nervous about it, they're not really sure if this is for them. And then in a few months just watching their bodies literally change," she says in regards to what made her open up her own studio. Teaching everyday people how to do aerial is a rewarding experience for Franklin, especially since she was once apprehensive about doing the sport and doubted she'd get as good as she is today. For those who are interested in aerial, Franklin believes you should pursue your curiosity, "Everyone is totally afraid and thinks they're too old to try it now, and all these things, these excuses go through your heard. Which is normal, but you just got to do it and it gets much better." Not only has Franklin's reputation as a talented aerialist made celebrity news on more than one occasion, but it has also attracted very famous clientele. Some celebrities that Franklin has had the opportunity to train include *Revenge* star Christa B. Allen, one of Chris Rock's daughters and many more.

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

In terms of fitness and relationship advice, Franklin was able to provide an abundance of insight from her relationship with her husband. "My husband and I, on the very first date we went on, he took me on a picnic and I asked him what I can bring. And I was like thinking, 'Okay should I bring something to eat? Should I bring like cookies? Like what do I bring?' He said bring three things, 'authenticity, fearlessness and a smile.' That's kind of been our ongoing things that we live by." Four months after their first date, Franklin and her husband were married! As a couple, fitness is an important factor of their lives- this is especially apparent since they met each other at the gym. "It's a great place to find a date. It's definitely better than a bar, that's for sure," Franklin

says in regards to where women can find a quality date, “you know that person is taking care of themselves, and caring for their health and bodies. So I think it’s a great place to find a date for sure.” When asked if aerial classes were a good option for couples to try together, Franklin says it’s worth giving a shot, even if you’re starting a new relationship. “It’s a fun way to break the ice for sure because you’re stretching, you’re doing things that are new, so both people feel a little uncomfortable but also get to learn about each other.” And she would know since she invited her husband to an aerial class back when she first met him. “We ended up spending that whole night chatting. I think he thought it was really cool and was intrigued by it because it was unique from what other people do.” Franklin went on to joke that if you want to get a husband quick, do aerial.

Not bad for a someone who was once afraid of heights! You can schedule a class with Franklin if you’re in the Los Angeles area, or watch her performances and instructional videos on her Youtube channel, Aerial Physique. And keep an eye out for her beginner and intermediate aerial guides and coloring books that are available on Amazon!

For more information on Jill and Aerial Physique, you can visit her [website](#)!

Get Fit In Time For Date Night With A Twerk-Out





By [Cortney Moore](#)

Move over Zumba because a new exercise dance craze is taking over the nation! Make way for twerking yourself into a slimmer shape! Yes, twerking, or as some like to put it, a “twerk-out.” It’s not just for celebrities like Miley Cyrus. These instructional dance classes are popping up in gyms and dance studios across the country. It’s where fitness meets the club, combining dancehall choreography, cardio and aerobics to help exercisers break a sweat. Not convinced to give it a try? Well a single 60-minute class can help you burn up to 1,000 calories! Getting fit for [date night](#) couldn’t be any easier, not to mention you’ll learn dance moves your partner will surely appreciate. Get in touch with your seductive side and learn how to twerk like a professional!

Learn How To Twerk Like A Pro Before Your Next Date Night

LexTwerkOut: Lexy Pantera’s revolutionary twerk out program has made celebrity news with her famous clientele. which

include Christina Milian, Karrueche Tran and Tameka Harris. Based in Los Angeles, dance enthusiasts are able to take classes or host twerk parties with their closest friends. Even if you can't make your way to her studio, you can still get a good work out through her LexTwerkOut app and Youtube channel.

Vixen Workout: With multiple locations throughout New York and Florida, Vixen Workout is an intense hip hop cardio dance program. Started by a former Heat cheerleader, this workout routine will get you in touch with your inner vixen by teaching you how shake what you've got. There are Vixen instructors in other states, so if New York and Florida are too far for you to travel for lessons, you can find someone else to teach you the great moves.

Related Link: [Date Idea: Dance the Night Away With Your Love](#)

305 Fitness: Named after Miami's area code, 305 Fitness is one the hottest dance cardio studios to hit the east coast. With locations in New York, Boston and Washington D.C., twerk lovers can get a full body workout doing non-stop cardio and high interval training. Each class has a live DJ playing music so your workout routine won't even feel like a workout. Featured in a number of publications for their great studio, 305 Fitness promises to get you moving.

Boss Chick Dance Workout: Just like the name says, this revolutionary dance program will show you how to dance like a boss. This dance program teaches a high intensity hip hop, dancehall, afrobeat fusion twerk-out. Get yourself closer to that "bangin' new body" you've always wanted. With Boss Chick dance studios in 6 states and abroad, you'll have plenty of opportunities to take lessons or host your own twerk party.

Related Link: [Make Your Love Soar On Date Night With Aerial Classes In NYC](#)

StripXpertease: Is a female driven business that aims to teach women to get in touch with their "sexier, sultrier, more

confident” self. At StripXpertease, you’ll learn how to do pole work, lap dances, twerk and much more. Couple activities are encouraged so it might be a great option for a date night! Visit their studios in New York and Los Angeles so you can unleash your sexy and toned self.

Twerk Out Fitness: If you’re on the shy side and don’t wish to pay the expense for private lessons, then twerking in the comforts of your own home might be the best option. Twerk Out Fitness offers instructional DVDs and downloadable content that will show you how to move. Once you’ve boosted your confidence, you can contact the instructors at Twerk Out fitness to schedule in-person lessons or parties. You’ll learn from the best here since many of their instructors are from Atlanta, where twerking originated.

Have you heard of a “twerk-out” before? Would you sign up for a class? Share your thoughts in the comments below!

Find Your Balance On Date Night With Stand Up Paddle Boarding In New York





By [Cortney Moore](#)

Remember how Orlando Bloom made [celebrity news](#) earlier this month while paddle boarding nude? We bet you do! Aside from Bloom's outrageous antics, you might have noticed an increasing number of celebrities on vacation standing on boards and having paddles at hand. What is this sport that has celebrities like [Jennifer Aniston](#), Cameron Diaz and Julia Roberts so ready to jump in the water? Well, [https://www.globosurfer.com/best-inflatable-stand-paddle-board s/](https://www.globosurfer.com/best-inflatable-stand-paddle-board-s/), also known as SUP, is a leisurely way to get in a good workout while also seeing the sights, making it a great option for [date night](#)! Avoid getting love handles while you're falling in love. SUP works out your core, legs, back, shoulders, arms and neck by exercising your endurance, strength and balance. In fact, you can burn anywhere from 500 to 1,000 calories in one hour! Challenge your sweetheart to a race, or do yoga at sunset. The possibilities are surprisingly endless when you're on a paddle board.

Stand up paddle boarding is a date night activity that can get you fit. Check out some of the best places in NYC to begin your paddle boarding experience!

1. Manhattan Kayak + SUP: Zero experience is needed at Manhattan Kayak. It's a complete paddle sports center located in the heart of NYC. With beginner, intermediate and advanced classes taught over 40 times a week, you'll definitely find time to paddle out to the city sights. This location also offers paddle tours to iconic NYC destinations, day or night, and instructional classes for speed demons and cross fit/yoga lovers.

2. A-Team Paddleboarding: Offering group and private lessons at Rockaway beach in Queens, students are taught by a Rivera Paddlesurf team rider and other certified paddle board instructors. This location provides classes for those just learning how to paddle board, and those who are more experienced and want to learn how to paddle surf or race. SUP yoga and Pilates are also fitness options that are available. There's even a limited number of TRUCK-A-FLOAT sustainable living pods open to those who wish to stay overnight, ideal for a memorable date night. Book these in advance because they go quick!

Related Link: [Enjoy the Outdoors With This Challenging Date Idea!](#)

3. New York Kayak Co.: With a beautiful view of the Statue of Liberty, New York Kayak Co. offers a number of kayak and paddle boarding related options for native New Yorkers. Beginner and intermediate classes are available, along with SUP yoga and tours throughout the day. Students have the

option to learn in groups or private lessons. Club memberships offer special perks such as storage, rentals, discounts and exclusive access to facilities.

4. Rockaway Jet Ski: Home to all of your water sport needs, Rockaway Jet Ski is nestled right in the Jamaica Bay. Here you can try your hand at paddle boarding and other paddle activities, such as yoga and sightseeing tours. After your lessons, you can enjoy food, cocktails and live music at the Thai Rock deck bar and restaurant. Just imagine a romantic date night at sunset with your significant other and the NYC skyline.

Related Link: [Ireland Baldwin Opens Up About Boyfriend Slater Trout](#)

5. Skudin Surf Inc.: The Skudin Surf school has multiple locations throughout New York. However, their SUP branch is located on Long Beach. Here you'll be able to enjoy group, private or semi-private paddle boarding lessons in flat water or the ocean. SUP yoga and other fitness classes are also available. There's even a full moon paddle tour that could be a romantic trip for couples. Package deals and registration for adult surf camp are also an option for avid fans of paddle boarding.

6. Kostal Paddle: All the way in Port Washington and Island Park Long Island, Kostal Paddle is an ideal spot to learn how to paddle board. Surround yourself by the beauty of nature, and take lessons in standard paddle boarding, SUP touring and yoga. Classes are taught in the summer on Fridays, Saturdays and Sundays, so if you want to learn how to paddle board, then you need to reserve spots soon! Their last lesson for the year will be on September 16.

Have you heard of paddle boarding? Would you give this a try on date night? Share your thoughts in the comments below!

Make Your Love Soar On Date Night With Aerial Classes In NYC



By [Cortney Moore](#)

Do you have a love for the aerial performers at Cirque du Soleil? Ever wondered how they can easily climb up and down those silks and hoops while being suspended in air? You might think these performers had to train at a young age to get so nimble and flexible, but this is not always the case! Believe it or not, you can become one of those amazing performers with a few aerial classes. Learn how to soar through the sky with

ease and impress your friends with these circus-like moves! It might even be worth it to try out on your next [date night](#)! Just imagine yourself and your sweetheart defying gravity and completely in sync with each other while practicing these mesmerizing moves. If that's not motivation enough to give these classes a try, then maybe a few fit celebrities can inspire you to. Khloe and Kourtney Kardashian, Vanessa Hagens, Sarah Hyland and P!nk are just a few stars who have made [celebrity news](#) following this daring fitness trend.

Try Out Aerial Classes On Your Next Date Night

Circus Warehouse: Founded in 2010 and located in Long Island City, the Circus Warehouse has made a name for itself in all things circus related. Classes are taught by actual circus stars so you can have faith that you're learning from people who know what they're doing. This location offers aerial silks, Lyra (aerial hoop) and many other circus classes you may be interested in trying.

Body & Pole: Push your limits at Body & Pole located in the Chelsea neighborhood. This 10,000 square foot studio offers an assortment of classes so you can do your best as an aspiring aerialist. With world-renowned instructors teaching 200 classes on a weekly basis, students can improve their flexibility, contortion and aerial choreography on fabric, hoops and poles.

Related Link: [Celebrity Interview: Professional Aerialist & Celebrity Trainer Jill Franklin Talks About Aerial Physique, Famous Clients And Love Advice](#)

Aerial Arts NYC: Learn aerial skills from experienced professionals who have performed at Cirque du Soleil, famous cruise ship lines and countless other circus locations.

Aerial Arts NYC is located in Midtown East, and offers both group or private aerial circus classes in silks, static trapeze, rope, Lyra, hammock, straps and Spanish web.

Om Factory: Take a more peaceful approach to aerial fitness with the Om Factory. Founded in 2006, with multiple locations in NYC (Union Square & Fashion District) and abroad, the Om Factory has had the opportunity to teach aerial yoga to thousands. Aside from assorted yoga classes, this location also offers traditional aerial circus lessons with silks, Lyra, cloud swings and static trapeze.

Related Link: [Date Idea: Workout Together](#)

Skybody System: Empower your body and mind at this aerial yoga studio in the Flatiron district. You don't have to be fitness pro here because experienced instructors will teach you everything you need to know as a beginner. You have the option to take a variety of aerial fitness classes that include yoga or dance. And with classes offered 7-days a week, you'll have plenty of opportunities to practice your skills!

City Pole: Receive individualized attention at an aerial studio located in Tribeca. City Pole boasts small class sizes for beginner, intermediate and advanced aerialists. As a result each student has access to the studio's equipment with no need to share during lessons. Here, experienced trainers teach pole dancing, flexibility, aerial hoop and silk classes.

Be the envy of your friends by getting fit on date night and learning these aerial skills as a couple! You'll be sure to get your heart racing with the one you love close by.

Have you ever heard of aerial classes before? Would you be interested in giving it a try? Share your comments below!