

# Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick is to find easy ways to stay healthy without the struggle – isn't that the dream? There are simple healthy habits that even fit celebrities take on.

**When it comes to staying or**

**becoming healthy, there are things you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:**

**1. Get enough sleep:** Eight hours should be your aim. Getting enough sleep is not just about not being tired. Sleep offers so much more than that! It helps you think clearly and improves your productivity, while also reducing stress and improving your mood. You are less likely to get sick as well, and can lower your risk for heart disease and diabetes. So, make the time!

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**2. Drink lots of water:** It's extremely good for you! Up to 60% of the human body is water, so that goes without saying that it's important to stay hydrated. Hydration has major effects on brain function, energy levels, and physical activities. Water is also good for many other things including healthy skin. Many celebrities drink water religiously, among those are [Kylie Jenner](#), [Kim Kardashian](#), [Jennifer Aniston](#), and Cameron Diaz. And you can tell that it works!

**3. Get a message to boost immunity:** Who doesn't love massages? What a wonderful and pleasurable way to stay healthy! Studies have found that a 45-minute massage can cause an increase in white blood cells that fight bacteria and viruses. And of course massages reduce stress and muscle aches – and feel amazing! \*Books massage\*

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**4. Small workouts:** including stretching. Walk as much as you can, take the stairs, and take time to stretch throughout the day. If you want to kick it up a notch without a full blown workout, then try jumping jacks and/or jumping rope. Simple, right? Consistency is key. After a while of being consistent with small workouts, your body will get used to it and then you can up your standards and up your game!

**5. Meditate:** Probably everyone has heard of the relaxing and stress-reducing effects of meditating. It just chills you out! But wait, there's more: studies have shown that people who practice yoga or meditation long-term had much more "disease-fighting genes" present! Mind over matter, right? Take at least 10 minutes of your day to clear your mind and take deep breaths. You will see the changes pretty soon! Celebrities like Oprah Winfrey, [Angelina Jolie](#), and Eva Mendes are among many who meditate.

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

Not everything has to be super hard, like we assume celebrity fitness to be. Make these five fitness tips into habits, and watch how they affect your health. It's game time!

**What are some easy fitness tips you swear by? Share below!**

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**Fitness Tips: 5 Fit  
Celebrities That Lost Weight**

# and How They Did It



By [Melissa Lee](#)

It feels like celebrities are constantly talking about their fitness routines and how they were able to shed the weight. Although they're not necessarily *normal* – with a team of personal trainers, chefs and nutritionalists, celeb weight loss is never surprising – the basis of weight loss comes down to eating right and working out, and that's a commonality among us and stars. If you're struggling to lose weight, look to the stars and use their tips to get fit.

## Check out these fit celebrities

# lost weight and how they did it! Plus, fitness tips.

1. [Khloe Kardashian](#): Perhaps one of the most famous celeb transformations, Khloe completely toned her body after being the victim of online bullying for years. Kardashian revealed that she likes to mix up her workouts and enjoy food in moderation instead of sticking to a strict diet. Kardashian says she has “finally learned to process things in a healthy way, and for me, that’s my ‘revenge body.’”

2. [Lady Gaga](#): Lady Gaga is another celebrity that has also been ridiculed for her weight, but continues to radiate confidence and beauty despite the haters. Gaga’s crazy tour schedule makes it hard to maintain her shape, so her personal chef said that her key to staying healthy is planning out her meals. On a day-to-day basis, Gaga’s chef says that he tries to prepare healthy, tasty and nutritious food so she has enough energy to make it through the day.

**Related Link:** [5 New Fitness Trends to Help You Get a Celebrity Body](#)

3. **Chrissy Metz**: After facing a health scare regarding her weight earlier in the year, Chrissy made the decision to begin her weight loss journey. Since beginning, Metz has lost 100 pounds by following a strict diet of 2,000 calories and walking for 20 minutes every day. “Physically, I really am interested in just feeling better and not having to be put in a box,” Metz says.

4. **Gabourey Sidibe**: Gabourey was diagnosed with type 2 diabetes in 2016, and after dealing with lifelong anxiety, depression, and bulimia issues, she decided to undergo weight loss surgery. Though this was prompted by her diagnosis, Sidibe still chose to seek help from a nutritionalist and a personal trainer, all of which aided in her weight loss. Her

trainer boosted her daily workout regimen, and Sidibe says that, “I wasn’t cheating by getting it [the surgery] done. I wouldn’t have been able to lose as much as I’ve lost without it.”

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**5. Oprah:** Despite dealing with years of struggling with her weight, Oprah eventually lost an impressive 42 pounds by making a mental adjustment. She says that thinking positively helped her find pure happiness, and giving up numerical goals on the scale helped her lose weight. Oprah explained that the intention behind her weight loss was not about the number on the scale. “It’s in the way you see yourself fitting into your life. Embracing your life. Honoring your life. Having reverence and appreciation for your life.”

**What are some of your weight loss tips? Share them below.**

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## **Tree Infused Water Is Making Celebrity News As A Diet Staple For Fit Stars**





By [Cortney Moore](#)

Do you drink your recommended daily dose of water? Studies are released every year, often stating that people aren't hydrated enough. If you find yourself not drinking water because you don't enjoy the plain taste, well there's a healthy alternative for you, and it comes in the form of infused H<sub>2</sub>O! You may have heard of coconut water as a staple for many fitness fanatics, however other plant-based waters, such as maple and birch, are becoming more popular, especially within fit celebrity crowds. Find out why these specialized waters are making [celebrity news](#) and the benefits they can provide.

**Flavored water is trending once more and making celebrity news. Learn why fit stars love them!**

Before you think this is just another deceiving diet craze, just look at the benefits that tree-infused water guarantees. The first plus is that they're all slightly sweet in flavor

since they're derived from tree sap, so your sweet tooth will be satisfied without packing on the calories. Aside from tasting delicious, they also contain a number of nutrients, such as magnesium, calcium, zinc, malic and amino acids, vitamins, antioxidants and countless other minerals that are all good for you. Additionally, nutritionists have been known to say these infused waters help contribute to lowered cholesterol, weight loss, overall liver health, clearer skin, fast healing, joint pain relief and improved dental health, including cavity reduction.

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Flavors that are most popular include maple, birch, bamboo, pine and cactus. The list goes on; and there's sure to be more bottled up for our consumption. These infused waters can be found in Whole Foods Market, Trader Joe's, Fairway and many other health food shops throughout the country. Wherever you're located, you're likely to find these odd, but nicely designed packaged waters. Brands that have gotten down with this flavored water trend include Vertical, Sapp, Sibberi, Sealand Birk, Wahta and Happy Tree, just to name a few. So, keep a lookout for these if you're interested in spicing up your everyday water drinking. You can make things even more interesting by adding a dash of lemon juice and creating a low-calorie lemonade! Or, get creative and put together your own recipes.

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Celebrities who are fans of these infused waters include [Beyoncé](#), Naomi Campbell and Dr. Oz. Beyoncé and Campbell have been said to use maple water as a diet tool with their cayenne pepper and lemon detox blends. Dr. Oz, on the other hand, featured a glowing review on the tree flavored waters in his blog *The Good Life*. Though the blog does warn



that specialized water can be costly in the long run compared to standard H<sub>2</sub>O, it goes on to say that infused water is a great option if can't bring yourself to join the "plain water bandwagon."

Though summer is over now, there's no reason why you should stop drinking water. If you're falling short on drinking healthy fluids, then these flavorful waters might be worth a try. Be kind to your waistline by taking water infusion to the next level and achieving your fitness goals! And, stay hydrated while you do it.

How do you feel about infused water? Would you give tree infused water a try? Share your thoughts in the comments below!

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## **Celebrity Interview: Professional Aerialist & Celebrity Trainer Jill Franklin Talks About Aerial Physique, Fitness And Love Advice**





By [Cortney Moore](#)

When you hear the word “aerialist,” colorful imagery of gravity defying circus performances might come to mind. Not many can say they make a living soaring through the sky, but world-renowned aerialist and celebrity trainer Jill Franklin has found a way to make aerial her business. In our exclusive [celebrity interview](#), Franklin opens up about her experience as an aerialist and founder of Aerial Physique, what it’s like training her clients, and fitness related [relationship advice](#).

## **A World Famous Aerialist Offers Us Great Fitness & Relationship Advice In This Celebrity Interview**

Franklin became enchanted with aerial at age 14 when she attended her first Cirque du Soleil show. As someone who was trained in dance, Franklin admired the graceful acrobatics these performers exhibited, but like most people she doubted she could be capable of such feats. Seven years later,

Franklin found herself in New York City looking for work; until one day she saw an advertisement for a circus school and decided it would be a great opportunity to knock aerial off her bucket list. "I was convinced I wasn't strong enough, I was totally afraid of the whole thing. I was afraid of heights," Franklin admits, "my first class- I was totally awful. I couldn't do anything they asked me to do!" However, Franklin did not allow herself to get discouraged and continued with her classes the same way she had when she studied dance.

**Related Link:** [Make Your Love Soar On Date Night With Aerial Classes In NYC](#)

Fast forward to 2016, and now Franklin has become the teacher rather than the student with her Los Angeles based aerial studios, Aerial Physique. "I just really love watching people's progress as far as someone comes in and says they're nervous about it, they're not really sure if this is for them. And then in a few months just watching their bodies literally change," she says in regards to what made her open up her own studio. Teaching everyday people how to do aerial is a rewarding experience for Franklin, especially since she was once apprehensive about doing the sport and doubted she'd get as good as she is today. For those who are interested in aerial, Franklin believes you should pursue your curiosity, "Everyone is totally afraid and thinks they're too old to try it now, and all these things, these excuses go through your heard. Which is normal, but you just got to do it and it gets much better." Not only has Franklin's reputation as a talented aerialist made celebrity news on more than one occasion, but it has also attracted very famous clientele. Some celebrities that Franklin has had the opportunity to train include *Revenge* star Christa B. Allen, one of Chris Rock's daughters and many more.

**Related Link:** [Celebrity Interview: Celebrity Trainers Sebastien and Danielle Lagree Talk Famous Clients,](#)

## Relationships & Love

In terms of fitness and relationship advice, Franklin was able to provide an abundance of insight from her relationship with her husband. "My husband and I, on the very first date we went on, he took me on a picnic and I asked him what I can bring. And I was like thinking, 'Okay should I bring something to eat? Should I bring like cookies? Like what do I bring?' He said bring three things, 'authenticity, fearlessness and a smile.' That's kind of been our ongoing things that we live by." Four months after their first date, Franklin and her husband were married! As a couple, fitness is an important factor of their lives- this is especially apparent since they met each other at the gym. "It's a great place to find a date. It's definitely better than a bar, that's for sure," Franklin says in regards to where women can find a quality date, "you know that person is taking care of themselves, and caring for their health and bodies. So I think it's a great place to find a date for sure." When asked if aerial classes were a good option for couples to try together, Franklin says it's worth giving a shot, even if you're starting a new relationship. "It's a fun way to break the ice for sure because you're stretching, you're doing things that are new, so both people feel a little uncomfortable but also get to learn about each other." And she would know since she invited her husband to an aerial class back when she first met him. "We ended up spending that whole night chatting. I think he thought it was really cool and was intrigued by it because it was unique from what other people do." Franklin went on to joke that if you want to get a husband quick, do aerial.

Not bad for a someone who was once afraid of heights! You can schedule a class with Franklin if you're in the Los Angeles area, or watch her performances and instructional videos on her Youtube channel, Aerial Physique. And keep an eye out for her beginner and intermediate aerial guides and coloring books that are available on Amazon!

For more information on Jill and Aerial Physique, you can visit her [website!](#)

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# Get Fit In Time For Date Night With A Twerk-Out



By [Cortney Moore](#)

Move over Zumba because a new exercise dance craze is taking over the nation! Make way for twerking yourself into a slimmer shape! Yes, twerking, or as some like to put it, a “twerk-out.” It’s not just for celebrities like Miley Cyrus. These instructional dance classes are popping up in gyms and dance

studios across the country. It's where fitness meets the club, combining dancehall choreography, cardio and aerobics to help exercisers break a sweat. Not convinced to give it a try? Well a single 60-minute class can help you burn up to 1,000 calories! Getting fit for [date night](#) couldn't be any easier, not to mention you'll learn dance moves your partner will surely appreciate. Get in touch with your seductive side and learn how to twerk like a professional!

## Learn How To Twerk Like A Pro Before Your Next Date Night

**LexTwerkOut:** Lexy Pantera's revolutionary twerk out program has made celebrity news with her famous clientele, which include Christina Milian, Karrueche Tran and Tameka Harris. Based in Los Angeles, dance enthusiasts are able to take classes or host twerk parties with their closest friends. Even if you can't make your way to her studio, you can still get a good work out through her LexTwerkOut app and Youtube channel.

**Vixen Workout:** With multiple locations throughout New York and Florida, Vixen Workout is an intense hip hop cardio dance program. Started by a former Heat cheerleader, this workout routine will get you in touch with your inner vixen by teaching you how shake what you've got. There are Vixen instructors in other states, so if New York and Florida are too far for you to travel for lessons, you can find someone else to teach you the great moves.

**Related Link:** [Date Idea: Dance the Night Away With Your Love](#)

**305 Fitness:** Named after Miami's area code, 305 Fitness is one of the hottest dance cardio studios to hit the east coast. With locations in New York, Boston and Washington D.C., twerk lovers can get a full body workout doing non-stop cardio and high interval training. Each class has a live DJ playing music

so your workout routine won't even feel like a workout. Featured in a number of publications for their great studio, 305 Fitness promises to get you moving.

**Boss Chick Dance Workout:** Just like the name says, this revolutionary dance program will show you how to dance like a boss. This dance program teaches a high intensity hip hop, dancehall, afrobeat fusion twerk-out. Get yourself closer to that "bangin' new body" you've always wanted. With Boss Chick dance studios in 6 states and abroad, you'll have plenty of opportunities to take lessons or host your own twerk party.

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**StripXpertease:** Is a female driven business that aims to teach women to get in touch with their "sexier, sultrier, more confident" self. At StripXpertease, you'll learn how to do pole work, lap dances, twerk and much more. Couple activities are encouraged so it might be a great option for a date night! Visit their studios in New York and Los Angeles so you can unleash your sexy and toned self.

**Twerk Out Fitness:** If you're on the shy side and don't wish to pay the expense for private lessons, then twerking in the comforts of your own home might be the best option. Twerk Out Fitness offers instructional DVDs and downloadable content that will show you how to move. Once you've boosted your confidence, you can contact the instructors at Twerk Out fitness to schedule in-person lessons or parties. You'll learn from the best here since many of their instructors are from Atlanta, where twerking originated.

**Have you heard of a "twerk-out" before? Would you sign up for a class? Share your thoughts in the comments below!**

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# Find Your Balance On Date Night With Stand Up Paddle Boarding In New York



By [Cortney Moore](#)

Remember how Orlando Bloom made [celebrity news](#) earlier this month while paddle boarding nude? We bet you do! Aside from Bloom's outrageous antics, you might have noticed an increasing number of celebrities on vacation standing on boards and having paddles at hand. What is this sport that has celebrities like [Jennifer Aniston](#), Cameron Diaz and Julia Roberts so ready to jump in the water? Well,



<https://www.globosurfer.com/best-inflatable-stand-paddle-board-s/>, also known as SUP, is a leisurely way to get in a good workout while also seeing the sights, making it a great option for [date night](#)! Avoid getting love handles while you're falling in love. SUP works out your core, legs, back, shoulders, arms and neck by exercising your endurance, strength and balance. In fact, you can burn anywhere from 500 to 1,000 calories in one hour! Challenge your sweetheart to a race, or do yoga at sunset. The possibilities are surprisingly endless when you're on a paddle board.

## **Stand up paddle boarding is a date night activity that can get you fit. Check out some of the best places in NYC to begin your paddle boarding experience!**

**1. Manhattan Kayak + SUP:** Zero experience is needed at Manhattan Kayak. It's a complete paddle sports center located in the heart of NYC. With beginner, intermediate and advanced classes taught over 40 times a week, you'll definitely find time to paddle out to the city sights. This location also offers paddle tours to iconic NYC destinations, day or night, and instructional classes for speed demons and cross fit/yoga lovers.

**2. A-Team Paddleboarding:** Offering group and private lessons at Rockaway beach in Queens, students are taught by a Rivera Paddlesurf team rider and other certified paddle board instructors. This location provides classes for those just learning how to paddle board, and those who are more experienced and want to learn how to paddle surf or race. SUP yoga and Pilates are also fitness options that are available. There's even a limited number of TRUCK-A-FLOAT sustainable

living pods open to those who wish to stay overnight, ideal for a memorable date night. Book these in advance because they go quick!

**Related Link:** [Enjoy the Outdoors With This Challenging Date Idea!](#)

**3. New York Kayak Co.:** With a beautiful view of the Statue of Liberty, New York Kayak Co. offers a number of kayak and paddle boarding related options for native New Yorkers. Beginner and intermediate classes are available, along with SUP yoga and tours throughout the day. Students have the option to learn in groups or private lessons. Club memberships offer special perks such as storage, rentals, discounts and exclusive access to facilities.

**4. Rockaway Jet Ski:** Home to all of your water sport needs, Rockaway Jet Ski is nestled right in the Jamaica Bay. Here you can try your hand at paddle boarding and other paddle activities, such as yoga and sightseeing tours. After your lessons, you can enjoy food, cocktails and live music at the Thai Rock deck bar and restaurant. Just imagine a romantic date night at sunset with your significant other and the NYC skyline.

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**5. Skudin Surf Inc.:** The Skudin Surf school has multiple locations throughout New York. However, their SUP branch is located on Long Beach. Here you'll be able to enjoy group, private or semi-private paddle boarding lessons in flat water or the ocean. SUP yoga and other fitness classes are also available. There's even a full moon paddle tour that could be a romantic trip for couples. Package deals and registration for adult surf camp are also an option for avid fans of paddle boarding.

**6. Kostal Paddle:** All the way in Port Washington and Island

Park Long Island, Kosta1 Paddle is an ideal spot to learn how to paddle board. Surround yourself by the beauty of nature, and take lessons in standard paddle boarding, SUP touring and yoga. Classes are taught in the summer on Fridays, Saturdays and Sundays, so if you want to learn how to paddle board, then you need to reserve spots soon! Their last lesson for the year will be on September 16.

**Have you heard of paddle boarding? Would you give this a try on date night? Share your thoughts in the comments below!**

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## **Make Your Love Soar On Date Night With Aerial Classes In NYC**





By [Cortney Moore](#)

Do you have a love for the aerial performers at Cirque du Soleil? Ever wondered how they can easily climb up and down those silks and hoops while being suspended in air? You might think these performers had to train at a young age to get so nimble and flexible, but this is not always the case! Believe it or not, you can become one of those amazing performers with a few aerial classes. Learn how to soar through the sky with ease and impress your friends with these circus-like moves! It might even be worth it to try out on your next [date night](#)! Just imagine yourself and your sweetheart defying gravity and completely in sync with each other while practicing these mesmerizing moves. If that's not motivation enough to give these classes a try, then maybe a few fit celebrities can inspire you to. Khloe and Kourtney Kardashian, Vanessa Hagens, Sarah Hyland and P!nk are just a few stars who have made [celebrity news](#) following this daring fitness trend.

## Try Out Aerial Classes On Your Next

# Date Night

**Circus Warehouse:** Founded in 2010 and located in Long Island City, the Circus Warehouse has made a name for itself in all things circus related. Classes are taught by actual circus stars so you can have faith that you're learning from people who know what they're doing. This location offers aerial silks, Lyra (aerial hoop) and many other circus classes you may be interested in trying.

**Body & Pole:** Push your limits at Body & Pole located in the Chelsea neighborhood. This 10,000 square foot studio offers an assortment of classes so you can do your best as an aspiring aerialist. With world-renowned instructors teaching 200 classes on a weekly basis, students can improve their flexibility, contortion and aerial choreography on fabric, hoops and poles.

**Related Link:** [Celebrity Interview: Professional Aerialist & Celebrity Trainer Jill Franklin Talks About Aerial Physique, Famous Clients And Love Advice](#)

**Aerial Arts NYC:** Learn aerial skills from experienced professionals who have performed at Cirque du Soleil, famous cruise ship lines and countless other circus locations. Aerial Arts NYC is located in Midtown East, and offers both group or private aerial circus classes in silks, static trapeze, rope, Lyra, hammock, straps and Spanish web.

**Om Factory:** Take a more peaceful approach to aerial fitness with the Om Factory. Founded in 2006, with multiple locations in NYC (Union Square & Fashion District) and abroad, the Om Factory has had the opportunity to teach aerial yoga to thousands. Aside from assorted yoga classes, this location also offers traditional aerial circus lessons with silks, Lyra, cloud swings and static trapeze.

**Related Link:** [Date Idea: Workout Together](#)

**Skybody System:** Empower your body and mind at this aerial yoga studio in the Flatiron district. You don't have to be fitness pro here because experienced instructors will teach you everything you need to know as a beginner. You have the option to take a variety of aerial fitness classes that include yoga or dance. And with classes offered 7-days a week, you'll have plenty of opportunities to practice your skills!

**City Pole:** Receive individualized attention at an aerial studio located in Tribeca. City Pole boasts small class sizes for beginner, intermediate and advanced aerialists. As a result each student has access to the studio's equipment with no need to share during lessons. Here, experienced trainers teach pole dancing, flexibility, aerial hoop and silk classes.

Be the envy of your friends by getting fit on date night and learning these aerial skills as a couple! You'll be sure to get your heart racing with the one you love close by.

**Have you ever heard of aerial classes before? Would you be interested in giving it a try? Share your comments below!**

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## **Product Review: Celebrity Style Goes to The Beach**





By [Nicole Caico](#)

There is no denying that [Kate Hudson](#) is en route to becoming one of the most fit celebrities in Hollywood. On a recent trip to Skiathos Island, Greece, Hudson was spotted rocking her fit bod ... and also rocking an Oyala Beach bikini.

**Celebrity style doesn't stop at clothing items. In fact, edgy designer bathing suits take celebrity style from the streets to the beach.**



Photo: Oyala Beach  
Swimwear

Hudson made a bathing suit fashion statement in the *Mars* bikini from [Oyala Beach Swimwear](#) (\$189). This string bikini, with color blocking, and gold metal accents brings the eye to all the right places. Take a cue from Hudson and choose a classic swimsuit with a small twist. Whether it be metal accents, braided details, or a beautiful pattern on a classic cut suit.

It's time to ramp up your summer style game and take a cue from celebs like Kate!