

Celebrity Workout: Take to the Soccer Field with Celebs



By [Emily Green](#)

Picture it: You're flipping channels on TV and thinking about looking for a new way to exercise, and you come across a soccer game. That's it! While soccer isn't the most popular sport, plenty of celebrities like [Justin Bieber](#) and Will Ferrell play pick up games of soccer quite frequently, just to get some exercise! Follow these [fitness tips](#) so soccer can be your next great go-to exercise.

Soccer is a great celebrity workout

that many stars love to do in their down time! What are some benefits to adding soccer into your exercise routine?

Soccer is an exercise that works out all parts of your body, even if you don't realize it. Here are some of Cupid's reasons to why you should add soccer to your exercise routine:

1. Increases aerobic capacity: Running for more than 90 minutes increases one's stamina. By practicing soccer everyday, one can increase their overall running stamina.

Related Link: [Celebrity Workout: Group Classes That'll Have You Sweating With Obsession](#)

2. Improves cardiovascular health: The average soccer player can run anywhere between 5 and 7 miles per game. By constantly running and sprinting in each game and practice, the player's heart rate continues to go up, making it a great example of cardiovascular exercise.

Related Link: [Celebrity Workout: Take Leg Day to the Next Level like Jessica Biel](#)

3. Lowers body fat and improves muscle tone: Soccer is the prime way to burn off any unwanted body fat. Soccer is an exercise that typically burns more calories than other exercises, so players go between both aerobic and anaerobic exercises while playing.

4. Increases confidence and self-esteem, and helps to reduce anxiety: Building strength and endurance while exercising can benefit people's self confidence and self esteem off the field. While exercising, endorphins are released that are known to be major stress and anxiety reducers that will

benefit one's overall mental health.

What are some other benefits to adding soccer into your exercise routine? Let us know in the comments below!

Health Advice: Victoria's Secret Angels' Pregnancy Fitness



By [Katie Sotack](#)

With each Victoria's Secret fashion show, we're brought a parade of beautiful bodies strutting down the runway with

toned arms and killer legs. These Angels are no stranger to a fit lifestyle even while pregnant. Models like Gisele Bündchen and Behati Prinsloo don't miss a beat because of their baby bumps. The Victoria's Secret Angels are here to prove [fitness](#) is an achievable lifestyle no matter the circumstance.

Angels follow strict [health advice](#) to be runway ready with a baby on board. How can the average expecting mother use their [fitness tips](#) to stay toned?

Regardless of the situation, fitness requires dedication and an inner drive. Once you have that it's all about knowing where to start. Following the Victoria's Secret Angels' routines and tricks will give your pregnancy a healthy boost. Here are the [health tips](#) for a pregnant [celebrity workout](#) and [diet](#).

1. Start before pregnancy: During a sit down with your doctor, they're likely to say it's bad form to lose weight while pregnant. Not to mention the time to try strenuous workouts belongs before pregnancy in order to avoid stressing your baby. Being fit while carrying is about maintaining rather than achieving. This requires some planning on your part. If a fit pregnancy is important to you, begin a routine before you start trying.

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2. Angel's workout: The models follow a strict body sculpting routine. For the first six weeks of training exclusively engage in cardio like swimming, dancing, or running. In the

following six weeks focus on interval workouts which involve building muscle. The trick to a lean muscle is keeping the weight low and the reps high. The ratio should be twenty minutes of cardio to 15-20 weight reps, alternating back and forth throughout the workout.

3. A colorful plate: Angel mummies don't count calories as restricting can affect milk production and thus the development of your baby. Rather, pre-, post-, and during pregnancy fitness is about making healthy choices. Your meals should be colorful. Pile on the bright veggies to match with a white protein like chicken or fish. Carbs are essential as well, just lower the portion size and keep it brown (as in whole wheat/grain).

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4. Post-pregnancy: To lose weight post-delivery, it's recommended to begin with leisurely walks. Anything harder than that should be preceded by medical clearance and be relatively low impact. Move onto water aerobics for cardio before adding light weight lifting. Respect where your body is and know it won't spring back to its pre-pregnancy levels immediately.

5. It's their job: While working to emulate an Angel body during pregnancy it's important to realize your limitations. For Victoria's Secret models it's their literal job to sculpt and tone their body while making sure to eat right. But for the average person getting to the gym for hours and knowing exactly what to eat is challenging. Not to mention the pregnancy cravings and fatigue. Give yourself leeway to have an ice cream cone every once in a while.

How do you stay fit during pregnancy? Share in the comments 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 very 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 Tips: How to Workout After Having a Baby



By [Bonnie Griffin](#)

Working out after childbirth might seem like a daunting task. Your body is out of whack after pregnancy due to hormones that can linger up to six to eight weeks postpartum. Exercising will only make you stronger and will help you recover faster after giving birth to your new little one. According to *Prevention.com*, [Eva Longoria](#) has been following a strict [celebrity workout](#) and a healthy eating plan since giving birth to her [celebrity baby](#) boy six months ago, and it shows! This celebrity mom looks amazing. You might be interested in these [fitness tips](#) for working out after having a baby if you want your pre-baby body back.

In these fitness tips, find out how

working out will benefit you after having a baby!

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles. Not only will it physically help you heal, but you'll be in a better mood and have more energy when exercising. Physical activity relieves stress and helps you to lose weight, which leads to you becoming a fitter and happier version of yourself. Cupid has some [fitness advice](#) to help you decide on a workout routine after having a baby:

1. Abdominal exercises: When you are a new mom, you'll want to start out with low-risk exercises such as abdominal bracing. For this exercise, pull in your lower tummy towards your spine and brace for a few seconds. These can be done three to four times a day in reps of eight to twelve. Stop working out if you experience any pain. Physical activity is beneficial, but not if you push your body too hard too soon.

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2. Pelvic floor exercises: Another low-risk option for new moms are pelvic floor exercises. You can sit and lean slightly forward while keeping a straight back. Squeeze your pelvic muscles for a few seconds. Do these in reps of eight to twelve.

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3. Walking: Walking is another great way to exercise after having a baby. You can walk on a treadmill, or put your new son or daughter in the stroller. Take a nice walk around the neighborhood. Not only is it a good and safe exercise after childbirth, but it will get you out of the house for some sunshine. It's also a fantastic mood booster!

4. Swimming: You'll want to avoid high impact workouts. Swimming is an ideal way to exercise post-childbirth. You can exercise without any of the impacts you'll experience with something like running. You'll have fun in the water, too!

5. Rest after your workout: When you're a new mom, rest seems like something impossible to come by with a newborn who isn't on your schedule. It is important to take a few moments after a workout to rest because it can help replenish your strength and leave you feeling rested and restored.

Working out safely after having a baby can improve your health and mood. Let us know some of your workout routines after having a baby in the comments below.

Celebrity Workout: Take Leg Day to the Next Level like Jessica Biel





By [Bonnie Griffin](#)

These days there are so many different diets and workout programs around it can be hard to choose one that will work for you. Well, [Jessica Biel](#) keeps her legs toned with the most intense [celebrity workout](#), doing a variation of skater squats. According to *Shape.com*, Biel “is known for taking leg day to the next level.”

Fitness Trend: Want to up your leg game? Turn up your leg day like Jessica Biel in her celebrity workout.

Maybe you don't have a trainer to push you to do ten sets of six intense skater squats to keep your legs toned like Jessica Biel's, but you can turn up your leg day right from home. Remember, when you are building muscle, your body can get strained, so it is important to space leg days at least forty-eight hours apart to give things time to heal. You don't want

to end up burning off the muscle you just worked so hard to gain. Here are some great leg workouts that will keep you sweating and have your legs looking like a celebrity's in no time.

1. Goblet squats: This squat is one you can easily do at home. According to *LiveStrong.com*, you want to spread your feet wider than your hips, and sit back until your thighs are even with the floor, then come back up. Better yet, add in a dumbbell or kettle-bell and hold it chest height as you squat. Don't have your own weights at home? No problem. Grab a gallon of water or the laundry detergent and put your strong leg game to work. For best results, try to complete at least three sets of ten reps and rest thirty seconds between each rep.

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2. Walking lunges: Walking lunges are challenging enough that no extra weight/resistance are required to put your legs through a great workout. However, if you feel like the lunges are too easy, or you feel like you want to push yourself a little more, grab that gallon of water again and hold it up to your chest with each lung you take. You should keep your feet hip-distance apart, and step three to four feet forward with one leg and bend the other knee. Rise up and step forward to lunge, then repeat.

Related Link: [Fitness Trend: 5 Ways Hot Yoga Melts Away Calories](#)

3. Step up: The step up workout can be easily done from home. Grab a small bench or chair that is no more than twenty-four inches from the ground. Lift one leg and step up, step down, and repeat with the other leg going to the top of the chair first. If you want to add some extra "gain" to your workout, grab your dumbbells or gallon jug of water one more time.

Squats, lunges, and stepping up are all great ways to tone

your legs and really take your leg days to all new heights. Let us know your favorite leg workouts in the comments below!

Product Review: Try Peloton and Be Your Best Self



By [Lauren Burczyk](#)

Do you dream of finding an exercise routine you can become obsessed with? Your search is over. Meet Peloton. Peloton is much more than just an exercise bike – it's an interactive experience that offers live spin classes taught by some of the

most motivating athletes in the world and an encouraging community of riders that always has your back. When you clip into your bike, you immediately feel like a competitive athlete as you race with your friends on the leader board. Check out these [fitness tips](#) for a celebrity workout experience unlike any other!

Check out our product review and bring home your own virtual personal training bike!

Whether you're a trained athlete, a stay-at-home-mom, or someone just looking to get in shape, this bike caters to everyone. The Peloton has benefits for all different types of people with the same goal, to be their best selves. Deciding to make this investment may be a tough choice, but it's one you won't regret. If you feel like it's time to stop making excuses and you're ready to be in the best shape of your life, visit their website to learn more about purchasing the bike.

Related Link: [Product Review: Maintain Your Figure With the 5-Day Fast Diet](#)

From day one, the Peloton customer experience exceeds expectations. Your bike arrives in a black, shiny, Mercedes-Benz-van, adorned with a white Peloton logo. Once inside, the delivery drivers help set up your new obsession. They'll put your bike together, secure the pedals, fit your shoes to the clips, and even prepare you for your first class by demonstrating the correct posture for riding.

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Once you clip in for your first ride, you'll be hooked. Your first ride may be challenging and intimidating, but rest

assured you'll be invigorated to keep riding. You can choose to ride on demand or via live classes with motivating, inspirational instructors that will encourage you to try your best. The workouts you'll be engaging in will keep you active and inspire you to change your diet. We forgot to mention to keep an eye out for celebrity riders on the leader board, you never know who might be racing toward the finish line alongside of you. Give Peloton a try and we promise you won't be disappointed. You'll soon be on your way to ultimate fitness and living the healthiest possible lifestyle.

Do you love the Peloton as much as we do? Share your experiences below.

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!

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.

Related Link: [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

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!

Celebrity Style: Active Wear Inspiration to Kick Start Your Workout



By Christine Rudolph

You're probably familiar with the infamous New Year's mantra "new year, new me." People everywhere use (and sometimes overuse) this phrase to help motivate and achieve the goals

they have set. For some, the “new me” entails hitting the gym to get that toned body many of us desperately desire. But we all know that making a resolution is one thing and abiding by it is a whole different ball game! We all need the right amount of inspiration to stick with such momentous resolutions – and cute active wear certainly helps! Gone are the days when workout clothes were incredibly dull and boring. Now you can attract everyone to your newfound style mantra based on active wear. Not only will you stand out from the crowd, but you will also look as good as some of your favorite fit celebrities!

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

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

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Gigi Hadid: Gigi Hadid makes working out look so, so glam! Her active wear ensembles are just as cute as the outfits she wears on the runway. She is frequently spotted strutting down the street of whatever glamorous city she's in, wearing the cutest work out clothes. A recent standout of Hadid's included

a chic sports bra paired with an oversized zip-up jacket, and silver metallic fitted leggings. Hadid definitely doesn't sweat when she exercises, she sparkles!

Related Link: [Fitness Tips: 5 Couple Exercises That Are Worth the Sweat](#)

Rihanna: Rihanna isn't all just songs and dance as this diva is more feverishly known for her new beauty line and her fashion choices! Being a global icon is not a small deal, but Rihanna's confidence in her outfit choices shines even when she has on active wear. One standout in particular was a matching Alexander Wang long-sleeved crop top and leggings. She even amped up her look with some red-hot lipstick. Rihanna is your go-to girl if you aspire to create the perfect look to make those jaws drop down to the ground!

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

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

Celeb Workout Tips to Get the Perfect Beach Body



By [Ashleigh Underwood](#)

Everybody wants to look their best and be as healthy as possible. When summer rolls around, this means trying to achieve the perfect summer beach body. Our favorite celebs seem to look beach ready year round, but how do they do it? What do their workout routines and diet plans look like? Celebrities are always showing off their fitness methods and are eager to share new ideas!

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

1. Mix it up: When you first start working out, you tend to

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

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

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

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

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

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

5. Incorporate daily life: If you lead a busy life and can't

find spare time to go to the gym every day, simply add little workouts to your daily life. Iggy Azalea's advice is to make squats and sit ups as important as brushing your teeth. Taking five minutes out of your night right before you go to bed can make a huge difference in the long run!

What workouts work best for you? Comment below!

Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill



By [Melissa Lee](#)

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

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

1. Alcohol hurts: Before his weight loss journey began, Jonah Hill was no stranger to binge drinking, beer being his favorite beverage of all. After meeting with a nutritionalist and attempting to find a way to drink beer and still lose weight, he ultimately saw the effects it was having on his body. “It’s so annoying because if I don’t drink beer, I get really, really thin. Then when I drink beer, I get a little bigger,” Hill says. The lesson here? Either learn to indulge in alcohol every now and then, or ditch the empty calories altogether.

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

with respect and finally say goodbye to any remaining packs you may have.

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

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

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

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

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

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

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/Etsy.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

fluorescent 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!

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.

Related Link: [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

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.

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

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.