

# Celebrity Workout: Take a Swing with Boxing



By [Haley Lerner](#)

Ever feel like your workout routine has got you in a rut? It sounds like you need to try out something new. Luckily, we've got the perfect fitness trend for you: boxing. Boxing is a great workout that so many celebrities love, such as [Kim Kardashian](#), Adriana Lima, Karlie Kloss and [Kendall Jenner](#). Boxing is the perfect [celebrity workout](#) to let out your anger and get a great workout in. Read our [fitness advice](#) on why you need to head straight to the gym and sign up for a boxing class right now.

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

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

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

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

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

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

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

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

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

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# Rumors Shot Down! Adriana Lima & Ryan Seacrest Are Not a Celebrity Couple After All



By Mallory McDonald

Recent [celebrity news](#) claimed that Adriana Lima and Ryan Seacrest were Hollywood's newest celebrity couple, but [UsMagazine.com](#) sets the record straight. "They're good

friends,” a source said. “She’s still dating Julian Edelman.” Julian Edelman is a wide receiver for the New England Patriots, and the two have been together for a few months. As for Seacrest and Lima, “They became friends and then they went out to dinner in NYC, but it’s not romantic.” It can be so easy to think relationships are forming when pictures surface and assumptions are made. This rumor has been debunked, and we are happy the two are at least good friends!

## **We’re sad to see this celebrity couple isn’t a reality! What are some ways to keep rumors from affecting the beginning stage of your new relationship?**

### **Cupid’s Advice:**

In this digital age, rumors emerge every day about new relationships. It can sometimes prevent what may have been a new relationship from forming. Cupid’s here with some [dating tips](#) in order to keep rumors from affecting your relationship:

**1. Be honest:** Be honest to the right people. If rumors come out that you are in a new relationship, just talk with that person, and come to an agreement on your title. Don’t let rumors define the stage your relationship is at.

**Related Link:** [New Celebrity Couple: Ryan Seacrest & Adriana Lima Are Dating](#)

**2. Set the record straight:** If the rumors are really affecting your relationship and causing an unnecessary strain, set the record straight. If the other person is comfortable, inform people on where the relationship is now and where you see it going.

**Related Link:** [Find Out Victoria's Secret Angel Adriana Lima's Valentine's Day Wish](#)

**3. Hang out:** Instead of worrying about the rumors, enjoy your new relationship. Spend time together talking about anything other than the latest gossip about your new relationship. What is most important is that you and this person are both clear about where the relationship is and are both happy about it.

**What do you do when rumors affect a new relationship? Comment below!**

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## **New Celebrity Couple: Ryan Seacrest & Adriana Lima Are Dating**







By Kayla Garritano

A new [celebrity couple](#) is taking on the world! In the [latest celebrity news](#), Ryan Seacrest and Adriana Lima are said to be dating, according to reports. The new couple was most recently seen in New York City for a romantic dinner, and has even been seen together in the Big Apple in the past. According to [EOnline.com](#) the two connected over their time in Rio for the 2016 Summer Olympics. Although they have yet to publicize their relationship, they have been definitely enjoying their time since the return.

**There's a new celebrity couple on the town! What are some ways to connect with a potential partner over common interests?**

**Cupid's Advice:**

Being a new couple can be exciting! But, how can you make sure

you get that spark when finding your potential partner? Cupid is here with some [relationship advice](#):

**1. Talk on the first date:** If your first date is a movie, odds are you're not going to be doing a whole lot of talking. If you want to make sure your potential partner and you have common interests, go on a date where you can just talk and get to know each other.

**Related Link:** [Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer](#)

**2. Text them:** In the 21st Century, texting is a common form of communication. You probably won't be calling them asking how their day was. It's also totally okay to text first, as it shows you're interested! Just make sure you aren't always the one texting first. It might mean "he's just not that into you."

**Related Link:** [Dating Advice Q&A: How Has Technology Changed The Way We Date?](#)

**3. Pick a favorite hobby:** Maybe you learned on your first date that you and your potential partner both absolutely love to paddle board. Why not make a date of it together next time? Commiserating over a common love can really help you bond as a new couple.

**How have you connected with a potential partner? Comment below!**

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## 5 Celebrity Couples that

# Waited for Marriage



By April Littleton

The decision to have sex isn't one that should be taken lightly, but it's a personal choice. You may choose to wait until the love of your life comes along or you may not (just make sure you're always safe). In Hollywood, many celebrities are quick to hop into bed with the next star they see standing next to them on the red carpet, but this isn't true for every person who has the spotlight shining down on them. Some celebrities pledge abstinence because of their religious beliefs, while others hold out until marriage out of respect for themselves. Here are five couples who waited until their big day:

**1. Kevin Jonas and Danielle Deleasa:** Kevin Jonas, the eldest



of the Jonas Brothers was very outspoken about his decision to abstain from sex prior to getting married. As a symbol of his beliefs, he wore a punk rock purity ring from Tiffany's on his ring finger. Jonas married his longtime girlfriend and former hairdresser, Danielle Deleasa, on December 19, 2009. The purity ring was replaced with a wedding ring, and now, the happily-married pair is expecting their first baby.

**Related Link:** [Celebrity Couples Who Cannot Wait to Become Parents](#)

**2. Mariah Carey and Nick Cannon:** After her marriage with music executive Tommy Mottola came to a halt, Carey decided to remain celibate with Nick Cannon until they exchanged meaningful "I Do's." In a December 2008 interview for *Mirror*, Carey said, "I definitely don't want to push it on anybody else. But we both have similar beliefs, and I just thought that it would be so much more special if we waited until after we were married." The happy couple have been married for five years now and are parents to twins, Monroe and Moroccan Scott, age two.

**3. Tina Fey and Jeff Richmond:** The *Saturday Night Live* alum was a virgin until she met her husband and composer of *30 Rock*, Jeff Richmond, at the age of 24. The couple dated for seven years before finally marrying in a Greek Orthodox ceremony June 3, 2001. The famous pair is now parents to two daughters, Alice Zenobia and Penelope Athena.

**4. Adriana Lima and Marko JariÄš:** In 2006, Lima told *GQ Magazine* that she had no plans to have sex until after she was married. The Brazilian Victoria's Secret model married Serbian NBA player, Marko JariÄš, on Valentine's Day 2009. Since then, the duo have become parents to Valentina and Sienna.

**Related Link:** [10 New Celebrity Moms](#)

**5. Jessica Simpson and Nick Lachey:** Although this couple has since broken up and moved on to different relationships, no

one can forget these lovebirds from the early 2000s. Because of her religious background, Simpson announced she would remain a virgin until her marriage to Lachey. The pop stars married October 26, 2002, but unfortunately, things ended in divorce only four years later.

**What are some other celebrity couples who waited for marriage? Share below.**

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**Find Out Victoria's Secret  
Angel Adriana Lima's  
Valentine's Day Wish**





Winning a supermodel's heart this Valentine's Day may be easier than it looks. As Victoria's Secret Angel Adriana Lima told [People](#), roses seem to be the key. "If my husband sends them to me at home, I'll be very happy. There's nothing better than to receive flowers from someone you love," said Lima. Other supermodels said they desired gifts with a personal touch such as hand-written notes on Valentine's Day.

**What are some ways to show your partner you care on Valentine's Day?**

### **Cupid's Advice:**

Showing that special someone you care on Valentine's Day or any other day of the year doesn't have to be expensive or over the top. It seems to be the little things that make the biggest impressions. Cupid has some tips:

**1. Tell them how you feel:** If you love someone, you can't say it enough. There are so many ways to say "I love you," such as via social media or the old fashioned way with a handwritten note.

**2. Send a gift:** Make your partner feel special by sending them a small gift such as flowers to their home or office.

**3. Go out with eat:** Show your partner you care and want to spend time with them over a special meal. Stay home and cook or make reservations at a classy restaurant.

What are you dreaming of getting from your partner this Valentine's Day? Share your wishes below.

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## Adriana Lima Introduces Baby Valentina



[Hola! Brasil](#) magazine introduces Adriana Lima's baby girl,



Valentina, born on November 15, 2009. The Victoria's Secret supermodel and husband, Serbian basketball player, Marko Jaric, kept their news private, because Valentina was born six weeks premature when Lima developed preeclampsia late in her pregnancy. Now that baby and mom have recovered, they want to share their lives with everyone.

## **What are some ways to prevent pregnancy complications?**

### **Cupid's Advice:**

Unfortunately, pregnancy complications are always a concern. Cupid has some ways you can prevent or reduce your chances dealing with them.

- 1. Eat healthy:** This is a standard recommendation from your health care provider, but as cravings can often trump logic. Create a menu that allows for smaller versions of your needs to curb munchies and keep you in line with your new diet.
- 2. Listen to your doctor:** Seems simple, but not everyone follows their doctor's advice. Ask if there are other ways to meet your goal – your doc is sure to have tips to make your pregnancy easier on you.
- 3. Have your partner to join you:** Many partners already experience sympathy cravings and weight gain. Why not have your partner share your menu plan? Seeing their commitment to you and your baby's health can help you stay focused and healthy.