

# Celebrity Fitness Secrets: Funky Exercise Fads



By

Christine Rudolph

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

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

**1. CrossFit:** CrossFit has taken the fitness world by storm over the years, and is one of the most rigorous workouts out there! This super popular workout combines a multitude of exercises such as cardio, weights, and kettleballs in a short 45-minute timespan. Quality trumps quantity; your results aren't determined by how much time you spend in the gym, rather, by how hard you work out. [Jessica Biel](#) is a huge fan of this regimen – and judging by her perfectly chiseled body, she certainly isn't intimidated by its intensity!

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

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

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

**3. Barry's Bootcamp:** If you've ever wondered how [Kim Kardashian](#) has achieved her post-baby slim downs, her fitness secret is Barry's Bootcamp. Each class utilizes a combination of resistance training with elastic bands, kettle bells, and body bars, as well as cardio. Barry's Bootcamp has been voted

“The Best Celebrity Workout” by many fitness magazines and other publications, so you’re guaranteed to have a solid workout with each class session!

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

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

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

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

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## Celebrity Style: Bundle Up in

# These Ski Lodge Celebrity Looks



By

[Marissa Donovan](#)

During the winter months, it's great to escape to a ski resort. Whether you are there to snowboard or ski, it's crucial to stay warm and look good while doing it! Here are some [fashion tips](#) on how to snag a celebrity styled look on the slopes this Winter.

## Get the celebrity hottest celebrity ski looks this Winter!

**Kate Middleton's White Jacket:** Bundle up in a white jacket similar to Kate Middleton's on the slopes this winter. Match

the jacket with black or white ski pants and gloves to complete this royal look!



Kate Middleton  
at Klosters Ski  
Resort in  
Switzerland.  
Photo Credit:  
Solarpix / PR  
Photos

**Related Link:** [5 Fashion Trends to Make Winter More Bearable](#)

**Paris Hilton's Long Geometric Coat:** Make a statement in a bold geometric coat while staying warm. Get one size larger than what you normally wear for a coat, so you can have a second jacket underneath. Layering with the print will really accentuate the colors on your coat.



Photo:  
parishilton/Instagram

**Related Link:** [Date Idea: Enjoy a Date by the Fireplace](#)

**Mariah Carey's Cherry Red Down Jacket:** This down jacket has the pop of color that your winter wardrobe deserves. Like Carey, see if you can have extra warmth in your hood by finding one that has cotton or faux fur.



Photo:  
mariahcarey/Instagram

**Related Link:** [Top Five Ski Destinations for Celebrity Couples](#)

**Hilary Duff's Cotton Top Hat:** This classic winter accessory

can vary on size, depending on how big you want your cotton top. Choose a brown, white, or black hat so you can coordinate with any jacket or ski pants!



Photo:  
hilaryduff/Instagram

**Related Link:** [Top 10 Romantic Winter Getaways](#)

**Ashley Tisdale's Ski Goggles:** Protect your eyes in style by getting ski goggles with white and blue hues. Not only will you avoid snow from blocking your sight, but you will look fierce as well!



Photo:  
ashleytisdale/Instagram

Which celebrity ski look will you be sporting on the slopes?  
Let us know in the comments!

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# Top 5 Celebrity Fashions That Are Must-Haves for Summer Festival Wear



By

[Marissa Donovan](#)

Music festival season has already begun, and it's time to double check your wardrobe. If you're looking for a fresh new outfit to wear to your next musical event, check out what these celebrity concerts goers are wearing to festivals this



year!

**You don't have to be on stage to shine. Here's the top five [celebrity fashion](#) looks you should own!**

**1. Emma Robert's Bohemian White Dress:** This year Emma Roberts wore a chic white bohemian styled dress during her appearance at Coachella. This vintage look is easy to accessorize with looks super cute for a day time concert.



Photo:

emmaroberts/Instagram

**Related Link:** [Fashion Advice: Choose the Perfect Date Night Dress](#)

**2. Alessandra Ambrosio's Rock Band T-Shirt:** The legendary Victoria Secret Angel wore a large Rolling Stones t-shirt while dancing the night away at Coachella this year. If you do not have a large shirt to wear as a dress, try a crop top or normal rock band t-shirt with shorts.



Photo:  
timuremek/Instagram

**Related Link:** [Fashion Trend: The '90s Are Making a Comeback](#)

**3. Jamie Chung's Romper Bodysuit :** *Once Upon a Time* star rocked this romper bodysuit while having fun in the sun at Coachella. Many other celebrities wore short cut rompers, which is another look you might want to wear to the festival you attend.



Photo:  
jamiejchung/Instagram

**Related Link:** [Jamie Chung and Bryan Greenberg Show Some Poolside PDA](#)

**4. Ashley Tisdale's Bomber Jacket:** *High School Musical* Star Ashley Tisdale showed up to Coachella in a edgy black bomber jacket. This look is best saved for afternoon or night shows with a cute pair of cut off shorts.



Photo:  
ashleytisdale/I  
nstagram

**Related Link:** [Celebrity Looks: 3 Easy Ways To Dress Like a Celebrity](#)

**5. Nina Dobrev's Kimono:** Kimonos are great for simple layered look. The *Vampire Diaries* star Nina Dobrev wore a shear white kimono that was a cute touch to her dark colored outfit. Adding a hat with a Kimono pulls the outfit together for the ultimate concert look!



Photo:  
nina/Instagram

What is your favorite music festival look? Leave your fashion tips in the comments!

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**Ashley Tisdale Talks  
Celebrity Marriage: “He  
Inspires Me in So Many  
Different Ways”**





By

[Sarah Batcheller](#)

In a recent interview with Wonderwall, newlywed Ashley Tisdale gushes about the love she shares with husband Christopher French. The actress says she just knew that it was right and that he inspires her every day. The rocker's loyalty is second-to-none, a quality that Tisdale highly regards in her [celebrity marriage](#). The *High School Musical* star also dishes on how she and former *HSM* co-stars have kept in touch over the years, raving especially about her friendship with Vanessa Hudgens. Read on for the details from her adorable celebrity interview!

## Ashley Tisdale Opens Up About Her Celebrity Marriage

**WW:** Did falling for your husband open your eyes to a new kind of romance or love story?

**AT:** "Definitely! Obviously! He definitely inspires me, for sure. It's one of those moments where, in the past, everything

else was just kind of forced or not right. Then, finally, when you are in the one that's The One, you are like, 'Oh, wow! This is how this is supposed to be.' So it's natural and nice. It's one of those moments that you just know."

**Related Link:** [Ed Sheeran's New Girlfriend is Taylor Swift Approved](#)

**WW: How does he inspire you in your celebrity marriage?**

**AT:** "He inspires me in so many different ways, just to be a better person. I never really had someone guy-wise who was a loyal person, so it's really nice to have someone be as loyal ... I hold loyalty and respect really high. So it's like 'Oh, there's someone who is giving back as much as I'm giving.'"

**WW: What is your idea of a romantic encounter?**

**AT:** "I think it's that first connection. You just feel it. It's an exciting time, I think. It's the first spark where you go, 'Oh my God, this is so great.' I definitely can relate to that moment for sure. You always remember it too, that moment."

**WW: What's your idea of a romantic evening?**

**AT:** "For the first couple of dates, I'm definitely someone who likes to be more casual. When it's super romantic, it's a little bit of pressure, and you're like 'Oh my God, this is nerve-racking.' I'm one of those girls that you can just take to dinner and not have to romance completely. I'm someone who likes the idea, but I'd rather go to a cool restaurant that's not so dark. For me, romance is the smaller things. I'm definitely someone who is adventurous and spunky."

**WW: Are you a hopeless romantic?**

**AT:** "Yeah! I definitely am. I'm someone who loves romantic comedies: *My Best Friend's Wedding*, *Just Married*, and *How to Lose a Guy in 10 Days*. And I listen to Taylor Swift's music

all of the time.”



Ashley Tisdale and Christopher French on their wedding day. Photo courtesy of Ashley Tisdale's Instagram.

## Celebrity Interview with Ashley Tisdale

**WW:** You recently had a *High School Musical* reunion. How was that?

**AT:** “Monique [Coleman] does this charity where she was giving away a dinner with the cast. So there was a winner a couple of months ago, and she was finally able to get us in one area to do it. It was the best time. We were just talking about anything and everything. [The winner] was so a part of it because we hadn’t seen each other in so long. It’s been years since we’ve been all together like that.”

**Related Link:** [Lea Michele Kisses Boyfriend on Boat in Italy](#)

**WW:** You and *High School Musical* co-star Vanessa Hudgens have really stayed close over the years. How has your relationship grown?

**AT:** “We will always have this connection of something we’ve been through together. Over the years, though, she’s really grown up and is such a beautiful person. It’s nice to grow together and lean on each other in moments that we’ve needed it. It doesn’t matter how busy we both are; if I pick up the phone and call her, she’s always there. So to have that kind of friendship has been awesome.”

*For the rest of the celebrity interview, visit [www.wonderwall.com/entertainment/ashley-tisdale-my-husband-inspires-me-everyday-1840127.article](http://www.wonderwall.com/entertainment/ashley-tisdale-my-husband-inspires-me-everyday-1840127.article). You can keep up with Ashley on Twitter @ashleytisdale.*

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**Celebrity News: Ashley Tisdale Discusses Why She**



# Likes 'Mysterious Bad Boys'



By

Meghan Fitzgerald

Ashley Tisdale does not like her men like character Sharpay in *High School Musical* did. She discussed with [People](#) how she likes her men to be a little rough around the edges. [USAToday](#) talked about Tisdale's recent topless *Maxim* cover, and her interest in guys. "There's definitely a thing where I like the dark, mysterious bad boy." However, she's not opposed to "surfer, blond frat guys." The 27-year old *Scary Movie V* actress sure has changed since her younger days in relationships.

**What are some of the reasons women are attracted to bad boys?**

**Cupid's Advice:**

For some odd and relatively unknown reason, women have been attracted to bad boys. Even if they see the inevitable heart break in the near future, women still tend to go for said bad boys. Bad boys do have a certain allure to them. Leading numerous women to fall for their mysterious lives. Cupid has some advice on bad boys:

**1. Curiosity:** Some women have a strong sense of curiosity in their lives. It is not uncommon to be curious about new things you haven't experienced. With this being said, having an interest in a bad boy will definitely reduce your curiosity. Although it may not go as great as you expected, you still will have had the exposure to the 'bad boy world.'

**2. Adventure:** Bad boys have this certain vibe about them. Like they are absolutely filled head to toe with adventure. A type of guy who will throw you on the back of their Harley Davidson 2010 motorcycle and speed away to a dive bar with outside bathrooms and a gun range inside. Of course this is exaggerated, however bad boys hold this illusion that they are more fun. Who knows, they could be.

**3. Saving:** Some women think they have the tendency to 'save' men. Yes, there are the cases where this is a possibility. However, they are rare and hard to come by. You do not usually see intelligent and mature women successfully saving immature rebel men. This would be a great thing to see in relationships. Yet, it does not always happen. Women have failed to see that this usually does not work.

**Have you ever been attracted to a bad boy before? Share your experience below.**

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# Ashley Tisdale Steps Out With New Boyfriend Christopher French



By

Nic Baird

After a few months of single life, *High School Musical* star Ashley Tisdale is dating Annie Automatic musician Christopher French, [UsMagazine.com](http://UsMagazine.com) reports. Tisdale broke off it off with music video director Scott Speer earlier this year. The recent couple made their first public appearance when they visited the Apple Store in L.A. on Dec. 26. During a short split with ex-boyfriend Speer, Tisdale also briefly dated Boys Like Girls musician Martin Johnson.

**How do you know when to make your relationship public?**

## **Cupid's Advice:**

Don't feel pressure to spread the word of your romance, but eventually if someone is important to you they should become an obvious part of your life. It's hard to decide when exactly to update that Facebook profile. Rather than worry about it, here are some signs to take things public:

**1. Close rapport:** You and your partner could still be testing the water. Make sure you each feel comfortable and have some clarity about your relationship before telling the world. Wait until you know how to talk to each other.

**2. Emotional investment:** A few dates is a good start, but if you're going to be with someone publicly then you should know that you're both committed. Considering what you're both looking for in a relationship, could making things public add extra pressure? A decent stretch of dates will make it easier to tell friends and family about your special someone.

**3. Longterm options:** Be aware of the stresses your relationship could encounter. If distance, responsibilities or baggage from previous relationships are going to threaten this new one, then you have to be careful. Don't jump the gun before you've straightened out whether or not there's a future as a couple.

**When do you think you should make your relationship public?  
Share your experiences below!**

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# **Celebrity Couples Who Look**

# Hot At a Pool Party



By

Diamon Hall

Celebrities might have busy schedules, but as soon as they get a break, they take full advantage of it with fun-filled vacations. Snapshots of poolside parties and romantic strolls on the beach hit the tabloids each day, documenting their experiences. Take a look at our list of five hot famous couples at some of the top vacation spots:

**1. Ryan Seacrest and Julianne Hough:** *American Idol* personality, Ryan Seacrest, and his young hottie, *Rock of Ages* star Julianne Hough, took some time off from the big screen to enjoy a vacation together. Hough, 22 and her man, Seacrest, 36, were spotted jet skiing together in Miami. "The couple said they had spent so many days apart, they really wanted to chill," a source told *People*. Well, they certainly couldn't

stay apart on this fun-filled escape.

**2. Ciara and Amar'e Stoudemire:** R&B singer Ciara showed off her "goodies" on Miami Beach with her new honey, New York Knicks star Amar'e Stoudemire. Ciara certainly wasn't the only one showing off her body though. Stoudemire trotted through the sand shirtless, but with New York Knicks shorts on and flaunting his many tattoos. Nothing shows off a new couple better than a beachside vacay.

**3. Ashley Tisdale and Zac Efron:** Ashley Tisdale enjoyed her 26th birthday beachside with *High School Musical* costar Zac Efron, according to *People*. The 23-year-old hottie, Efron, was spotted giving Tisdale a piggyback ride as the two marked the VnC Cocktails and Heineken Light-sponsored milestone in Malibu, Calif. "So happy zacary made it to my party," Tisdale tweeted.

**4. Katie Holmes and Tom Cruise:** These two hot stars took a splash in the water on a beach side getaway. Holmes, 31, showed off her bikini body while lounging by the pool in Miami Beach, Fla. Holmes certainly didn't let her sexiness go to waste and gave hubby Tom Cruise, 48, a passionate kiss.

**5. Channing Tatum and Jenna Dewan:** This Hollywood couple was spotted along the shore during their stay at Viceroy Anguilla in the Caribbean. Both are usually seen on the big screen, but decided to get away and take a dip in the tropical islands.

Who doesn't love to kick back and relax on enjoyable vacations? These popular couples took their escapes to a much higher level. Working in Hollywood can be very hectic, so we definitely don't blame them!

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# Ashley Tisdale Dishes About Dating for More Than Looks



Actress-singer Ashley Tisdale recently spoke out about one of the most asked questions of the dating game: is it really all about looks? According to [People](#), as far as Tisdale is concerned, the answer is definitely “no.” Although she admits that, in high school, dating centered a lot more on superficial qualities. Now, Tisdale says, “ I am more into a guy’s personality. I like someone I can have fun with and who can be more laid-back than I am, because it calms me down.”**What are the most important characteristics to look for in a potential partner?**

## **Cupid's Advice:**

Physical attraction plays a key part in a successful relationship. However, in the end, lasting romance is made of much more than good looks. Cupid has some advice on the qualities that really matter when it comes to picking a partner:

**1. Sense of humor:** Laughter is essential in keeping romance alive. If someone helps you loosen up and have some fun, then they are someone who'll really brighten up your life. It'll be a joy to be with them and around them!

**2. Mutual respect:** Look for a partner who treats you right. Your partner should respect who you are as a person. Being with someone who undermines you or makes you feel inferior is unhealthy. Also, it's important to look for a mate who respects himself, takes care of himself and has confidence.

**3. Determination:** Look for a partner who has some sort of direction in life. When you begin a relationship with someone, it's important that you help each other grow as individuals. Determination and motivation are important in that process. Without goals, people tend to get stagnant in their lives.