

Celebrity Body: Treat Yourself Right and Stop Obsessing



By Alycia Williams

Now that the weather is warm (or almost warm) in most parts of the country, we're starting to think about fitting into last year's bathing suit. Right or wrong, "summer bodies" can become an obsession for a lot of women and men alike. For others, having the perfect summer body is on their minds all year round. Although staying fit all year is a healthy goal, obsessing over it may get you exactly nowhere. Although watching [celebrity workout videos](#) is great, there's more to it than that.

Check out some ways to stop obsessing about having the perfect celebrity body and, instead, learn how to treat your body right:

There's no such thing as the "perfect body," and obsessing over it will only make you feel worse. Here are seven ways to stop obsessing about our bodies while treating it right:

1. Stop grabbing your flab: Pinching your belly or your arms is a guaranteed way to ruin your day, and it won't make you feel good about yourself. Instead, use a measuring tape to measure your waist and your arms if you're working to reduce these areas with exercise and diet.

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2. Look at yourself when you workout: Looking at yourself in the mirror when you're sweating and working hard toward your goal is going to give you the confidence you need to get there.

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3. Shake off the mistakes: Nobody is perfect, and we're all going to make mistakes. Don't come down on yourself too harshly. Recognize your mistake and keep on going toward your goal.

4. Be realistic: Don't put yourself up against an impossible goal, because when you don't reach it, you'll think there's something wrong with you. Make realistic goals for yourself that you know that you can achieve.

5. Don't compare your body to others: Everyone is different, meaning getting fit and healthy is different for everyone. Don't say to yourself that you want to look like someone else. Stay fit and healthy in the best way that works for you and stick to that.

6. Don't weigh yourself every day: Stepping on the scale every day just isn't helpful. Your weight can fluctuate for so many different reasons, which will just end up confusing you. Weigh yourself once every two weeks to get the most accurate idea of where you are on your fitness journey.

7. Love yourself no matter what: When trying something new, you never know how it will react with your body. It may work or it may not. Just remember to love your body no matter what shape or size it is; that way you'll be guaranteed the best results.

What are some other ways to stop obsessing over our bodies? Start a conversation in the comment below?

Celebrity Workout: Group Classes That'll Have You Sweating With Obsession





By [Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building yoga to fast-paced cardio like Zumba, there's a group class

for every future workout junkie. Here are the details on who does what and why you should try it:

1. The model workout: Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

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2. Tracey Anderson Method: These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

3. Soulcycle: This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle every week. With 70 locations across the United States, it's as easy said as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

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4. Body by Simone: Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear not, there's an eight-week transformation program available to

stream.

5. Gotham Gym: Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

Do you think you'll try group fitness classes? Let us know in the comments below!

Fitness Advice: How to Get Your Best Booty





By [Jessica Gomez](#)

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

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

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

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

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

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

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

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

to ease ourselves into yoga!

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

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

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

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

Fitness Trend: Online Workout Classes





By [Haley Lerner](#)

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

Join in on the hottest new fitness trend with some of these online workout classes!

1. Ballet Beautiful: Looking for some dance-inspired workout routines? Look no further than Ballet Beautiful, a website created by professional ballerina and celebrity trainer Mary Helen Bowers (who also trained Natalie Portman for her role in

Black Swan). The website offers live, interactive online classes along with pre-recorded videos. All of the workouts are ballet inspired and help build your muscles and improve your posture. You can buy a monthly subscription to the workout videos or pay individually for a class.

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

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

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

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

5. Peloton: This online workout also involves purchasing a pricy physical fitness bike, so it is an investment, but it definitely can be worth it. Peloton is an indoor cycling bike that includes a screen attached to it to stream daily live classes to your home. Plus, you can also access pre-recorded classes at all hours of the day.

Know any more awesome online workout classes? Comment below!

Fitness Tips: Form A Work Out Squad



By [Haley Lerner](#)

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

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

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

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

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

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

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

5. Have fun: One of the best parts of forming a workout group is that you can make new friends and get closer to old ones. To get the group closer and make your work outs together

better, set up times to hang out after gym hours. Hit up bars, have movie nights and have fun with your squad!

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

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



By [Haley Lerner](#)

With summer starting, we know you're looking for some [fitness](#)

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

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

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

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

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

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

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

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

Fitness Advice: How to Use Resistance Bands





By [Jessica Gomez](#)

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

Here's a [workout tip](#): Incorporate resistance bands into your workout or use them solely for specific exercises. Try the following exercises to get that celebrity workout type of routine in:

Resistance bands can help you workout any part of your body

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

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

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

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

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

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

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

Fitness Tips: How to Stretch In the Morning



By [Haley Lerner](#)

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

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

1. Warm up: Before you start stretching, it's important your body is ready for the task. If you stretch right when you wake up, you have an increased risk of getting injured. This is because while you're asleep, your spine swells with fluid, so it's vital to warm up first to prevent muscle strain. Try doing jumping jacks or walking around your home for 10 minutes to get your body ready to stretch.

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

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3. Don't hold your breath: When stretching, it's important you aren't holding your breath, as this will result in your

muscles tensing. Instead, try to relax and focus on exhaling longer than you inhale. The breathing itself will help calm you, and it's sometimes helpful to practice deeper breathing by meditating as well.

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

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

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

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





By [Rachel Sparks](#)

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

Product Review: Workout Technology for Every Fitness Need

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

1. [PowerGear Sound](#)



PowerGear Sound. Photo
courtesy of mycharge.com

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

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

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2. [WeCoup Cold Roller](#)



Chryosphere. Photo courtesy of recoupfitness.com

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

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

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