

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



By [Haley Lerner](#)

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

chia seeds to your diet to help improve your physical fitness and health.

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

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

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

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

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

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

smooth and bright.

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

Fitness Tips: How to Stretch In the Morning



By [Haley Lerner](#)

Waking up in the morning can be tough, especially if it's early! A great way to increase your energy levels is to start your day by stretching. Stretching is proven to prevent injury and relieve pain by increasing your range of motion, taking pressure off of your joints, and preparing you to exercise so

you can get that [celebrity body](#) you've been dreaming of. It also improves circulation to your muscles, helping your body recover faster. Plus, it helps to relieve stress so you can unwind and calmly start your day. But, while stretching in the morning, you want to make sure you're doing it right! We've got some [fitness secrets](#) to help you stretch properly in the morning.

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

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

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

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3. Don't hold your breath: When stretching, it's important you aren't holding your breath, as this will result in your muscles tensing. Instead, try to relax and focus on exhaling longer than you inhale. The breathing itself will help calm you, and it's sometimes helpful to practice deeper breathing by meditating as well.

4. Make sure you're not in pain: While a subtle pulling sensation can be good and show that you are properly

stretching your muscles, you want to make sure you don't feel any sharp pain. If you feel a significant amount of pain, it's important to stop what you're doing. You definitely don't want to injure or irritate a problem area.

Related Link: [Celebrity Style: Active Wear Inspiration to Kick Start Your Workout](#)

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

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

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.

Related Link: [Celebrity Fitness Secrets: Funky Exercise Fads](#)

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!

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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](#).

Celebrity Fitness Secrets: Funky Exercise Fads





By Christine Rudolph

While it may seem as though celebrities keep their exercise routines mum, occasionally we're able to snatch their [fitness secrets](#). While some stick to the standard gym routines, machines, and weights, others have some very interesting ways of getting fit. Leave it to celebrities to find super interesting workouts that help achieve perfectly toned bodies! If you're looking to workout like a celebrity and achieve a fit [celebrity body](#), then some of these exercises might be for you.

Bored of your routine gym workouts? Check out some of these celebrity fitness secrets that will change the way you workout!

1. CrossFit: CrossFit has taken the fitness world by storm over the years, and is one of the most rigorous workouts out there! This super popular workout combines a multitude of

exercises such as cardio, weights, and kettleballs in a short 45-minute timespan. Quality trumps quantity; your results aren't determined by how much time you spend in the gym, rather, by how hard you work out. [Jessica Biel](#) is a huge fan of this regimen – and judging by her perfectly chiseled body, she certainly isn't intimidated by its intensity!

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

2. Piloxing: As you may have guessed, Piloxing is a high-energy combination of Pilates and boxing. Celebrities such as Vanessa Hudgens, [Hilary Duff](#), and Ashley Tisdale are all fans of this recently popularized fitness routine. The workout is focused on building the core and muscle toning, which ultimately helps build strength and endurance. Piloxing is also a huge calorie burner – you can burn 900 calories in just an hour!

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3. Barry's Bootcamp: If you've ever wondered how [Kim Kardashian](#) has achieved her post-baby slim downs, her fitness secret is Barry's Bootcamp. Each class utilizes a combination of resistance training with elastic bands, kettle bells, and body bars, as well as cardio. Barry's Bootcamp has been voted "The Best Celebrity Workout" by many fitness magazines and other publications, so you're guaranteed to have a solid workout with each class session!

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

4. Belly Dancing: Belly dancing is a super fun workout that has been around for quite some time! In the celebrity realm, it has become pretty popular among A-Listers like Shakira and [Beyoncé](#). The sultry dances target the abs and sculpts the hip area. Bonus: you'll learn to move muscle groups in your body

that you never knew existed, too!

5. Hula hooping: Would you have ever guessed that one of your favorite childhood past times would come back into popularity as an adult? Hula hooping tones your entire body! Zooey Deschanel has embraced hula hooping fitness classes, because they target everything from your core, to your arms and legs. The best part is that it doesn't feel like a workout at all! If you're intimidated by exercise, this one's for you!

Christine Rudolph is a passionate lifestyle blogger who loves to write about current trends. She is a featured author at various authoritative blogs. Currently, she is associated as a blogger for [Hourglass Express](#), providers of quality waist trainers, belly bands, and other weight loss products. For all updates, follow her [@RudolphBlogger](#) and become friends with her on [Facebook](#).

Fitness Trend: High Intensity Interval Training (HIIT)





By [Karley Kemble](#)

One of the hottest [fitness trends](#) of 2017 and now 2018, high intensity interval training (HIIT) is a great all-over workout and really maximizes your calorie burn. Loved by celebrities such as [Guiliana Rancic](#) and [Carrie Underwood](#), this popular workout type uses a series of intervals at rapid intensities to condition your body in a shorter period of time. Seriously: you only need to dedicate 30 minutes for each workout. Whether you're an on-the-go mom or a bride-to-be, you should give HIIT workouts a try. You'll find it's the perfect workout that'll give you the results you've been searching for – regardless of whether you're a newbie or a fitness guru.

Still not sold? Check out some of the benefits of this popular [celebrity fitness](#) trend that include more than just maximizing

your calorie burn:

1. It promotes fat loss and muscle gain: Cardio is excellent for your heart as well as an great way to burn fat. Most HIIT workouts will have an element of weight training built-in, so it is truly an all-inclusive exercise regimen. You'll be in killer shape in no time because of the combination of cardio and muscle building!

2. It's perfect for busy schedules: Let's face it – we are all busy and overexert ourselves. If you think you don't have enough time for a consistent exercise routine, it's time to stop making excuses! HIIT workouts are all about burning calories in a short period of time. All you need to do is spare 15-30 minutes and give it all you've got. Trust us, the results will amaze you!

Related Link: [Up and Coming Fitness Trend: Indoor Rowing](#)

3. You don't need equipment: You don't need to spend money on fancy equipment or gadgets. HIIT is all about getting your heart rate up, and keeping it up throughout the workout. You can easily tailor your workout to fit your current needs and fitness goals without the added tools.

4. It's gets you out of your comfort zone: Because of the intensive nature of HIIT, you are constantly pushing yourself out of your little comfortable bubble. HIIT exercises are a lot more fast-paced than 30 minutes on the treadmill or elliptical, so you'll find that your stamina will build at a quicker rate, too.

Related Link: Fitness: [5 Amazing Workout Tips from the Best Celebrity Trainers](#)

5. You can do it anywhere: If you have a gym membership you can check to see if they offer HIIT classes, or you can make-do in the comfort of your own home! There are tons of videos

online that you can follow along with – just make sure you follow the directions so you don't injure yourself.

Have you tried out HIIT? What do you like about it? Let us know below!

Fitness Tips: 6 Ways to Avoid Putting on Extra Holiday Pounds



By [Karley Kemble](#)

The holidays are a wonderful time of year filled with lots of

reasons to celebrate. With so many parties and gatherings, it's easy to break away from healthy habits, and even easier to add numbers to your scale. While holiday weight gain is usually inevitable, you can put up a good fight. How cool would it be to say you actually *lost* weight after the New Year hits?

If you're worried about gaining weight during the holidays, check out these [fitness tips](#) that'll help prevent the scale from climbing. After all, Cupid doesn't believe in keeping fitness secrets.

1. Workout in the mornings: In most cases, parties are held in the afternoons or evenings, so if you're heading to an evening shindig fit in some exercise in the morning. Starting your day off with fitness really sets the whole tone for your day and will make you more conscious of the foods you put in your mouth. You also are less likely to feel guilty about treating yourself to grandma's homemade gingerbread cookies!

2. Walk after dinner: It doesn't seem likely that you'll leave early from a holiday party and head straight to the gym. There is some good news – you can still get those Fitbit steps in. Start a new family tradition and go on a good walk around the neighborhood. While it may not be the most intense cardio workout, it still counts for something. Plus, you can bond over all the houses decorated for the holidays!

Related Link: [Dating Advice: How to Avoid Holiday Weight Gain!](#)

3. Take advantage of commercial breaks: If you find yourself glued to the T.V. for all the holiday specials and every new

Hallmark Christmas movie, the couch potato life can really take a toll on your weight. Utilize the 15+ minutes of repetitive ads, and turn your living room into a mini home gym. You can do a ton of exercises – crunches, pushups, jumping jacks – the list is really endless! Find what works for you and go for it. By the end of the movie or show, you'll have a decent workout in.

4. Snack beforehand: Never go to a party hungry! When the “hanger” kicks in, it's almost impossible to control yourself. Make sure you eat a little something beforehand, so you don't become ravenous. You'll be more mindful of what's going into your mouth and will significantly reduce the chances of a regrettable binge eating episode.

Related Link: [Dating Advice: Don't Be Afraid to Sparkle During the Holidays–Even If You Are Single](#)

5. Bring a healthy dish: While there is a bit of uncertainty with the menu at a party you're invited to, your host/hostess will definitely appreciate some extra help. No matter what you're asked to bring, there is always opportunity to put a healthy spin on a dish. That way, you know at least one thing is a good choice. Don't be worried about people skipping over your dish because of your modified recipe, most people can't even taste a difference.

6. Plan, plan, plan: What's great about the holidays is that you can prepare your action plan beforehand. The big holidays fall around the same time every year, so you know what to expect. Eat healthily in the days leading up to a holiday party, and fit in workouts around your busy schedule. Establish as much consistency as you can – breaking the routine is what causes you to stray and will cause weight gain.

How do you manage your weight during the holidays? Share in the comments below!

Fitness Tips: The 5 Best Fitness Apps to Help You Stay on Track



By [Noelle Downey](#)

There's no doubt about it, getting fit can seem like a chore. Whether you're tired of trekking to the gym or just can't seem to keep up in yoga class anymore, there are tons of pitfalls to working out through more traditional methods these days. Not only are trips to the gym or fitness classes tiring, they're also downright time-consuming. If you're struggling to commit to a fitness routine and feel as though your body and

figure are paying the price, why not make your workout digital? If you can access everything you need on your phone, from killer fitness tips to coaching encouragements, why wouldn't you? We here at Cupid's Pulse have compiled a list of some of the best and most fun fitness apps you can easily download to your smart phone to help you on your way to getting that celebrity body you've always wanted.

Looking for fitness tips to get the perfect beach bod this summer? Look no further than these five great fitness apps to help you get toned *and* tanned this season!

1. Charity Miles: If you're looking for a way to give back while you train up, look no further than this handy app. Choose a charity you'd like to support from their list of options and then get to stepping. The app tracks your distances and their corporate sponsors donate a few cents to your charity for every mile you walk or run. While it isn't a huge donation, the more people who use the app, the more money each charity will receive, and the extra motivation of helping those less fortunate than yourself might motivate you to push yourself a little harder than you might otherwise have.

2. Couch to 5K: If you're struggling to start a good fitness routine and feel as though you need to start from the beginning and work your way up, this app may just be for you. Couch to 5K trains beginning runners and takes them from couch potato to the finish line of their first 5K race in just nine weeks. Carve out thirty minutes a day, three days a week for those nine weeks and you can join them, with this handy app that makes running and getting fit a fun challenge. The Couch to 5K app comes with an interactive coach you can hand select

and a welcoming and warm community you can share your progress with. Get on the fast track to a 5K and better fitness today!

Related Link: [Fitness Trend: Wearable Technology](#)

3. FIT Radio: If you workout best to music but struggle to find tracks that keep your energy up or very rarely have the motivation to create workout mixes of your own, this app is for you. FIT Radio provides you with ready-made mixes and jams that offer a consistent beat, something that's easy to work out to whether you're tearing it up on the track, cycling your way to success, or dancing your heart out in Zumba class. Plus, there's also the bonus of being able to discover new tracks that you love while you're working out, so if you're a music fanatic who is always looking for the next big thing, this is a great way to stay up to date on the music scene while you keep your body in tip top shape.

4. MyFitnessPal: If you need help counting calories as well as tracking miles, MyFitnessPal might be your best choice. With a food scanner and a database of tons of foods, this app provides a plethora of data about what you're putting into your body as well as a distance tracker so you can watch your progress and see how what you're eating is affecting your workout routine, and vice versa. Have all the information you need to get the body you've always wanted right at your fingertips with this app that will have you in the know and on the go in no time.

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5. FitStar: If you like customized workouts and going at your own pace, this is the app to get you started. This app creates workouts for you based on your fitness level and you can give it feedback; letting it know which workouts were a little too much for you or which ones didn't leave you breathing hard at all. With this data it'll adjust your customized workouts, giving you the perfect way to find exercises that are just

right for your current fitness level. The great thing about this app is that you never need to worry about over-exerting yourself or keeping up in a class, FitStar allows you to work towards harder and harder exercises at your own pace and in the comfort of your own home.

Will you be downloading any of these awesome fitness apps to get the celebrity body you've always wanted? Let us know in the comments!

Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom





Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

It's no secret that, when it comes to being a new mother, things can get pretty hectic. This sentiment certainly rings true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and Rachel Lindsay's search for love so far!

Celebrity Mom Ali Fedotowsky on How She Stays Fit

There's no doubt about it: Fedotowsky is busy! With her recent March wedding and her daughter Molly's first birthday coming up in early July (they're celebrating with a unicorn-themed backyard barbecue!), her life is filled to the brim with the happiest kind of chaos. So how does this reality TV star manage to do it all while also keeping herself sane? "For

me, it's about taking little steps to take care of myself," she shares in our celebrity interview. "For example, if I need some time to myself, I tell Kevin. I have an amazing husband who always tells me to go do what I need to do."

Related Link: [Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again](#)

Even when she's not dishing about the latest styles on her thriving lifestyle blog or spending time with her sweet family, Fedotowsky doesn't let herself slack off. Since she became a new mom last year, she has committed herself to staying fit. "Sometimes, I'll do the tree pose while holding my daughter," she admits with a laugh.

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I love the convenience of it and how it shapes my muscles in ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview

Of course, it takes a lot of energy to stay fit and take care of your body. Fedotowsky swears that she has the secret weapon for keeping your energy up: goodnessKNOWS snack squares. The snacks, which combine essential vitamins with a delicious cruncy texture and great taste, are her lifesaver when it comes to eating healthy. "My girlfriends and I are all very conscious of what we put into our bodies," she reveals, "so we can have a little bit of wine and be naughty but also have the cranberry almond dark chocolate goodnessKNOWS snack squares."

They're only 150 calories for all four!"

In fact, the celebrity mom was so thrilled with goodnessKNOWS and their healthy snacking initiative that she recently took things a step further and partnered with them on a new project for National Yoga Day. "We did a Facebook Live stream. It's all about yoga and how you can do it at home and how good it can make you feel," she explains in our celebrity interview. She hopes to show other new moms that they don't have to be any kind of fitness guru to live their healthiest lives.

Related Link: ['Bachelorette' Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl](#)

Ali Fedotowsky Dishes On the Newest Season of *The Bachelorette*

Every busy mama needs a break, and Fedotowsky is no exception. Just like so many of us, during her free time, she has been keeping up with the current season of *The Bachelorette*. "I love this season and Rachel," she enthuses. "I think she's poised, fun, articulate, beautiful – everything a *Bachelorette* should be!"

Of Lindsay's reality TV journey so far, Fedotowsky adds, "There are some guys who keep sneaking through the cracks. Like Lee is still there – that's a questionable decision." Ultimately, though, the lifestyle blogger believes that Lindsay is destined for love: "Rachel's not stupid. She knows what she's doing. I think she's doing an incredible job opening up her heart!"

To keep up with Ali, check out her lifestyle blog [Ali Luvs](#).

Fitness Trend: Wearable Technology



By [Noelle Downey](#)

With warm weather here it's time to party on the beach and play in the surf and sand. But what if you're feeling like your beach body isn't quite bikini-ready? There's a new [fitness trend](#) that could help you get outdoors for a sensational summertime in the sun *and* motivate you to start sculpting some killer abs too. With stars like [Ryan Reynolds](#) and [Gwyneth Paltrow](#) jumping on the bandwagon, it's official, the newest celebrity trend when it comes to fitness is wearable technology. From Fit Bit to Garmin, this trend is

everywhere, and we here at Cupid's Pulse have the the top five celebrity-approved ways to catch up on this trendy tech breakthrough for summer fitness fun.

Looking for a great way to stay fit and fab this summer? Check out these awesome pieces of tech to stay on the fitness trend and on track to a red-carpet worthy body this summer!

1. Flaunt your abs with [Fitbit](#): While Fitbit is far from the only good option out there when it comes to wearable tech, it's definitely one of the most popular in the mainstream fitness world, probably partly because of the variety of models available. Tons of stars have been spotted with this handy piece of tech on their wrist as they work out. [Britney Spears](#) gets in some steps with an eye-catching pink Fitbit to match her workout ensemble, while Ryan Reynolds works on his killer abs with the Fitbit Flex, and [Kelly Ripa](#) struts her stuff with a Fitbit of her own tracking her every move toward a red-carpet worthy figure. Even former president Barack Obama has been spotted with a Fitbit Surge on his wrist during his daily runs. Whatever model you choose, this piece of tech wonder will do everything from track your steps and heart rate to monitor your sleep, with some models even synching directly to your smart phone to store and compare the data.

2. Push to the limit with the [Pebble SmartWatch](#): If you're looking for something a little less mainstream and slightly more upscale, try the Pebble SmartWatch for a fitness tracker that looks like a fashion statement in the form of a swanky watch. TV talk show host and comedian Stephen Colbert has been

spotted multiple times with this great piece of wearable tech on his wrist. If you're looking for something that doesn't necessarily proclaim, "I'm working out right now," but you're still interested in tracking your fitness data, try Pebble SmartWatch, which tracks your calories burned and distance covered and gives you personalized fitness encouragements when you need them. All of this is caught up in a sleek, celebrity style design that looks fashionable and stellar, and if you're not busy hitting the gym, you can discreetly set it to display the time and still get compliments on your gorgeous accessory.

Related Link: [Fitness Advice: Is Fitness Turning Entirely Digital?](#)

3. Burn calories with the [Nike + Fuelband](#): If you're looking for something a little more simple that's still celebrity-approved, try the Nike + Fuelband, a simple band around your wrist that tracks calories burned and steps taken while allowing you to set daily goals for yourself on a single simple screen. This chunky and funky band certainly isn't as sleek as some of its competitors, but it also does exactly what it needs to do to help you set a better fitness schedule, without all the fuss of a more high-tech gadget. And it certainly has a great celebrity endorsement from Serena Williams, who's been spotted on the court during many of her victorious championship tennis games with this trendy fitness gadget on her wrist.

4. Take a step forward with [Jawbone UP](#): If you're not feeling Fitbit but want a combination of Fitbits variety of models and the sleekness of the Pebble SmartWatch, look no further than Jawbone UP, which offers four different models with a variety of abilities, from the basic model that provides a smart coach, activity tracking, calories burned, and sleep tracking to the more advanced models that provide all of this as well as automatic sleep detection and data on heart health. This sleek and shiny band offers choices to those who decide to purchase from this brand, as well as a variety of colors and

styles. Famous actress and health guru Gwyneth Paltrow has been seen wearing the Jawbone UP on many occasions! See if the Jawbone UP could be for you too!

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

5. Get in shape with [Garmin VivoSmart](#): For a fitness monitoring tool that's approved by fitness icon and Virgin-founder Richard Branson, look no further than the Garmin VivoSmart. Garmin may not feature the fanciest models on the market when it comes to wearable tech, but it's also one of the most affordable, and you get a fairly good bang for your buck when it comes to using this handy fitness tool. Just like Richard Branson, you can strap this on and learn about your sleep and steps with one of their colorful and water-resistant models, or you can spring for one of the newer releases and get all day stress monitoring, rep counting, and more!

Have you ever used any wearable tech when it comes to fitness? What do you think of this trend? Will you be springing for one of these fitness tools soon? Let us know in the comments!

Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC





By [Noelle Downey](#)

With summer about to be in full swing, it's officially time to start thinking about how amazing you're going to look in your favorite bikini at the beach this year. If you want to shave off a few pounds to look your best while you play in the surf and sand this summer, never fear! There are tons of places you can head to work out and look stunning in time for the hottest summer months, especially if you live in celeb-studded NYC. Tons of celebrities will be joining you on your quest to get fit this year, and if you head to any of these premier fitness locales, you just might run into them!

Celebrity Fitness: Check out these celeb-approved ways to stay fit in NYC and see if any of these fitness trends could help you get a

celebrity style body and look!

1. Ballet Beautiful: For a somewhat non-traditional workout, visit Ballet Beautiful, a celeb-approved hotspot for getting fit with ballet exercises and cardio that's client specialized to any particular needs you might have or problem areas you might want to address. Owner Mary Helen Bowers is used to VIP clients, including Victoria's Secret Angels Miranda Kerr and Lily Aldridge, and Bowers also personally trained Natalie Portman for her Oscar-winning performance in dark horror flick, Black Swan. With two convenient locations in SOHO and the Upper East Side, visit this special studio and pick a workout from anywhere between fifteen minutes to three hours to see what all the stars are raving about when it comes to this fun fitness opportunity.

2. ModelFit: For a fantastic workout that leads to an absolutely stellar body, try ModelFit, a hugely popular fitness boutique in Manhattan frequented by such big-name stars as [Taylor Swift](#), Karlie Kloss and [Chrissy Teigen](#). Owner and fitness expert Justin Gelband focuses on toning your muscles through cardio, so expect a lot of fun activities like kickboxing and yoga to shake up your fitness routine. And don't be surprised if you spot even more Victoria's Secret Angels – ModelFit is incredibly popular with the modeling crowd, so much so that Gelband is referred to as “the supermodel trainer.”

Related Link: [Celebrity Diet: Get a Red-Carpet Ready Body and a Healthy Mind By Eating These Super Foods](#)

3. Rumble Boxing: Looking for something to break you into even more of a sweat? Why not try Rumble Boxing, a hardcore workout that allows you to jump from lifting weights to hitting a punching bag in minutes. Rumble Boxing is still an up-and-coming fitness destination for the rich and famous, but professional models are often seen blowing off steam and

burning calories in this premier establishment, including Canadian-born supermodel Lexi Wood and fitness training icon and former football player Devon Levesque. Visit this awesome workout facility to burn some calories and get your body beach-ready this summer!

4. AKT InMotion: If Ballet Beautiful sounds fun but you're looking for a different kind of dance for your workout, look no farther than AKT InMotion, a high-energy dance studio from owner Anna Kaiser, who is responsible for the fantastic physiques of such stars as Shakira and [Kelly Ripa](#). Keep on your toes with this fantastic workout that combines the fun of a night out dancing with your girlfriends with the calorie burn you'll need to feel great about your body this summer. Grab a group of friends and hit up this celeb-approved NYC fitness hotspot for a fun hour of intense dancing that will leave you feeling invigorated and full of adrenaline.

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

5. Dogpound: If you're looking for a workout that has a high level of intensity but an equally high level of results, than Dogpound might just be for you. This insane fitness hotspot is a beloved favorite of a ton of Victoria's Secret Angels, including Ashley Graham and [Leonardo DiCaprio's celebrity ex](#), Toni Gaarn. Move across the room burning calories and flipping tires or step into the ring for a boxing match for some intense fitness that will leave you breathless and with a great bikini-worthy body. Feel great about your tenacity in the ring and your core strength as you step up to the challenges at this amazing and hardcore NYC fitness stop.

Are you planning to visit any of these celeb-approved fitness hotspots in NYC? What are your favorite ways to get fit? Let us know in the comments!

Fitness Secrets: Learn More About Your Body in a Metabolic Chamber



By [Cortney Moore](#)

Thanks to modern scientific advancements, losing weight has become somewhat easier. Don't believe this to be true? Well, researchers and [fit celebrities](#) have long kept the [fitness secret](#) that are "metabolic chambers." Before your imagination runs off to a sci-fi fantasy, just know that metabolic chamber is just a regular room. The only difference is that your vitals are monitored and analyzed by experts to figure out

your energy expenditure, and how variables such as diet and exercise affect your metabolism.

Metabolic chambers are the latest fitness secret for weight loss.

A few metabolic chambers exist in the U.S. However, each of these chambers have a few features in common. Metabolic chambers tend to be found in hospitals and university research centers, and usually require you dedicate 24 hours of your time. Being able to stay a whole day allows doctors and metabolic analysts to accurately ascertain how your body functions under normal and active circumstances. Inside the chamber you will, eat, sleep and partake in slow-paced and/or high-energy exercises, alongside daily activities. By the end of the study, researchers will show you your results and provide insight on how your body burns calories. Not only will you learn great weight-loss tactics, but you'll also help scientists demystify the human metabolism in regards to nutrition, genetics, caloric burn during rest and exercise periods.

Related Link: [Up and Coming Fitness Trend: Indoor Rowing](#)

Recently, *ABC News* anchor Mara Schiavocampo investigated the effectiveness of metabolic chambers in a "[Good Morning America](#)" segment. Schiavocampo stayed in a 9-by-11-foot metabolic chamber at Mount Sinai St. Luke's Hospital in New York City for a full 24 hours. The chamber was airtight and measured her oxygen consumption along with carbon dioxide production to determine exactly how many calories she burned while inside. During her time in the chamber, researchers were able to determine how Schiavocampo's body best burned calories and even offered her customized fat-burning [fitness tips](#). "I was really shocked about the high-intensity interval training, I'm someone who reads about this stuff and I'm really into

health and wellness, I thought it would burn more because I felt like I was working so much harder. But that just goes to show you it's all about perception," Schiavocampo explained while comparing workout results during the segment. "And that's what the magic is about the chamber, it tells you what's *true for you*."

Related Link: [Let Your Partner Be Your Inspiration To Getting & Staying Fit](#)

Although metabolic chambers are helpful in determining your best fitness plan, they also aren't accessible to everyone. A single night inside a chamber can cost anywhere from \$1,500 and up. Yes, it's a lot of money, but ultimately it's up to you if it's worth it to know exactly how your body expends energy and other valuable [workout advice](#). If a metabolic chamber seems out of reach, then regular cardio and weightlifting may be your best options in cutting and toning.

What do you think of this fitness secret? Would you give a metabolic chamber a try if given the chance?