

# 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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## **Fitness Tips: Best Stress-Relieving Workouts**





By Nicole Maher

It seems like our schedules get busier and busier every year. Whether we are working from home or going into the office, it can still be challenging to find time to both relax and workout. If you are looking to kill two birds with one stone, try incorporating some of these [fitness tips](#) into your weekly routine to both stay on track with your fitness goals and relieve some of your everyday stress.

## **Check out these fitness tips on the five best workouts to relieve stress.**

**1. Workout-of-the-day:** If you're someone who enjoys changing up your schedule day-to-day, taking part in a workout-of-the-day program could be a great way to relieve some stress and keep you on track with your fitness goals. Many of these programs are in video format, and offer five to six different workouts that last around thirty minutes. Having a variety of

options to choose from for your daily workout can help keep your packed schedule a little more spontaneous while still keeping your allotted amount of time for working out consistent throughout the week.

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**2. Yoga:** One of the best workouts for relieving stress is yoga. As yoga places emphasis on both exercising the body and the mind, it allows you to relieve both physical and mental stress. There are also countless different types of yoga for people of all skill levels, so if you've never tried this exercise before, there are still plenty of options for you to pick from. Despite seeming low impact, yoga can also help with overall body strength and balance, therefore giving you some of the physical benefits of working out along with the stress relief.

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**3. Pilates:** Some people really like to burn out their stress by taking part in high intensity workouts. If this is the case for you, try incorporating a Pilates workout into your weekly schedule. These workouts typically include the use of bodyweight, ankle weights, and resistance bands, making them perfect for strength training. While guaranteed to make you sweat, Pilates workouts come in different intensities. So if there is a day where you don't feel the same drive to workout, you can still relieve some stress with a modified workout using the same equipment.

**4. Sports:** Our hobbies are also a great way of relieving some stress through movement, especially if one of your go-to hobbies is a sport. Playing pick-up games of basketball or soccer with some friends helps relieve stress by getting your body in motion, as well as socializing with others. Even going to a court or field for a little while and practicing a sport

by yourself can help clear your mind from whatever stress you are feeling. This fitness tip is also beneficial in the fact that you don't need to learn any new skills for a workout, as the sport is something you are already familiar with.

**5. An outdoor run:** In a world where we are doing so much from our houses, sometimes simply stepping away from our computers for a little while and going outside can help relieve stress. If you live in an area that allows you to, try incorporating outdoor walks or runs into your fitness plans for the week. The walks and runs will keep you burning calories to stay on track with your fitness goals, and the fresh air will genuinely do wonders for relieving stress and allowing you to clear your mind.

**What are some other workouts that are perfect for relieving stress? Start a conversation in the comments below!**

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## **Fitness Tips: How to Stay Consistent with Exercising this New Year**





By Nicole Maher

With the new year comes new motivation to start exercising and achieving your fitness goals. However, sometimes this motivation disappears quickly and we find ourselves falling out of our fitness routines early on. If you are looking to create a workout routine that you can stick to all year, try incorporating some of the following [fitness tips](#) to start you off on the right path as the new year begins.

## **Use these five fitness tips to help you exercise consistently in the New Year.**

- 1. Set realistic goals:** One mistake that many people make when setting fitness goals at the beginning of the year is to expect extreme results right away. Rather than starting out the year with one large goal, try to make smaller goals for you to achieve as the year progresses. Having a smaller amount of weight to lose each month, or a specific food to cut back



on, is better than focusing on one large goal that may end up seeming unachievable. As you reach your smaller goals, you will eventually reach the same end result you desired from the beginning.

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**2. Recruit a friend:** You are more likely to stick to any kind of routine when someone else is holding you accountable, so recruiting a friend to help you through your fitness journey is a beneficial step. While you and your friend may not be able to workout together, or even have the same fitness plan, having someone to report to following a workout can make you more likely to complete it. Keeping a weekly planner where you can cross-off completed workouts is another great way to hold yourself accountable and feel like you are making progress.

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**3. Expand your plan:** You may have so much motivation in the beginning of the year that you overload yourself with new workouts. However, making your fitness routine too big at the beginning can cause you to burnout faster. Instead, try making a fitness plan that allows for room to grow and expand. Focus on one or two specific areas of fitness for the first few weeks, then gradually add different workouts as the year progresses. This will make you feel even more productive as well as allow your body to gain the necessary strength needed to complete a heavy fitness routine.

**4. Make it enjoyable:** When you are doing workouts that you don't necessarily enjoy, it makes it much more difficult to stick to your plan. Rather than selecting the most popular workouts, or the ones that are promised to give you the best results, use this fitness tip to select workouts you know that you'll enjoy. If you are not a huge fan of running, try getting cardio in other forms, such as dancing. The more you



enjoy your personal workout routine and look forward to completing it each day, the more likely you are to stick with that plan long-term.

**5. Have patience with yourself:** One of the main reasons that people give up on their fitness goals shortly after starting is because they lose patience. In a world of two-week diets and short fitness plans, it is normal to feel frustrated when we don't see results as quickly as promised. However, it is usually both unrealistic and unhealthy to drastically change your body that quickly. Rather than losing patience and quitting your plan early on, keep reminding yourself that fitness plans take time to get the desired results, and that everyday you're getting closer to your goal!

**What are some other fitness tips to help you exercise consistently throughout the New Year? Start a conversation in the comments below!**

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## **Fitness Tips: 5 Yoga Poses for Stress Relief**





By Carly Silva

Doing yoga is a great way to stay active and get in touch with your body. But, it isn't just great for physical health; it also does wonders for your mind and mental health. There are tons of yoga poses that will help you focus on mindfulness and breathing just as much as physical fitness.

**If you're in need of some new [fitness tips](#) that will help both your body and mind balanced, check out these five yoga poses for stress relief:**

**1. Child's pose:** Child's pose is one of the most popular poses in yoga, and it is great to help you calm down and relax. To do this pose, start by sitting on your knees. Put your big toes together and knees as far apart as you would like, then stretch your arms all the way out in front of your and let

your forehead touch the ground. This pose is great to do in the middle of an intense practice, or just throughout the day when you need to check in with yourself.

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**2. Forward fold:** Foreword folds are great to incorporate into any routine. Not only does a forward fold stretch your back or your legs, but it's also very balancing and calming. You can do a foreword fold sitting with your legs out in front of you, or standing with knees bent. Fold your entire torso as far down as you can go, and let your head be super heavy. This is a great passive pose, meaning that instead of straining and using muscles, you will be more focused on releasing the tension in your body and mind.

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**3. Bridge pose:** This pose is another one that is great for releasing all of the tension and chaos going on in your body and in your mind. To do this pose, lay on your back with your legs bent and feet on the floor. Slowly squeeze your gluts to bring your pelvis up as far as you can go, but don't tense up in your arms or neck. Keeping that calmness in your upper body will feel super restorative, especially if you stay in this pose for a few minutes.

**4. Legs up the wall:** Legs up the wall, which is done exactly how it sounds, consists of laying down on your back, and letting your legs rest completely straight up against a wall. This pose is great, especially for anyone with an anxious or restless mind, as it forces your body to de-stress and calm down.

**5. Corpse pose:** Corpse pose is probably the easiest pose here, and it mostly consists of just laying down flat on your back with your arms out on either side. It can seem simple, but

allowing yourself the time to lay in this position without having to worry about other tasks or responsibility is a great way to give your mind a break and reset for the day. Corpse pose is great to do at the end of a yoga practice, in the middle of the day, or right before bed as a cool-down exercise.

**What are some other yoga poses you love? Start a conversation in the comments down below!**

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## **Fitness Tips: The 6 Best YouTube Workouts to Try Right Now**





By Carly Silva

Ever since the start of the Covid-19 pandemic and stay at home orders, online workout videos have become even more popular. Following along to an instructor on YouTube is an easy and affordable way to get your workout in without overwhelming your schedule. If you're looking for some [fitness tips](#) to help you get in shape, there are thousands of workout instructors online that are great to follow.

## **In these fitness tips, here are the six best YouTube workouts to try right now:**

**1. Yoga for Core and Booty – Yoga with Adriene:** This 30-minute yoga practice focuses on toning the core and glute muscles in a meditative way. Yoga workouts are a great alternative if you prefer slower-paced workouts and mindfulness as well.

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**2. Total abs and full-body workout – Chloe Ting:** This 20-minute workout with Chloe Ting is a high-intensity core workout that also gets your whole body working. This is the perfect YouTube workout to follow along with if you don't have a lot of time, but still want to get an intense workout in.

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**3. 90s Dance Party Workout – MadFit:** This workout is only 15 minutes long, but it will get your blood pumping. This full-body workout is an all-cardio routine which will definitely get you sweating. And, you will be listening to throwback 90s music the entire time, which will definitely pump you up!

**4. Power Yoga Class – lululemon:** This yoga class is a more intense, full-body power yoga workout. It is a 45-minute video that will especially work your legs, back, and hips, but will get your whole body moving and sweating.

**5. Hip Hop Fit Workout – POPSUGAR Fitness:** This 30-minute workout is perfect for beginners or anyone who isn't a pro at working out. The mix of dance and fitness will have you burning calories while also having a ton of fun!

**6. Extreme butt-shaping workout – blogilates:** This extreme-intensity workout from blogilates will have you working up a sweat while specifically working on toning the booty. This guided video is 30 minutes long, and doesn't include any breaks, so make sure you're ready to break a sweat!

**Do you know any other Youtube workouts? Start a conversation in the comments down below!**

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# Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020



By Alycia Williams

The start of this new decade offers us a chance to reflect on both the past and the future. You want to make sure you're keeping up with the latest [fitness trends](#) as the trends are always developing and changing.

**Here are five new fitness trends to**



# keep up with in 2020:

**1. Wearable technology:** Smart watches, heart rate monitors, fitness trackers, and GPS tracking devices appeal to a wide audience, from those just beginning their fitness journey by counting steps and tracking sleep, to seasoned athletes who record every single workout to analyze their performance over time.

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**2. High-Intensity Interval Training (HIIT):** The HIIT style of training remains a popular trend in the fitness industry. In 30 minutes or less, exercisers can achieve an efficient, results-driven workout of high-intensity exercise followed by short rest breaks. HIIT training incorporates strength training, cardiovascular exercise, or a mix of the two, and can be done solo or as part of a group training class.

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**3. Group training:** Group training involves five or more participants in a variety of workouts and exercise styles led by an instructor. Strength and toning class, yoga, indoor cycling, barre these classes are everywhere, and with good reason. Group training programs are designed to be effective for people of different fitness levels, creating a highly motivating environment that holds them accountable and helps foster a tribe-like mentality.

**4. Training with free weights:** The emphasis of free weight training is on ensuring proper form for each exercise. Once form is mastered, resistance and new exercises are added to build progressively.

**5. Personal training:** This style of training involves one-on-

one sessions among trainers and clients, where specific workouts are prescribed to help the client reach their unique needs and goals. Personal training is used for both strength and cardio training.

**What are some other fitness trends to keep up on for 2020? Start a conversation in the comments below!**

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## **Fitness Tips for Working Out While Wearing a Mask**



By Alycia Williams

During the pandemic it's really important that we wear masks when going outdoors, but going on your morning runs can seem really difficult with a mask on. Wearing a mask should not exempt you from continuing with your exercise regime, but what is true is you need to know a few [fitness tips](#) before you embark on masked fitness, whether you are a seasoned athlete or just an enthusiast.

## Here are some fitness tips for working out with a mask on:

**1. Start slow and easy:** Using the mask will increase the feeling of air hunger resulting from the accumulation of carbon dioxide, and what you need to do is gradually decrease your sensitivity to CO<sub>2</sub>. The best way to decrease your sensitivity and increase your tolerance to CO<sub>2</sub> is to slow down your breath and train yourself with nasal breathing before your workout.

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**2. Prepare your lungs:** If you just workout without preparing your lungs, you'll breathe fast and shallow, which makes you more prone to anxiety and performance fatigue. Before working out, start with a few slow breaths moving your belly and diaphragm. Your entire middle should expand as you inhale and squeeze as you exhale.

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**3. Breathe through your nose:** Breathing through the nose will help you build up CO<sub>2</sub> tolerance, despite making you feel that you are not fast or efficient enough. You will leave fewer water droplets on your mask and keep it drier while decreasing your exposure to viruses and pollution. Ideally, you have a

few cloth masks in hand to change them, depending on the duration of your workout.

**4. Ladies need to be extra careful:** Women under the age of 48 need to be extra mindful, especially during their menstrual cycle. This is the time when your carbon dioxide levels drop by 25% caused by hormonal changes, and that typically means faster breathing, an increased heart rate, and a tendency towards fatigue and body pain, among other things. Be gentle with your body, take it easy and observe your body signals.

**5. Find the right mask to workout in:** Your comfortability is important, because if you're working out in a mask that is uncomfortable it'll lead to breathing heavier or not wearing it at all. Try out different masks and find that one that's right for you.

**6. Plan for breaks:** Although you may be used to doing your workout routine without any breaks, you may want to reconsider. Wearing a mask while working is going to create a different experience for your body which will lead to your body becoming fatigued easier. Plan for some breaks in between your workout .

**what are some more fitness tips for working out with a mask on? Start a conversation in the comments below!**

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**Health Advice: Exercise Is a Complementary Medicine for**

# Chronic Conditions



By Diana Iscenko

Getting [exercise](#) during quarantine is hard for everyone, but it may be the most detrimental to the 100 million American adults who struggle with chronic pain. Exercise is a common treatment to minimize chronic pain. While it's not a replacement for more traditional medicine, it can increase mobility, decrease inflammation, and minimize your overall pain.

Exercise also helps improve sleep patterns, which are often disrupted by medications commonly used to treat chronic pain. People who exercise consistently usually sleep longer and deeper than those who don't exercise.

Remember that it's important to talk to a doctor before

starting a new exercise regimen. Depending on where your chronic pain bothers you, some exercises may be too difficult and will worsen your pain. Always move at your own pace, and listen to your body! Some days will be harder than others, but don't force your body to something that will hurt you.

## **Keeping your own body and limitations in mind, here is some health advice on four different types of exercise that you might want to try that can help minimize chronic pain:**

### **1. Stretching exercises**

Stretching once a day increases flexibility, loosens stiff muscles, and brightens your mood. If you have chronic pain, stretching can help release the tension you feel in your body. Stretching is a great exercise for those new to working out because it's low impact and can easily be done at home without equipment.

Stretching is especially helpful for those with chronic back or neck pain. To stretch your back, get on your hands and knees and start with your back flat. Stretch your abdominal muscles and raise your back to be curved. You want to let your head hang comfortably between your arms as you stretch your back. Try to keep your abdominal muscles as tight as possible while stretching your back.

To stretch your neck, start by sitting with your legs crossed. Bring your left ear to your left shoulder. Lower your head and bring your chin to your chest. Breathe deeply and roll your head so your right ear touches your right shoulder. Remember

to relax your neck muscles and stop if you feel and pain.

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## **2. Relaxation exercises**

Another beginner-friendly exercise is relaxation exercises! This requires no equipment and can be done virtually anywhere you want. Relaxation exercises include deep breathing and visualization, which can be helpful to those living with chronic pain. While this may not “feel” like traditional exercise, it releases endorphins and can minimize pain.

To start, lie in a comfortable position on a bed or the floor. Relax your body and close your eyes. Focus on your breathing: inhale through your nose and exhale through your mouth. It may be helpful to place your hands on your stomach to feel yourself breathing. Visualize the pain leaving your body as you continue to focus on your breathing.

Many people use relaxation exercises before bed to help them fall asleep, but it can be done at any point during the day.

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## **3. Strengthening exercises**

While these exercises can be a little more intense, it's still easy to do strengthening exercises from the [comfort of your home](#) with little-to-no equipment. These exercises can help reduce joint pain, build muscle and prevent injuries in the future. Building core muscles is especially important for those with chronic pain because it helps with posture and balance and can prevent future injuries resulting in worsened pain.

You want to push your muscles outside their comfort zone during these exercises. Any exercise that uses resistance



against your muscles will make you stronger. Sometimes that resistance is your own body weight. There's no need to overextend yourself.

Strength exercises do not need weights. There are plenty of exercises that build strength—such as squats, push-ups, lunges, planks and jumping jacks—that don't require any equipment and don't feel as intimidating. Remember to do several repetitions of each to build up your strength!

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#### **4. Cardio exercises**

Cardio exercises are great because there's something for everyone! These exercises include walking, running and swimming. Cardio helps heart health and builds endurance. It also releases endorphins, which will help decrease your chronic pain.

If you have access to a gym, you can use the treadmill or elliptical machines to work on your cardio. If not, you can go on walks or runs. Don't worry about how long you can exercise. Practice makes perfect and the more often you do cardio exercises, the more endurance you'll build up. If you use mobility aids, be sure to take it with you on your walks.

If you find walking or running too difficult, swimming is a great alternative. It's a great cardio exercise while being extremely low impact. Swimming keeps your body moving without putting pressure on your muscles and joints. It's also therapeutic and can help you clear your mind.

**Which of these exercises are you willing to try? Start a conversation in the comments below!**

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# Fitness Tips: How to Shed Holiday Weight After the New Year



By [Ahjané Forbes](#)

As we welcome the new year, we plan to draft our resolutions. The majority of our new commitments will be to lose weight. Sometimes, this process can be tricky and may not always go as planned. However, it is important to make mistakes and learn from them to make a healthier you!

# What are some [fitness tips](#) to help ring in the new year?

Attempting to lose weight can be hard, especially if you're trying to do it around the holiday season. Make sure that this is something that you want to do, and you're not just succumbing to pressure from others. Avoid losing weight for a better body image, and focus on the [health benefits](#). Here are some [fitness advice](#) on how to get through one of the most difficult resolutions:

**1. Create a realistic goal:** Don't make a New Year's resolution stating that you're going to lose 30 pounds by Easter. That'll only put more pressure on yourself. Think of short term goals like walking 10,000 steps per week. If you're on your feet a lot, this will be easily obtainable. Be honest with yourself. If you know you definitely don't want to try a new sport or sign up for that Zumba class, then don't do it. Find something that you will enjoy doing. Losing weight with a group of friends will give motivation as well.

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**2. Slowly eliminate your guilty pleasures:** It will not be easy to stop eating candy, chocolate, fast food, unhealthy snacks, and drinking soda. Start small. If you're used to buying a 24 pack of soda, then lower your consumption to a 12 pack. Let's say you eat two bars of chocolate every day. Begin by only eating one per day. This will help you to curb your habit and begin to see your weight change.

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**3. Ease your way into the gym:** As soon as the ball drops, don't just head to the gym. Create a workout plan that will benefit you. For example, if you know you cannot run a mile,

start off by only walking one fourth of it. Also, it is okay to not go to the gym. You can do most exercises within the comfort of your own home. A lot of trainers have online videos that you can watch and do in your living room. Do something simple like stretches or yoga, and heighten your intensity level from there.

**4. Just dance:** A lot of people forget that dancing is a good form of exercise. You can go to classes that are geared toward losing weight and having fun. Many of the group members are making their way through this just like you. It will be easier to build a connection with them and learn from their experiences.

**5. Keep a positive mindset:** If you keep thinking that you're not going to lose enough weight by a certain time, then you will not actually do so. Even if you lose one pound in one month, try to celebrate that. It's all about progress. Learn to understand your body. Be proud of what you are doing even if the process might take a long time. Move at your own pace.

**6. Reward yourself:** Now we know we mentioned you should slowly eliminate your guilty pleasures, but sometimes we all need a little cheat day. If you're on a diet, take one day out of each month where you eat until your heart's content. Keep the date you set consistent. If you start on January 15th, make sure that on that day every month you fully indulge. This will actually give you something to look forward to each month and you'll start to feel good about yourself. Remember, you still have to get across the finish line. So, always remember to stick to your diet and drink plenty of water, and you'll definitely get through this year's New Year's resolution a winner!

**How do you plan on losing weight this year? Share your New Year's resolutions in the comments below!**

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# Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts



If you are an all-American athlete or if you're ready to get off your spot on the couch, there are some amazing new workouts that can burn calories and still be fun. Unless you have been living under a rock, you may have noticed that there are certain workouts that celebrities tend to be drawn to.

# Here are a few of the most popular celeb-approved workouts.

## Boxing

Boxing is an incredible aerobic exercise one that will get you sculpted and in fighting shape in no time. Although you might not be able to stand your ground against the [top-tier professionals and amateurs](#) any time soon, practicing boxing will strengthen your muscles and bones, improve your coordination, and relieve stress – plus, it burns a lot of calories in a short amount of time! Check out [Garage Gym Builder](#) which has a plethora of fitness equipment, accessories, and clothes to get you in shape.

Many of the top celebrities utilize boxing to keep them in red carpet shape. The energetic and strength-training exercises keep you sweating while enjoying yourself. It's a workout that will ensure that you keep coming back for more. If you'd rather work with a trainer than workout solo, you can choose to work directly with a trainer that will give you workouts to build your strength and agility. On the other hand, if you like to be accountable to a group, you can join a boxing class that works together and builds each other up.

You can easily find [certified professionals](#) that can train you and keep you accountable. They're that person that you never had but didn't know you always needed. They will get you in celebrity shape and ready for an occasion.

## Crossfit

Crossfit is a high-intensity, strength-building workout that will make you fit and strong for life. The team atmosphere creates not just accountability, but also the tools necessary to keep you coming back for more. Models like Ashley Graham, Karlie Kloss, and Hailey Bieber are just a few that frequent

crossfit. If you want to step into shape like them, crossfit is definitely the way to go. It's a great way to get fit but build outstanding muscle strength.

No matter what level you start out at, the workouts are tailored to fit your style and abilities. You will be able to set goals to increase your strength and fitness. Still, many people can find crossfit intimidating. But, in truth, crossfit is its' own community that will welcome you with open arms. They take pride in your accomplishments and lift you up in defeat. This is a type of workout that creates a new family – a gym family.

## **Cycling**

This is not your everyday cycling or spin class we're talking about. You need to try [Soulcycle](#). Soulcycle is a popular form of your average spinning class that amps up the entertainment and fitness. This sweat-dripping cycling class will build your endurance while keeping you entertained. Each class features different music that keeps you rockin' to the beat with every press of the pedal.

Kelly Ripa and Lea Michelle are a couple of the big names that frequent Soulcycle. So if you want to get in camera-ready shape, Soulcycle is the workout for you. With outstanding instructors that have the perfect workout to each song, you may find yourself feeling like it's less of a workout and more of a party.

Trending workouts come and go, but these seem to be the most popular workouts that plan to stay. With classes all over the world for each of these popular workouts, you can get started on your celebrity body as soon as possible. Boxing will keep you fit and trained as close to a professional as you can achieve. Crossfit will build your strength and connect you to a strong community. Soulcycling will build your endurance and train your body and mind while you cycle to some of your



favorite artists. Whatever your flavor or desire, you can find the right workout to get you into celebrity shape and the best version of yourself.

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## Celebrity Workout: Take to the Soccer Field with Celebs



By [Emily Green](#)

Picture it: You're flipping channels on TV and thinking about looking for a new way to exercise, and you come across a soccer game. That's it! While soccer isn't the most popular sport, plenty of celebrities like [Justin Bieber](#) and Will

Ferrell play pick up games of soccer quite frequently, just to get some exercise! Follow these [fitness tips](#) so soccer can be your next great go-to exercise.

## **Soccer is a great celebrity workout that many stars love to do in their down time! What are some benefits to adding soccer into your exercise routine?**

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

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

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

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

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

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

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## **Health Advice: Victoria's Secret Angels' Pregnancy Fitness**





By [Katie Sotack](#)

With each Victoria's Secret fashion show, we've brought a parade of beautiful bodies strutting down the runway with toned arms and killer legs. These Angels are no stranger to a fit lifestyle even while pregnant. Models like Gisele Bündchen and Behati Prinsloo don't miss a beat because of their baby bumps. The Victoria's Secret Angels are here to prove [fitness](#) is an achievable lifestyle no matter the circumstance.

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

Regardless of the situation, fitness requires dedication and an inner drive. Once you have that it's all about knowing where to start. Following the Victoria's Secret Angels'

routines and tricks will give your pregnancy a healthy boost. Here are the [health tips](#) for a pregnant [celebrity workout](#) and [diet](#).

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

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**2. Angel's workout:** The models follow a strict body sculpting routine. For the first six weeks of training exclusively engage in cardio like swimming, dancing, or running. In the following six weeks focus on interval workouts which involve building muscle. The trick to a lean muscle is keeping the weight low and the reps high. The ratio should be twenty minutes of cardio to 15-20 weight reps, alternating back and forth throughout the workout.

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

**Related Link:** [Fitness Advice: How to Get Your Best Booty](#)

**4. Post-pregnancy:** To lose weight post-delivery, it's recommended to begin with leisurely walks. Anything harder than that should be preceded by medical clearance and be

relatively low impact. Move onto water aerobics for cardio before adding light weight lifting. Respect where your body is and know it won't spring back to its pre-pregnancy levels immediately.

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

**How do you stay fit during pregnancy? Share in the comments below!**

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## **Fitness Tips: How to Workout After Having a Baby**





By [Bonnie Griffin](#)

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

**In these fitness tips, find out how working out will benefit you after having a baby!**

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles.



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

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

**Related Link:** [Fitness Trend: Establish a Workout of the Day](#)

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

**Related Link:** [Top 2019 Fitness & Wellness Trends to Watch](#)

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

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

**5. Rest after your workout:** When you're a new mom, rest seems

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

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

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## Fitness Trend: Hire a Certified Professional



By [Mara Miller](#)

You might have done this: you try a new workout video, but you have no idea which dumbbell weight you should use. You aren't sure what your heart rate should be after a workout. Or, worst case scenario, you injured yourself because you overextended your muscles. The [fitness trend](#) of hiring a certified professional is on the rise. A personal trainer has specific training geared toward giving you [fitness advice](#). People of all ages can hire a professional to help them learn to get fit and stay fit.

## Check out our reasons you should consider following the certified professional fitness trend!

There are many reasons to consider hiring a certified professional when it comes to getting an effective workout. Here are a few [fitness tips](#)!

**1. Accountability:** It's easy to say you're going to start working out, but then not go through with it. Hiring a certified professional will help you stay motivated. They can call you out when you try to back out of the workout and prevent you from making excuses.

**Related Link:** [Fitness Tips: Dumbbell Training for Total Body Toning](#)

**2. Expert Fitness Advice:** A personal trainer can help you attain achievable goals that will motivate you to continue your fitness journey. They'll be able to design your workouts around your current fitness ability and health condition.

**3. Avoid injury:** A certified professional will teach you the correct form when working out. They will also be able to gauge how much weight you can lift. Your workouts will be catered to maximize the benefits and to avoid over-training.

**Related Link:** [Fitness Trend: Isometric Strength Training](#)

**4. It's fun:** Working out by yourself can get boring fast when you aren't sure what you're doing. Boredom and insecurity can prevent you from attaining your fitness goals. Your certified trainer will help you stay on track!

**5. Motivation:** Your certified trainer will help you stay motivated to stick with your workout. If your trainer feels you can do it, they'll push you to do just one more rep, and then another, and then another... as long as they feel it's safe. They'll cheer you on and celebrate your fitness milestones with you, too!

**Do you have other ways that hiring a certified trainer can help you attain your fitness goals? Let us know in the comments below!**

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## **Fitness Trend: Mobile Exercise Apps**





By Megan McIntosh

It seems like there is always a new [fitness trend](#) popping up. It's hard when you don't have time to go to the gym to get down to business burning calories. So, why not embrace mobile exercise apps with this fitness advice? These apps give you the opportunity to get a gym-worthy workout from the comforts of home.

**It can be difficult to get to the gym for our health. Cupid has the top reasons the fitness trend today is to use a mobile exercise app instead.**

Regular workouts help you stay fit and healthy. Why not embrace a mobile exercise app when you're limited on time? Cupid found some great [fitness tips](#):

**1. You don't need a huge time commitment:** Fitness mobile apps allow flexibility around your schedule. Even if you only have 20 minutes a day, you can improve your overall health by doing a quick workout to get your heart rate up.

**Related Link:** [Fitness Trend: Battle Rope Workout](#)

**2. They're free:** You can sweat it out without breaking the bank! A lot of fitness apps are free. You only have to pay if you want more customized workouts.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**3. Work out at home:** Carve out a small space in your living room or backyard and you can get a gym-worthy workout. You can also do workouts that only require minimal-to-no equipment or that are body-only workouts.

**4. Variety:** There's yoga, body-workouts, cardio, and even weights if you have some at home. Pick whatever you're in the mood for before your workout. Try popular apps like the Nike+ training club, Daily Yoga, or the Body Foundation—the creator is responsible for [Ryan Gosling](#)'s abs.

**What are some fitness mobile apps you recommend? Share below!**

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**Fitness Tips: Dumbbell  
Training for Total Body  
Toning**



By [Mara Miller](#)

If you've been looking for [fitness tips](#) and [fitness advice](#) to start a new morning workout routine, a bit of training with dumbbells may be just what you need! They can be used in everything from traditional bicep curls to incorporation with Pilates exercises like a glute bridge. Throw in some isometric exercises with dumbbells, and you'll get a true full total body toning experience.

**We've gathered some fitness tips for working out with dumbbells for a total body toning!**

**1. They are inexpensive:** If you don't want to shell out the cash for a gym membership, dumbbells are a great alternative.



They don't take up an exorbitant amount of space like other home-exercise equipment, either.

**Related Link:** [Fitness Trend: Isometric Strength Training](#)

**2. It's safe to train without a spotter:** When you're working out for a total body toning with dumbbells, you don't need someone to sit with you to make sure you aren't lifting more than you can handle since you're only lifting a five or ten-pound weight (unless you feel you can lift more).

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

**3. It's good for bone density:** Weight-bearing exercises increase bone density. While you are only lifting dumbbells to tone your muscles, consider that you must still lift the weights to actually reap any benefits associated with dumbbells. Bone density is important because having strong bones can prevent bone fractures and breaks later in life (or osteoporosis).

**4. Variety:** If you're not ready for *total* body toning yet and want to work your way up to larger weights, dumbbells are great because they can be used for many different things. Machines allow for movement in one direction and are too heavy; they're also intended for building muscle rather than toning. You control where the dumbbells go, so you have more choice in how you want to use them to work out your body.

**What are some of the other benefits of toning with dumbbells? Let us know in the comments below!**

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# Top 2019 Fitness & Wellness Trends to Watch



By [Mara Miller](#)

Wellness and [fitness trends](#) are ever-changing. Unfortunately, we do have busy lives, so even though we want to brave a class at a Metaformer studio, it might be better for us to do a simpler workout with an online class. You may also be thinking more about brain health as well. We've gathered several trends for you to keep an eye on if you're looking to shed a few pounds!

## Top 2019 Fitness & Wellness Trends

# to Watch

**1. Isometric strength training:** This fitness trend involves working out in place. The idea behind it is to focus on the way muscles supposed to move rather than some of the intense workouts like throwing a tire. A yoga plank, for example, is considered an isometric strength training.

**Related Link:** [Fitness Trend: Isometric Strength Training](#)

**2. The brain:** Language and math skills aren't the only things you need to work on if you want to keep your brain in tip-top shape. This year, more people are focusing on brain health—more specifically, your cognitive skills. Apps like Lumosity are geared toward brain wellness to help you keep your brain challenged.

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**3. Megaformer workouts:** Celebrities like Meghan Markle and [Kim Kardashian](#) love this machine, which appears intimidating at first sight. Megaformer studios are popping up across the country. The workout with the Megaformer is meant to challenge the body while doing Pilates.

**4. Online Workouts:** Workouts that involve being able to access instructor-led online classes have been gaining popularity lately. Online classes mean you can do the workout wherever you want, be it at your home-office, during your lunch break at work, or on your weekend getaway with your honey. It's also great if you have an erratic schedule and can't commit to classes on a set time block.

**5. Wearable Technology:** Our smartwatches, if you are willing to spend the money, can do everything from reminding you to stand during the day to monitoring your heart rate. Smartwatches can help not only with our workouts but also wellness since they can monitor your sleep. Some people have

even found heart conditions by wearing a smartwatch. So if you've been eyeing the latest Apple Watch or Fitbit, you may be justified in your purchase.

What are some other 2019 fitness and wellness trends are you watching? Let us know in the comments below!

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## Fitness Trend: 5 Ways Hot Yoga Melts Away Calories



By [Mara Miller](#)

Yoga is an ancient practice originating in India in about 3000

B.C. It's long been used as both a way to meditate and as a fitness tactic. Something that's been around for so long is no doubt effective! Now that swimsuit season is approaching, have you been looking for [fitness advice](#) to melt away calories? Well, you're in luck! Hot yoga is a [fitness trend](#) that has major calorie burning attributes.

## **Hot yoga is a popular fitness trend that burns away pesky calories. Find out how!**

**1. It allows your blood vessels to be more flexible:** Flexible blood vessels means moving more blood through your system. This can result in an instant loss of water weight and will give your skin an instant glow.

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**2. It makes you sweat:** Sweating is good for you because it helps you flush toxins from your body that might be clinging to your system, resulting in fat burning.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**3. You need to drink water before and during:** Water is a natural way to keep away those pesky calories that help pack on the fat. (And you're going to need it because the hot yoga room is HOT!) Sweating will cause loss of water weight—so make sure you're hydrating, especially since some hot yoga rooms can be up to 105 degrees Fahrenheit.

**4. It raises your heart rate:** Along with expanding the blood vessels, hot yoga also helps increase your heart rate. The higher you can get your heart rate, the more calories you'll burn.

**5. More than anything, it's intense:** Yoga is more than

stretching. Some sessions can last up to ninety minutes. It's *hot*. You're going to stretch and you're going to hold several positions more than once. It's more of a workout than a relaxed morning yoga session.

**Do you like hot yoga? Let us know in the comments below!**

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## **Fitness Trend: Isometric Strength Training**



By [Mara Miller](#)

Isometric strength training is a [fitness trend](#) that involves



exercising in place. It focuses on the way the muscles are supposed to move with no crazy movements like tossing a tire or bouncing around. You don't even need weights to do this type of strength training—the point is to tighten up your muscles without even moving.

## Find out more about this fitness trend!

If you find these [fitness tips](#) are working, you can do some research online to find more exercises to add to your regimen. Yoga, for example, is a type of isometric strength training. Remember, the best thing about this kind of workout is that you don't need equipment to do it. Be sure to always drink plenty of water and to warm your muscles up before your workout. Here are a few poses you can try if you're interested in isometric strength training:

**1. High Plank:** Get into the top of a push-up position and hold. Be careful not to put your butt up too high or too low. Hold it for as long as you can. This is a great exercise that works out your core and back muscles.

**Related Link:** [Fitness Trend: Help Your Neighbors!](#)

**2. Prayer Pose:** If you do yoga, you probably know of this pose. You stand still and place your hands together like you're praying. Only, with this isometric strength exercise, you're actually pressing your palms together to create some force and are thereby working out your muscles. Be sure not to hold your shoulders up high because it can cause them to get too tense. This is a great workout for your chest.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**3. Forearm Plank:** This is similar to the high plank, but you are holding yourself up with your forearms. Be sure with this



pose not to lift your butt too high or too low like in the other position. It helps to work out your abs since you are placing your muscles in a different position.

What are some of your favorite isometric strength training exercises? Let us know in the comments below!

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## Product Review: Try Peloton and Be Your Best Self



By [Lauren Burczyk](#)

Do you dream of finding an exercise routine you can become

obsessed with? Your search is over. Meet Peloton. Peloton is much more than just an exercise bike – it's an interactive experience that offers live spin classes taught by some of the most motivating athletes in the world and an encouraging community of riders that always has your back. When you clip into your bike, you immediately feel like a competitive athlete as you race with your friends on the leader board. Check out these [fitness tips](#) for a celebrity workout experience unlike any other!

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

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

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

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

**Related Link:** [Product Review: The Coolest Gadgets to Achieve Your Fitness Goals!](#)

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

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

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## **Fitness Trend: Help Your Neighbors!**





By [Lauren Burczyk](#)

Believe it or not, you can actually get a great workout just by helping your neighbors. These [fitness tips](#) will not only have you scoring brownie points in the neighborhood, but will also help to burn some of those brownie points off. Listen to our [fitness advice](#), and help your neighbors during a snowstorm, as this random act of kindness will provide many health benefits for you. All you have to do is pick up a shovel, start clearing off their driveway, and wait to feel your serotonin levels start to rise.

**Here are five reasons why helping your neighbor is becoming the latest [fitness trend](#):**

Instead of relaxing on your couch all day during a snowstorm, try combining exercise with helping your neighbors. Shoveling your neighbor's snow will benefit both you and your neighbor, so next time it snows, lend a helping hand!

**1. Fitting the gym into your busy schedule can be tough:** There's always a good enough excuse to skip going to the gym when you have trouble finding time for it to begin with. During a snowstorm, your schedule has already been cleared for you and instead of staying cooped up indoors, it's a great excuse for getting out of the house and fitting in some exercise.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**2. Fitting in exercise for at least a half an hour each day is great for your health:** Since it's so annoying to get to the gym on a daily basis and you may be unsure of how to fit in other types of physical activity, helping your neighbor can greatly improve your health. Since less than five percent of people partake in exercise for a half an hour each day, it means the majority of people are at risk of developing heart disease, diabetes, hypertension, and other serious medical conditions.

**Related Link:** [Fitness Trend: Establish a Workout of the Day](#)

**3. Helping your neighbors doesn't take much willpower:** Since there's an actual chore that has to get done, it doesn't take much willpower to engage in this type of physical activity. It actually won't even feel like exercise because you'll be accomplishing an important task.

**4. This type of exercise won't cost you anything:** You won't have to pay for a gym membership or an expensive piece of equipment for your house, this is completely free. In fact, you may even earn a bit of cash helping out.

**5. You're providing help to people in your neighborhood who need it most:** There may be people in your neighborhood who may have heart conditions or other health problems that prevent them from shoveling snow. Start a Facebook group for your neighborhood and ask that your neighbors post some jobs they need completed. It doesn't have to be limited to shoveling,

there's other physical labor that you can do for exercise and just to help out.

Can you think of any other reasons why helping your neighbor is becoming the latest fitness trend? Comment below.

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## Fitness Trend: 5 Benefits of Pole Dance Classes



By [Lauren Burczyk](#)

When people think of pole dancing, they may seldom think that it's becoming a very popular form of exercise. While this



[fitness trend](#) is a great way to embrace your inner sexiness, it can greatly improve your quality of life and has many health benefits. Not only are pole dance classes a ton of fun, but they help to build stronger core muscles. These classes work the entire core and will work your front and back muscles equally. If you're having trouble sticking to an exercise routine because it lacks the excitement you're looking for, take this [fitness advice](#) and try a pole dance class!

## **Check out this new fitness trend! Here's five benefits of pole dance classes:**

Pole dance classes have many great health benefits. This unique form of exercise is fun and exciting. While there are many advantages of pole dancing, we have included five reasons why you need to check out it for yourself:

**1. You'll burn calories quickly:** With pole dancing, you're constantly moving, thus constantly burning calories. This is a great form of isometric and cardiovascular exercise, where you can burn as many calories in 30 minutes as you would doing aerobics.

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**2. It builds self-confidence:** Once you start to get the hang of pole dancing, you'll begin to gain mad skills. These skills will allow you to become better coordinated and more confident, in and out of the classroom.

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**3. You'll reduce your stress levels:** Exercise is proven to help reduce stress levels. Partaking in an exercise routine that's fun and exciting will relieve some of your everyday



stress. To keep stress at bay, it's important to set aside time for yourself each day, so make that time count by incorporating some sort of activity like pole dance classes.

**4. You'll become motivated to be more active:** Incorporating a regular exercise routine into your daily life is vital for your health and well-being. Adding an activity like pole dancing can help you feel happier, healthier, and more motivated. The more motivated you become from attending a class, the more likely you are to stay active throughout the day.

**5. You'll improve your sleep:** Exercise is known to promote healthier sleep habits. Physical activity like pole dancing lifts mood and reduces stress, leading to a more sound and restful sleep.

**Can you think of some other benefits of pole dance classes? Let us know below!**

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## **Fitness Tips: 7 Ways to Speed Up Weight Loss**





By [Mara Miller](#)

Do you need to shed a few pounds, but you aren't sure where to start? Weight loss can be rewarding; both in the "yes!" moment when you fit into your old college jeans and for the health benefits, including more mobility and a decreased risk in health issues.

**Losing weight isn't something that will happen overnight, but it can be kick-started under the right conditions. Here are seven fitness tips that can help speed up weight loss:**

**1. Get enough sleep:** Proper rest does a lot for your body. If you're lacking sleep, it can cause your metabolism and cortisol levels to drop, resulting in weight gain, even if

you're trying to work out and eat healthy. While you won't automatically drop twenty pounds, getting enough sleep at night will ensure that you won't eat more during the day.

**Related Link:** [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

**2. Never skip breakfast:** Skipping breakfast, or any meals, is a big no-no when it comes to losing weight. Your metabolism will slow down, you'll get hungrier later in the day, and you'll possibly get a migraine. Instead of eating a huge plate of bacon, eggs, and toast, try a smaller breakfast with a plate of fruit and a side of Greek vanilla yogurt. Or, if you're really pressed for time, grabbing a handful of grapes or another fruit for your morning commute is better than not eating at all.

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**3. Stay away from sugar:** Sugar addiction is real—especially common with refined sugars—and it's a serious problem that can pack on the pounds. Staying away from sugary drinks, cookies, and other sweet treats can help speed up weight loss since you aren't taking in the empty calories that your body doesn't know what to do with before it stores it as fat. Aspartame and other fake sugar alternatives can make you hungrier, working counter-productively to help you shed the pounds. Instead, try a natural alternative, Stevia, which comes from a plant and is 200 times sweeter than sugar. This means you need less. And the best part? It acts as a zero-calorie sweetener that you can use in coffee or bake with the next time you want cookies.

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**4. Choose healthy snacks:** It's easy to default to a bag of chips, a big old jar of french onion dip, and snack like crazy while you're binge-watching the latest season of *Grey's Anatomy* or *The Bachelor*. Instead, try a handful of peanuts, almonds, or an apple. Hummus and high-fiber crackers are a

healthy option for those heavy series-binging nights.

**5. Take care of your gut:** Did you know that the bacteria in your gut can influence your weight? Studies show that if the gut isn't healthy, then it can be hard for you to digest the foods you need to eat in order to be healthier. It can even influence when your stomach tells you if you are hungry or not, the vitamins your body absorbs, and how food is digested. Introducing probiotics to your body can have a positive effect on the bacteria in your gut. Consider consuming more fermented foods like sauerkraut or Kombucha. You can also purchase probiotics online or in your local pharmacy.

**6. Drink lots of water:** Our bodies are dependent on water. It can suppress appetite, help aid in waste removal, and helps after you've had a really intense workout, among several other benefits. The regular recommendation is to drink at least eight glasses of water a day. That isn't always easy. Here's an extra tip: you can drink tea too, and it will count as your water intake. It can also ease the dread of trying to drink so much water when you may not like to drink it plain.

**7. Keep a food journal:** Knowing exactly how much you're eating and when you're eating it can be helpful when you're trying to lose weight. While all of your fat isn't going to speed up overnight, you can track how much water and tea you're drinking, write down your favorite recipes, yoga poses, and thoughts about your weight loss journey. You can do this in a blank notebook or in a book that is specifically geared toward weight loss if you need more structure.

**What are some other tips you have to help speed up weight loss? Share your thoughts below.**

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# Fitness Trend: 5 Multivitamins Good for Your Immune System



By [Jessica Gomez](#)

Having a healthy immune system is important because the immune system is our body's defense against sickness. Vitamins that are essential to our immune system's well-being are ones like vitamin C, vitamin B6, vitamin E, Folic acid, Iron, Selenium, and Zinc. Honestly, many things can help, so you can add to this list. Don't worry though, that's where multivitamins come in. These bad boys are all the [fitness trend](#) because you get multiple vitamins in just one pill! They save you time and money and there is less pill popping, of course. In addition

to these multivitamins, be sure to eat healthy and exercise for the best results.

## **Follow our fitness trend! Here are five multivitamins you can get online with a few clicks!:**

As a [fitness tip](#), do things right. The following multivitamins are natural. Plus, these babies are vegan/vegetarian and cruelty free, so yes, natural and without animal products or testing. That's how you do it!

1. [Deva Vegan Daily Multivitamin & Mineral Supplement](#): In addition to these vitamins being vegan, they're also gluten free! A 90 tablet pack of 2 at Amazon.com will cost you about \$18.00 – not bad! The formula is enriched with green whole foods, vegetable powders, and special herbs to help give your immune system a boost. Also, these multivitamins emphasize vitamin B12 and Iron! Take a tablet daily with food.

2. [Mega Food's One Daily multivitamins](#): This multivitamin, according to their site, "supports optimal health and well-being." What vitamins does this product feature? Beta Carotene, as well as vitamins C, E, and D, to name a few. You can take these pills anytime of the day and on an empty stomach – convenient! Get a bottle of 30 for \$22.00 on their site.

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3. [Pure Vegan Advanced Vegan Multivitamin](#): These possess folic acid, along with vitamins C, D, and E. You have to take two of these pills daily. You can get 60 capsules for \$21.00 by clicking on the link.

4. [NoorVitamins Adult Gummy Multivitamins](#): These apparently taste great and contain vitamins C, E, and Zinc to help maintain your immune system. It also has vitamin B to boost your energy. Lastly, it's fruity; who doesn't like fruity flavors? You can buy a 90 capsule bottle from Amazon.com for about \$18.00.

**Related Link:** [Fitness Trend: Acai Bowls](#)

5. [Gummi King Sugar-Free Multivitamin Supplement](#): These are gummies! We had to throw a multivitamin in here for kids, who do not like pill popping of course. You get a variety of flavors: strawberry, lemon, orange, grape, cherry, and grapefruit – that's what we're talkin' about. To make these even better, they're sugar free! You can get a bottle of 60 from Amazon.com for \$12.00.

**Which multivitamins are you looking to try? Comment below!**