

Celebrity Baby News: Chrissy Tiegen Reveals the Surprising Way She Found Out About Her Third Pregnancy



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Chrissy Tiegen and John Legend confirmed they're expecting their third [celebrity baby](#) through Legend's music video. According to *EOnline.com*, Tiegen revealed how she found out about her surprise pregnancy. She admitted to not knowing about the baby news when she was undergoing breast implant removal surgery in June after asked by a fan how she found out about the pregnancy. She explained that when she took a pregnancy test before the

surgery, it was negative, but after the surgery she took another and it was positive.

In celebrity baby news, Chrissy Tiegen is keeping it real by letting fans know how she found out about her surprise pregnancy. What are some ways to support your partner through a surprise pregnancy?

Cupid's Advice:

There is no telling how you're going to react when faced with a surprise pregnancy. That being said, you both have to be there for each other as you recover from being shocked. If you're looking for ways to support your partner through a surprise pregnancy, Cupid has some advice for you:

1. Respond **positively:** When a woman experiencing challenging circumstances confides she is pregnant, the reaction of the first person she tells tends to set the tone for her decision-making. Avoid responding with shock or alarm, and be calm and understanding. Let her know you're there for her and that it's going to be okay. Pay close attention to her emotional state, and act accordingly.

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2. Set up a support system: In addition to the standard baby registry, you can help her get other kinds of support by lining up much-needed, practical help. Think outside the box. Take advantage of websites that allow friends and family to

sign up to make meals, send food deliveries, or simply donate money. Some websites can even help organize other assistance like rides to the doctor, babysitting other children she may have, or help around the house.

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3. Encourage her: Society tends to focus on ways that an unexpected pregnancy can be challenging. Help your partner to think of the benefits. Remind her of the fluttering kicks, somersaults, and maybe even dance moves her son or daughter will be rocking once they grow a little more. With moms' groups and opportunities for play dates, there's a whole new social world to explore.

What are some other ways to support your partner through a surprise pregnancy? Start a conversation 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 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!