

# Fitness Tips: 3 Secrets of Hollywood Stars



These days, people spend much time at home. They don't just work at the desk, but also relax there, watching YouTube videos or using this [betting site in Nigeria](#). But it affects our health in a terrible way.

**Want to avoid the negative results of a sedentary lifestyle? Follow these secrets from Hollywood stars.**

**Don't Get Carried Away With Sports Drinks and Protein Bars**

Do you still think your candy bar is made up of protein? But

it tastes more like chocolate or cookies. It definitely has sugar and maybe some low-quality purified protein. A candy bar is no match for fish, poultry, steak, eggs or nuts.

Many sports drinks are high in sugar and sodium, and some also have caffeine, which can interfere with digestion. Sure, they can cause a sudden burst of energy, but it will go away just as quickly.

Jonah Hill managed to lose as much as 40 pounds. The main motivation of the actor was his beloved girl, and he managed to achieve success with the help of a complete rejection of alcohol, fast food, carbonated drinks and sweets. Now John leads a healthy lifestyle and regularly devotes time to sports.

### **Choose Intensive Workouts**

Working out with high intensity increases your metabolism. But in order to do so, you must visit your doctor and make sure that the increased heart rate will not harm you.

The most suitable exercises to “raise” the heart rate is a minute run at high speed on a treadmill, with a rope or running in place, you can also add kickboxing. Cardio workouts can be done on an empty stomach in the morning, which is the perfect time to burn fat.

Chris Hemsworth started preparing for the role of Thor six months in advance. To build muscle mass, the actor focused on strength training, and the basis of his diet were high-protein foods (meat, chicken, eggs), protein shakes, and unprocessed carbohydrates. Chris was constantly counting calories and amounts of fat, protein and carbohydrates.

### **A 15-minute Workout a day Is Better Than Nothing**

Of course, the best results come from a full-body workout. But if you're short on time, a regular 15-minute workout can

produce noticeable results.

Drink 0.5 liters of still water before and after your workout. Don't skip breakfast, it should be the most calorie-dense meal of the day.

Kelly Osbourne has never been a slim girl, but it seems that the girl is pretty fed up with it, and she took up the cause. The first point in her struggle was giving up fast food. She also drastically cut back on pasta, white bread and sugar. She accustomed herself to exercise gradually. Regular exercises in the gym with an instructor gave the girl a trim body.

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## **Celebrity News: Elsa Pataky Says Marriage to Chris Hemsworth Is 'Not Easy'**





By Alycia Williams

In latest [celebrity news](#), Elsa Pataky says her [celebrity marriage](#) with Chris Hemsworth is not easy. According to *EOnline.com*, Pataky explained in a new interview with Australia's Body + Soul, she and Hemsworth have been through many highs and lows together over the years. "It's funny that people think of us as a perfect couple," Pataky said. "No way. It's been ups and downs, and we still keep working at the relationship."

**In celebrity news, Elsa Pataky claims that marriage with Chris Hemsworth isn't easy. What are some ways to get through rough patches as a married couple?**

**Cupid's Advice:**

When you've been married for a while rough patches are inevitable, but it's all about you work through them that will define the rest of your relationship. If you are looking for ways to work through a rough patch in your relationship, Cupid has some advice for you:

**1. Never stop loving them:** Love is unconditional. That means your love is strong during the good times and the bad. Even during this difficult time, never stop loving them. This is easier said than done. You could be mad at your partner or feeling negatively toward them. In order for the relationship to work, the flame can't go out.

**Related Link:** [Celebrity Couple News: JoJo Fletcher & Jordan Rodgers Almost Split After 'Bachelorette'](#)

**2. Remember the good times:** During the bad times, it's always easy to be negative and feel resentment toward your partner, but you get what you put out into the universe. If you want the relationship to work out, start feeling more positive. The easiest way to do this is by remembering the good times. Maybe it was a special day, like your first date or a wedding day. Even focusing on what you love about your partner can also bring positivity.

**Related Link:** [Celebrity Couple News: Find Out How Cardi B & Offset Make Their Relationship Work](#)

**3. Ask advice from family and friends:** No one knows you and your relationship better than your family and friends. That's why they will have a thing or two to say about the situation. Who knows, they have probably been through a similar situation. Ask their advice. They may have something valuable to say.

**What are some other ways to get through a rough patch as a married couple? Start a conversation in the comments below!**

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# Fitness Tips: Stick to Your New Year's Resolutions



By [Rachel Sparks](#)

All of us have our body quirks with our bodies – things we don't like about ourselves. While it's important to accept who you are as you are, we also recognize that investing in yourself helps self-esteem. If exercise is a priority, you'll reap so many rewards beyond how your body looks. Cupid knows how hard it is to keep up a strong exercise routine, and we're here to help. Here are our [fitness tips](#) to keep your routine rocking!

# Read on for Cupid's fitness tips to achieve those New Year's resolutions!

**1. There's an app for that:** There's an app for anything, so look out for any of your specific needs! There's apps for fitness that give you a sense of community right on your phone. You can track calories, workouts, miles walked, etc. with other apps. Some apps help you meal plan, interpret labels, and compile shopping lists. There's an app for any need you have to keep you motivated and on track for your resolutions.

**Related Link:** [Fitness Tips: The 5 Best Apps to Help You Stay on Track](#)

**2. Classes:** Let's be honest; working out a gym sucks for most people. As much as we want to workout, if we're pulling on a machine all day it's hard to stay motivated. Fitness classes have become so much more fun. To stay on top of your resolutions, find a class that interests you! There's aerial fitness, dance classes, yoga, crossfit, bootcamps...you name it, it's out there.

**3. Friends = accountability:** Who is holding you to your goal? Is anyone motivating you, asking about your progress, celebrating your wins? Self-discipline only goes so far. On the days when you're feeling unmotivated, having a partner who is responsible for kicking your butt in gear is necessary. Prevent any breakdowns by assigning a friend to be your accountability partner. If you can rope your love into a workout, not only is it more accountability, but there's tons of couples workouts to rock to like Elsa Pataky and Chris Hemsworth for an energizing [date night](#).

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



## Celebrity Trainers

**4. S.M.A.R.T. goals:** Have you heard of these from school or work? As annoying as these goals seemed at the time, it's a practical approach to personal goals as well. S.M.A.R.T. means "specific, measurable, achievable, realistic, timely" goals. Is what you're asking of yourself something you can track your progress and achieve in a reasonable amount of time? If not, break down a bigger goal into smaller steps so you can feel great about progress and keep building to that bigger dream.

**5. Recognize aches and pains:** How does this help you achieve your goals? When you overdo it, your body will react negatively. You may seriously injure yourself. Learn how to be aware of your body and recognize when it needs a break. It's better to rest for a day than to lose your goal completely from an injury. Remember, your goal is to better yourself; it's a lifelong process. You don't have to push yourself to achieve an Olympian's body in a few months. Commit for a lifetime. Commit to yourself.

**How have you bested your demons and achieved your New Year's resolutions? Share your advice below!**

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**Celebrity News: Chris Hemsworth Says His Kids Taught Him What Love Is**







By Kyanah Murphy

They say that kids are the greatest joy in life. What they don't tell you, however, is that kids are *hard work*. In latest [celebrity news](#), Chris Hemsworth shares with [UsMagazine.com](#) that kids require endless patience and will teach you every emotion on the spectrum. Hemsworth shared that having one [celebrity baby](#) is like having three more. Yikes! Learning what love is, [celebrity couple](#) Hemsworth and Elsa Pataky made the executive decision to live in Byron Bay, Australia rather than Los Angeles to keep his family out of the spotlight. His reason being: people recognize you and say, "Heyc cool!" and then move on with their lives.

**This celebrity news is super sweet!  
What are some ways your kids can  
strengthen your relationship?**

**Cupid's Advice:**

Kids can be a wonderful gift, but it doesn't come without hardship. Here are some ways kids can strengthen your relationship:

**1. They teach you patience:** This is a transferable skill. In learning to be patient with your kids, you also learn how to be patient with your partner and even with other people (which is necessary in today's world).

**Related Link:** [Ben McKenzie and Pregnant Morena Baccarin Make Red Carpet Debut as a Celebrity Couple](#)

**2. They teach you to control your emotions:** Emotions are a crazy phenomenon and can get out of control! Having kids help you keep your emotions in check, because they're going to make you crazy, but you cannot explode on them.

**Related Link:** [Celebrity News: Justin Theroux Constantly Tells Jennifer Aniston She's Beautiful](#)

**3. They help you bond:** You made a baby with someone you deeply love – your partner. You've created something together. It's the ultimate bonding experience. And because the baby is yours, you will most likely have a deep bond with them, as well. This can help you learn how to bond with others, too.

**Have a child? How has that helped with your relationship(s)? Comment below!**

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## **Celebrity Photo Gallery: Famous Couples Who Work Out**

# Together





Jessica Biel and Justin Timberlake

The duo that sweats together, stays together! This famous couple seems to believe this truth, as they are often seen jogging together. Photo: Brian Flannery/FlynetPictures.com

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## Celebrity Photo Gallery: Romantic Getaways







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Adam Shulman and Anne Hathaway

This famous couple enjoyed a nice summer getaway in sunny

Spain! The pair spent time on a yacht, soaking up the sun and playing in the water together. Photo: LRR/FAMEFLYNET PICTURES

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# Chris Hemsworth Spends a Beach Day with Family



By Maggie Manfredi

WARNING: cuteness overload ahead. According to [UsMagazine.com](http://UsMagazine.com), Chris Hemsworth is the picture perfect papa during a day at the beach with his wife and three children. The dad looked ultra casual on Sunday Oct. 26 in black and white board shorts, brown baseball cap and a baby bjorn. We

cannot get enough of this celebrity family and all things Hemsworth. The actor shared his thoughts on parenthood, “I think [parenthood] brings out the child in all of us. That’s what’s so beautiful. It reminds you of the fascination you had with things, and how you can spend hours just being with someone.”

**What are some ways beach activities can help you bond as a couple?**

### **Cupid’s Advice:**

Are you in the mood for some fun in the sun? Nothing beats a couple’s retreat to the beach! Here are some activities you and your loved one can do by the ocean:

**1. Play:** Build sandcastles, skip rocks, find sea shells...Bring out your inner child and do whatever makes you smile together!

**Related:** [‘Bachelorette’ Couple Ashley and J.P. Rosenbaum Talk About Life with Newborn Son Fordham](#)

**2. Relax:** Grab your towels and beach chairs and just chill. Listening to the ocean, getting some sun and being together sounds like the perfect way to reconnect and enjoy the day.

**Related:** [Jude Law Is Expecting Fifth Child](#)

**3. Move:** You know what has to be said here, “take a long walk on the beach.” But you can also start your day together and take a beach run or horseback ride on the sand.

**What are your favorite beach-side activities? Share with us below!**

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# Our Favorite Superheroes and Their Significant Others





Ryan Reynolds and Blake Lively

This adorable couple met while filming 'Green Lantern,' in which Reynolds played the superhero and Lively was his love interest. They were married on September 2012 and most recently walked the red carpet together at the Cannes Film Festival. Photo: AAR/FameFlyNet

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## **Celebrity Baby News: 10 Famous Couples Who Had Twins**





By [Whitney Johnson](#)

Nobody can resist [celebrity baby news](#) – especially when there are two bundles of joy! As if these famous couples aren't busy enough with their lives in the spotlight, they're also juggling twins and everything that comes with them: two bottles, two strollers, two wardrobes, and more. Below, we've pulled together a list of 10 celebrity parents who were doubly blessed in the baby department:

## Exciting Celebrity Baby News

**1. Mariah Carey and Nick Cannon:** This Hollywood couple welcomed their twins, son Moroccan and daughter Monroe, in April 2011. After an extremely difficult pregnancy, including preeclampsia and gestational diabetes, the diva says she's done having kids.

**2. Elsa Pataky and Chris Hemsworth:** Already parents to 25-month-old daughter India, the *Thor* star and his leading lady welcomed twin boys, Tristan and Sasha, this past March. The

proud mom has been showing off her adorable celebrity family on Instagram ever since.

**Related Link:** [Elsa Pataky and Chris Hemsworth Are Expecting Twins](#)

**3. [Jennifer Lopez](#) and Marc Anthony:** Although this famous couple split in 2011 after seven years together, twins Max and Emme seem to be doing just fine. The cuties celebrated their sixth birthday in February with a trampoline party.

**4. Ricky Martin:** In 2008, the Puerto Rican singer became a father to twin boys, Matteo and Valentino, born via a surrogate mother. Luckily, his sons have a great role model in their father, who has been honored multiple times for his humanitarian work.

**5. Julia Roberts and Danny Moder:** The *Pretty Woman* star married her cameraman hubby in 2002, and two years later, the Hollywood couple welcomed twins, daughter Hazel and son Phinnaeus. Since then, their family has grown to five, with the addition of son Henry in 2007.

**6. Sarah Jessica Parker and Matthew Broderick:** The talented couple's twin daughters, Loretta and Tabitha, were born via surrogate in 2009, seven years after the *Sex and the City* actress gave birth to their first child, son James Wilkie.

## **This Famous Couple Has Six Kids, And Two of Them Are Twins!**

**7. [Angelina Jolie](#) and Brad Pitt:** This globe-trotting family of eight includes twins Knox and Vivienne, born in July 2008. This celebrity baby news got a lot of attention: The rights for the first images of the babies were sold to *Hello!* for 14 million dollars – the most expensive celebrity photos ever taken.

**Related Link:** [Brad Pitt Says Fatherhood Has Made Him a Better Man](#)

**8. Neil Patrick Harris and David Burtka:** The *How I Met Your Mother* actor and his fiancé welcomed twins, son Gideon and daughter Harper, in 2010, born via a surrogate.

**9. Rebecca Romijn and Jerry O'Connell:** The Hollywood couple became parents to fraternal twin daughters, Dolly and Charlie, in 2008, just over a year after they married. Dolly is named after singer Dolly Parton, and Charlie is named after her dad's brother (a former *Bachelor* star!).

**10. Julie Bowen and Scott Philips:** The *Modern Family* actress and her husband of a decade are parents to three sons: Oliver, born in 2007, and twins John and Gustav, born in 2009.

**Who are your favorite celebrity babies? Tell us in the comments below!**

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## Chris Hemsworth and Elsa Pataky Are Expecting Twins







By Brittany Stubbs

Chris Hemsworth and Elsa Pataky are getting ready for not one, but two new additions to the family! Hemsworth's rep confirmed with [People](#) that the actors are expecting twins this spring. This will make them parents of three, already having their daughter India Rose, who is 19 months old. "It's incredibly exciting," Hemsworth told reporters.

**How do you prepare for twins versus a single child?**

**Cupid's Advice:**

Preparing for the arrival of any number of children can be difficult, but twins bring along some specific challenges to watch out for:

**1. Be ready for an early arrival:** When you're having multiple babies at once, there is a higher chance of them being born early, so have that overnight hospital bag ready by the door ahead of time. Having a premature arrival also means they're born smaller than average newborns.

**Related:** [Chris Hemsworth and Wife Welcome a Baby Girl Named India](#)

**2. Have extra help:** As if caring for one newborn isn't tough enough, you'll definitely need some extra hands when bringing home two, since that's twice the number of dirty diapers, spits ups, and all the other other "blessings" that come with the little miracles. When it comes to feeding twins, whether by breast or bottle, you might also try and seek extra help from the doctor regarding special strategies for feeding two.

**Related:** [Celebrity Baby Beat](#)

**3. Prepare for some separation:** Although they'll be used to being together, it's important that from an early age twins begin to learn how to be apart from time to time. Whether this is done by occasionally having them play in different rooms, or ensuring their preschool and elementary school puts them in different classes, it's crucial that they learn to function as individuals, as well as a unit.

**How do you prepare for twins? Share your thoughts below.**

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**Chris Hemsworth and Wife  
Welcome a Baby Girl Named  
India**







Chris Hemsworth and wife, Elsa Pataky welcomed a baby girl on Friday, after wedding in 2010, according to [People](#). The couple were thrilled and announced that they named their daughter India, simply because they love the name and the country. Hemsworth, 28, has a lot going on right now, with the birth of his child and his acting career. He recently played the role as a superhero in *The Avengers*, and will also be featured in the upcoming *Snow White and the Huntsman*. But Pataky and Hemsworth are focused right now on their beautiful and healthy baby. In a recent interview for *Hola!* Magazine, Pataky claimed that she plans to speak to India only in Spanish as she grows up. "I already told my husband, 'Get ready fast with Spanish because, if not, you're not going to be able to understand what we say.'"

**How do you compromise with your partner on baby names?**

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

Some of the arguments you might face when you have a child is picking the baby's name. A couple can have very different opinions on what names they like, so you both need to

compromise. Here are some ways to do so:

**1. Choose the name that has more sentimental meaning:** If one of you chooses a name after someone in the family, and it has a dear meaning to them, it's probably best to let them win this one. It will probably mean a lot more to them, then if you were to pick a name you found in a baby book and really liked.

**2. Utilize the middle name:** If you both have completely different choices for the name of your baby, you don't need to choose just one. Make one of the choices the baby's middle name, and one of them the first name.

**3. You plan to have more babies:** If you and your partner know you plan to have more babies, then ease up with choosing the name for one. There's always the next one.

**How would you compromise in choosing the name of your baby? Share your comments below.**

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## **Miley Cyrus and On-Again BF Liam Hemsworth Grab a Bite With His Brother**





Teen queen Miley Cyrus and on-again beau Liam Hemsworth were seen out and about this week, reports [People](#). The newly-reunited couple joined Hemsworth's older brother, *Thor* star Chris Hemsworth, for lunch at *M Street Kitchen* in Santa Monica, California.

**How do you avoid feeling like the third wheel when you're out with a couple?**

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

Spending time with couples is difficult, especially if they get lovey-dovey. Here are a few tips to help you keep your cool:

**1. Be wary of the location:** If you're planning on joining a couple for dinner at a nice restaurant, you may want to reconsider. Lunch at a cafe is much more casual and less romantic, making the meal less awkward for you.

**2. Know your friends:** If the couple you plan on spending time with are in a relationship that can get touchy-feely and romantically gooey at times, you may want to avoid making

plans.

**3. Give the couple a heads up:** There's no shame in sharing your worries with a friend. Pull your pal aside and tell him or her that you're worried about being a third wheel. Hopefully, your friend will do his or her best to make you feel included.

**Do you have any experience with being a third wheel? Feel free to share your thoughts in a comment below!**