

Fitness Tips: Incorporate Superfoods in Your Diet



By [Ivana Jarmon](#)

As the end of the year approaches we often want to start the new year by getting our bodies back in shape. A great way to get fit is to insert superfoods into your diet. Superfoods are a new way to offer the maximum nutritional benefits for minimal calories. They're packed with minerals, vitamins and antioxidants. Cupid has some [fitness tips](#) to help you incorporate super foods into your diet.

Check out these fitness tips on how

to incorporate superfoods in your diet:

1. Make a smoothie with spirulina: Spirulina is a blue green algae powdery substance, rich with nutrients, that prevents damage and stress to the body. It's not the easiest thing to add in your diet, so why not make it into a smoothie.

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2. Add nuts to your pesto: Traditionally pestos are made with pine nuts, but you can add more (toasted) tree nuts in your sauce. By doing this, you up the amount of the antioxidants making your meal even healthier.

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3. Use pure maple syrup in salad dressing: If you need to add something sweet to your salad, go for something more natural like pure maple syrup. It's high in polyphenols, which can increase brain function and health.

4. A pinch of nutritional yeast on popcorn: Nutritional yeast is a B-complex vitamin and is an easy way to boost nutrients like folates, zinc and niacin into your diet. By putting it over popcorn instead of butter for flavor, it will taste like parmesan cheese.

5. Just add blueberries: Blueberries are low in sugar and packed with anthocyanins, also a anti-inflammatory agent. Blueberries can be added to any breakfast such as oatmeal and pancakes etc.

Where are some Superfoods you can incorporate in your diet? Share your thoughts below.

Fitness Trend: Get Motivated in Group Classes



By [Ivana Jarmon](#)

The catalyst for change is often due to a new year approaching and a little thing called New Year's resolutions, a tradition in which millions of people take stock in their lives to make positive changes. An example is making the decision to get in better shape through exercise. But, we know that it's easier said than done. We can all relate to the promise we make at the beginning of the new year. An excellent way to motivate yourself to stick to your fitness-related resolution is by joining a group class. Group fitness classes have many

benefits such as structure, motivation, proper form, and variety. Cupid has some [fitness tips](#) on what classes you should take this coming year.

Fitness Trend: Check out our top five favorite group fitness classes!

1. Cardio classes (The Art of Strength): This is a circuit of strength-based exercises using kettlebells, logs, and ropes. Twenty-second micro-sets are followed by one-minute rest periods. It's intervals at their finest.

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2. Pilates: What you should expect is a traditional core-building Pilates exercise with arm and leg work courtesy of a wall unit and a magic circle.

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3. Dance classes (Ballet): Class starts with a gentle barre warm-up, but quickly progresses to long, brain-teasing movement phrases with challenging footwork and lots of weight and direction changes.

4. Martial arts classes (Kick Boxing): Boxing improves coordination helping to burn calories and boost your energy. It's a form of martial art that combines boxing with old-school cardio stunts like jump roping and jogging with muscles building ab work.

5. Yoga classes: Yoga focuses on using postures to build balance, strength, and flexibility. What you should expect are some yoga poses and other spine-expanding moves.

What are some group fitness classes to start of the new year right? Share your thoughts below.

Product Review: A Runner's Essential Product Guide



By [Ivana Jarmon](#)

If you're new to the running world, or newly addicted, there is so much out there in terms of running tips that you can use to improve your [fitness](#) routine. That being said, having the right running gear is essential to becoming an experienced runner. In this [product review](#), Cupid explores the newest

fitness must-haves for beginner runners.

Product Review: Check out some of the best products for beginner runners.

AZIO HEARA Headphones, \$89.99



AZIO HEARA headphones

Anyone who runs knows that headphones are a necessity! AZIO HEARA headphones are the new must-haves in the world of running. The headphones are tuned hybrid drive with a structured hi-resolution earphone. The dynamic woofer provides a rich bass and precise mids, while the ceramic tweeter creates a clear high-range harmonic. The earbuds are also known as gaming earbuds that were designed to match up with the AZIO retro classic gaming keyboard. AZIO HEARA headphones are JAS hi-res certified to give you a studio-grade sound reproduction of every detail and wide frequency range. Just imagine running with that kind of sound reverberating in your ears.

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Tart Cherry Juice Concentrate, \$12



Stoneridge Orchards Tart Cherry Concentrate

Stoneridge Orchards Tart Cherry Juice is not only refreshing and delicious, but it also provides great health benefits. It's rich in nutrients like potassium and iron and provides a high amount of anthocyanins, which promote anti-inflammatory processes in the body. As a beginner runner, your body experiences a lot of aches and pains. Taking Ibuprofen is unhealthy in quantity and can cause more issues if you choose to keep taking it. This juice helps with maintaining hydration, blood pressure and muscle recovery, as well as digestion. It helps fight inflammation and arthritis pain and boosts immunity. Plus, it helps regulate your metabolism, fights fat and blocks cancer growth. This is just a portion of what it does. Stoneridge Orchards Tart Cherry Juice Concentrate is all-natural and allows you to recover sooner without having to take ingest chemicals that may do more harm than good.

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3. Smooth Feet by Legendary Apothecary, \$35



<https://www.legendaryapothecary.com/store/smooth-feet-subscription/>

If you have dry feet, rough heels, and have tried a variety of creams and lotions that just don't work. then Smooth Feet is for you. The oil is an old recipe that will leave your feet hydrated and smooth. The product uses organic ingredients and prevents evaporation of water from the surface. Smooth Feet doesn't use any synthetic fragrance, toxic chemicals, artificial colors, animal derived ingredients or preservatives. It only has three USDA certified organic ingredients: vegetable glycerin, pure lavender oil, and sugar cane alcohol. The old-world recipe was passed down from co-creator Sara Saidy's grandmother, Masy. All it takes it's a few drops to get Smooth Feet.

Make sure to check out more of Cupid's [product reviews](#).

Hack Your Way to Frugal Fitness Workouts with These

Tips



Achieving a toned, fit body does not have to break the bank. Yoga and Pilates classes, personal trainers and gym memberships are not financially realistic for all people. For parents, going to the gym means having to worry about childcare, therefore adding another expense. Just because you don't have a fat wallet does not mean you can't get buff. The following are budget friendly at home [fitness tips](#) from Gerald Mayes, a certified fitness trainer with www.vshred.com

Here are the hacks:

Use soup cans for weights.

Gerald Mayes says that "You can do any triceps or biceps exercise at home using cans of soup that you'd do at the gym

with dumbbells. To properly gauge the weight, don't go by the ounces listed on the can – that's liquid weight. Instead, weigh the cans on your scale to figure out the poundage that's best for you."

Use jugs as weights.

Fill a household bucket or jug with water (or sand, rock salt, or powdered detergent) and secure the top with duct tape. Lift it up and down in front of you as you do squats.

Substitute paper plates for body sculpting equipment.

"The key here," Gerald says, "is to use the plates to help your body slide on a carpet. This allows you to do body sculpting moves that would ordinarily require workout equipment. You can do the sliding lunge (put the paper plate under one foot and lunge forward). Try simulating skating to work your butt and thighs – just attach the plates to your feet with rubber bands and slide away. Or, get down on all fours, put the plates under your hands, and use them to work your chest by sliding your arms back and forth."

Substitute a counter-top for a push-up bench.

In most homes, at least one counter-top, either in the kitchen or the bath, is the right height for a push-up. Put both hands on the counter-top, extend your legs behind you at an angle, lean down into the counter, and then push back up.

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Substitute pantyhose for resistance bands.

"Almost any exercise you can do with a resistance band, you can do with old pantyhose or tights," says Gerald. For example, sitting on the floor with your legs straight, loop a pair of pantyhose around the balls of your feet and pull back with both hands as if you are using a rowing machine.

A fitness ball.

Sometimes called a stability ball, looks like a large beach ball. You can do many core exercises, including abdominal crunches, with a fitness ball. You can also use a fitness ball to improve your flexibility and balance.

Kettle-bell

A kettle-bell is a round weight with the handle attached at the top. A kettle-bell can be used to do strength-training exercises and to help improve grip strength. Kettle-bells are available in many sizes.

Jump-ropes.

Skipping rope can be a great cardiovascular workout.

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Resistance tubing.

These stretchy tubes offer weight-like resistance when you pull on them. Use the tubes to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.

Chair or step stool. Use a chair for support when doing exercises such as leg curls. A low, sturdy step stool can become exercise equipment if you use it for step training – an aerobic exercise resembling stair climbing.

Towels

Make your waist-whittling planks more effective with towels says Gerald . Take two and place them under your hands or feet, then move forward, backward and sideways.

Clean Sweep

This one's easy: You can burn 80 calories every 20 minutes of

sweeping. Pull out the broom and get to sweeping every corner of your house or apartment. How's that for multitasking?

Laundry Twist

Gerald says, "Sit next to a full basket of laundry and twist to grab an item from the basket. Twist to the other side to lay it on a pile. Continue until your laundry is finished."

Become a member of an online fitness platform

Vshred.com guides users to the very best program for their body type and fitness goals while giving them some amazing tips they can use that day in a video and then offers them a program that's perfect for them if they don't want to do it themselves.

[Take the V Shred Quiz Here.](#)

Fitness Advice: How to Get Your Best Booty





By [Jessica Gomez](#)

It's time to get off your butt and make it the best one you've ever had! We are in the age of the booty and a lot of us want a celebrity body. Hard work pays off, and combining a healthy diet with exercise is key – no surprise there. Eat plenty of protein and good fats (like avocados, nuts, beans, etc.) and veggies (broccoli, spinach, and other greens). Combine that with some killer workouts, and you're well on your way to your best booty! You'll be building muscle, toning, and shaping. What are some of the best workouts you should consistently do for your bum, you ask?

Well, here are six workouts to start doing on the daily that will work out the different parts of your booty. Let's change our daily

routine and get the butt we deserve with these [fitness tips](#)!:

If you'd like to include break days and not do these everyday, you can most definitely do so. It all depends on what your body is used to. You should always push yourself, but not beyond your limits. Remember to pace yourself and always stretch for about five to 10 minutes before exercising:

1. [Squats](#): These bad boys workout your thighs, hips, and butt. Make squats your best friend. You can try starting with 20 to 50 squats the first day (depending on your current limit). After that, each day, you can add five squats. You can increase the number of squats from five more to ten more gradually. Just pace your progress. Like mentioned before, make sure to push yourself, but don't stress your body.

2. [Donkey Kicks](#): These are great for the bottom of your butt, your lower back, and legs. Aren't butt workouts wonderful? They workout multiple body parts simultaneously! Make these your best friend, too. These should be easier than squats, so aim to do more of them.

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3. [Marching Hip Raises](#): Guess what these workout? Besides your butt, they workout your hamstrings and abs. Talk about shaping your booty and your bod! Try to do as many as you can and start from there. Everyone can do it at their own pace. Just remember, the more you workout (at a healthy rate of course), the faster the results. Again, please make sure not to strain your body aka your temple.

4. [Glute Bridges](#): Working your abs and butt, these babies should be included in your exercise routine. It's a strengthening move that will help your core. They can also improve your posture. Hey, for some of us, this can be a way

to ease ourselves into yoga!

Related Link: [Fitness Advice: How to Use Resistance Bands](#)

5. **[Side Skaters:](#)** This move works out all of the above: your butt, thighs, hamstring, and core. It's both an essential part of your butt workout and it provides you with good cardio. They can be pretty fun to do once you get out of a lazy mood.

6. **[Lunges:](#)** These are famous, but can be a pain. Remember, it's all about consistency and making these exercises practically a habit. They workout your hips,quads, hamstrings, core, the hard-to-reach muscles of the inner thigh, and your glutes. You can do lunges at the gym, in your room, [on the stairs](#), etc. Speaking of stairs, if you can, take them. [Walking up stairs](#) is a fabulous exercise because it works so much out, including your rear end, of course!

Your best booty is on its way! Are you as excited as we are? Share with us your favorite butt workout below!

Fitness Trend: Cold Therapy





By [Haley Lerner](#)

Cold therapy, or cryotherapy, is one of the coolest (pun intended) [fitness trend](#) going on right now. Cold therapy is when you apply something frozen or cold to an area of your body to treat pain. There are various methods of cold therapy, such as icepacks, ice massage, whirlpools, ice baths or coolant sprays. We've got some reasons why cold therapy is one of the best ways for managing pain.

Check out our [fitness tips](#) on why cold therapy is a great pain management option for you!

1. Pain relief: Cold therapy is a great pain relief option instead of pain relievers. Cryotherapy can reduce swelling and sensitivity to pain. Cold therapy is very useful directly following an injury, as it constricts blood vessels to reduce blood flow to the area, limiting inflammation and muscle spasms.

2. Burn fat: By exposing yourself to the cold, you activate brown adipose tissue, or BAT. BAT helps produce energy and oxidize fat in muscle tissue. By using cold to activate BAT, your body generates heat, raises your metabolism and burns off fat.

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3. Be more alert: Nothing wakes you up more than a cold shower. Cryotherapy can be a great option to help you focus and stimulate your mind to be more awake during the day.

4. Better your mood: Some studies show that cold therapy can actually increase your mood. Since there are a high density of cold receptors in the skin, a cold shower can actually send a huge amount of electrical impulses from peripheral nerve endings to the brain. This can then result in an anti-depressive effect.

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5. Increased immunity: Cold therapy can apparently help your immune system, as thermal stimulus to cold gives your body an increased tolerance to stress on your body. So, your body is better equipped to handle any diseases thrown at it.

Have any more reasons why to try cold therapy? Comment below!

Fitness Trend: Online Workout Classes



By [Haley Lerner](#)

We know the dilemma: you seriously need to hit the gym, but you have absolutely no time to make it there. Nowadays, who doesn't have a totally busy schedule? Plus, who has the money to pay for an expensive gym membership that you might never use? Luckily, we have the perfect solution for you. Online workout classes are the hottest new [fitness trend](#) that are totally convenient and will give you the [celebrity body](#) you've been dreaming of. We've got the perfect online workout classes that will get your body sweating.

Join in on the hottest new fitness trend with some of these online

workout classes!

1. Ballet Beautiful: Looking for some dance-inspired workout routines? Look no further than Ballet Beautiful, a website created by professional ballerina and celebrity trainer Mary Helen Bowers (who also trained Natalie Portman for her role in *Black Swan*). The website offers live, interactive online classes along with pre-recorded videos. All of the workouts are ballet inspired and help build your muscles and improve your posture. You can buy a monthly subscription to the workout videos or pay individually for a class.

2. Blogilates: Casey Ho hosts Blogilates, an online Pilates class full of fun music and challenging workouts. Ho also shares diet and nutrition tips, so Blogilates can be the perfect health and fitness class all-in-one!

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3. Tone It Up: This online fitness site is free and comes loaded with health and fitness resources for you. Subscribe to the site for weekly workout schedules, daily workouts, motivational messages, health advice, workout tips, and recipes. You can also download the Tone It Up app on your phone.

4. Booya: This is a streaming service that offers you an unlimited supply of 30-minute fitness classes, including yoga, bodyweight training, kickboxing, boot camp-style classes and any other of the latest workout trends. Plus, only costs \$10 a month.

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5. Peloton: This online workout also involves purchasing a pricy physical fitness bike, so it is an investment, but it definitely can be worth it. Peloton is an indoor cycling bike

that includes a screen attached to it to stream daily live classes to your home. Plus, you can also access pre-recorded classes at all hours of the day.

Know any more awesome online workout classes? Comment below!

Celebrity Workout: Take a Swing with Boxing



By [Haley Lerner](#)

Ever feel like your workout routine has got you in a rut? It sounds like you need to try out something new. Luckily, we've

got the perfect fitness trend for you: boxing. Boxing is a great workout that so many celebrities love, such as [Kim Kardashian](#), Adriana Lima, Karlie Kloss and [Kendall Jenner](#). Boxing is the perfect [celebrity workout](#) to let out your anger and get a great workout in. Read our [fitness advice](#) on why you need to head straight to the gym and sign up for a boxing class right now.

Check out our fitness advice and see why boxing is the perfect new workout for you!

1. Burn a ton of calories: One reason why boxing is a great workout is that it burns a huge number of calories. Boxing increases your heart rate and engages multiple muscle groups to burn anywhere from 700 to 1500 calories per hour.

2. Total body workout: Another reason why boxing is so great is that it engages your entire body. Punching while boxing engages your upper body, core, hips and legs.

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3. Stress relief: Boxing can also be an incredible method of stress release. If you're stressed about work, your family or anything else, you can take out your frustration on a punching bag. Boxing is a healthy outlet for getting through your aggravation.

4. Incorporates high intensity interval training: HIIT is fat-burning method that spikes your heart rate, followed by a period of short rest, then intense working out again. Boxing totally incorporates HIIT and helps your burn fat way more than a regular cardio workout would.

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[\(HIIT\)](#)

5. Gives your brain a workout: Boxing isn't just a physical workout, but also tests your brain! When you box, you have to focus on using proper technique and following your combinations. Boxing requires both mental and physical exercise and helps you build way more skill than a regular workout.

Have any more reasons why boxing is such a great workout? Comment below!

Fitness Tips: Form A Work Out Squad





By [Haley Lerner](#)

Sometimes motivating yourself to hit the gym can be pretty tough. Exercising alone can be intimidating and it's difficult to get yourself to actually do it and get the [celebrity body](#) you've been dreaming of. That's why forming a work out squad is the perfect solution to all your problems. With a group of other people to work out with, you can't simply bail out on going to the gym and will have others to help motivate you. Luckily, we have the [fitness tips](#) to help you find others to work out with.

Check out these fitness tips on how to form a work out squad:

1. Assemble your members: The first step to forming your squad is finding members to join it. Recruit friends of yours who enjoy working out and ask them to invite their friends. The more, the merrier! If you have a smaller circle of friends, post in local fitness Facebook groups that you are looking for some buddies to hit the gym with.

2. Choose your work out style: Now it's time for you and your group to figure out what method of working out you want to do. Will it be yoga, Pilates, spinning, kickboxing or something else? Find out what your members are interested in doing and take it from there.

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3. Make a plan: Once you know what style of working out you and your squad are going to do, set up a schedule of when you all are going to work out together and what your overall goals are. Signing up for a work out class that you have to pay in advance for can help make sure your members are actually going to show up to scheduled work out sessions.

4. Keep in touch: It's important that as a group every person stays up to date with each other regarding when they're hitting the gym. Create a texting group chat or Facebook group so all members of your squad can talk to each other and make plans.

Related Link: [Fitness Tips: Meditate and Practice Breathing](#)

5. Have fun: One of the best parts of forming a workout group is that you can make new friends and get closer to old ones. To get the group closer and make your work outs together better, set up times to hang out after gym hours. Hit up bars, have movie nights and have fun with your squad!

Have any more tips on how to form a work out squad? Comment below!

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 Advice: How to Use Resistance Bands



By [Jessica Gomez](#)

Resistance bands are a great workout tool that help you get a killer workout in by using your own body weight. They're elastic stretch bands, and if you don't have weights at home, resistance bands are a good alternative. There are benefits to

using them as well, aside from working out your full body. They include maintaining stability throughout your movements and using multiple muscles at once. Also, they're inexpensive, easy to carry around, and easy to store.

Here's a [workout tip](#): Incorporate resistance bands into your workout or use them solely for specific exercises. Try the following exercises to get that celebrity workout type of routine in:

Resistance bands can help you workout any part of your body from your legs and arms to your back and booty. Start your light strength training to help you get that celebrity body you want this summer. Here are five workouts to try with them:

1. [Ankle jumping jacks](#): Simply place the band around both ankles and stand in quarter squat position. Once you're in position, jump and bring your feet out and in – that's one rep. You can do 20 of these or more. This is a good butt exercise. Also, remember not to jump too high, and land straight on your feet, not toes.

2. [Standing glute kickback](#): This is another butt workout to get your booty looking great this summer. Again, simply place your band around your ankles. Next, shift your weight onto your one of your legs and move your other leg backwards and up a little, like a donkey kick, but not as high. Continue doing this motion for 20 reps or more and then switch to the other leg. You can rest your hands on your chest or hips.

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3. [Bicep and tricep workout:](#) Hold each side of the band, each in one hand. Place the other part on the floor and step on the middle with both feet. To workout your bicep, pull up with each hand toward your chest. For triceps, bend over with your back straight, looking at your feet. Then push your arms down and backwards. Now get ready for sculpted arms this season.

4. [Leg press:](#) Extend the band around your back and around the outside of your shoulders. Next, lay down with your back on the ground and your legs at a 90 degree angle (knees pointing at you), then put the rest of the band under your feet. When finally in position, push your legs back and forth (knees toward your chest and then outward, back and forth). Do 20 reps or more. This will work on your quads.

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

5. [Kneeling back row:](#) This exercise will target your outer back. Secure the band around a door or pole first. Then plop down on your knees and pull the band back with your arms until they're by your chest, squeezing your shoulder blades as you do it. Return to starting position while controlling the resistance, and repeat. You can 20 reps or more.

**Which body part/s are you trying to work on this summer?
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.

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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!

Fitness Tips: Meditate And Practice Breathing



By [Jessica Gomez](#)

Meditation is a technique where deep breathing is used to clear your mind and relax you. It's something that we can all benefit from. People who believe in meditation usually meditate anywhere from five to 30 minutes a day. If you're just starting out, you can begin with five minutes and gradually increase the time. There are many different types of meditation and ways to go about it, so it's important to do research before you start practicing.

Meditating is a great [fitness tip](#) due to the positive effects it has on the mind and body. Here are several healthy benefits:

Meditation consists of regular deep breathing and specific breathing practices. This is what contributes to the following beneficial effects:

1. Reduces stress: When our bodies experience stress or threat, they respond with a "fight or flight" response. The adrenaline rush we endure increases blood pressure and pulse rate, and produces faster breathing and increased blood flow to the muscles. When we meditate, it produces a relaxation response, which is the exact opposite from the "fight or flight" response – a state of deep relaxation where our breathing, pulse rate, blood pressure and metabolism are decreased.

2. Promotes emotional health: A study in the journal Perspectives on Psychological Science noted that there are several benefits of mindfulness on symptoms of anxiety and depression and its ability to improve sleep patterns. It points out, "Compared with novices, expert meditators' brain activity diminished in anxiety-related regions – the insular cortex and the amygdala – in the period preceding the painful

stimulus.”

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3. Slows aging: A small and growing body of evidence suggests that regular meditation can indeed slow aging, at least at a cellular level, according to an article in *The Guardian*. A study published last month found that long-term meditators had a reduced inflammatory and stress response to psychological and chemical stressors in the lab compared with a control group. This would seem to mean that if we counter the effects of stress with meditation, we can indirectly slow cellular aging.

4. Can decrease blood pressure: Meditation techniques appear to produce small yet meaningful reductions in blood pressure either as monotherapy or in conjunction with traditional pharmacotherapy. Transcendental meditation and mindfulness-based stress reduction may produce clinically significant reductions in systolic and diastolic blood pressure. What a great natural way to achieve what most use medicines to treat!

Related Link: [Celebrity Fitness: 5 Basic Yoga Poses by Celebrities](#)

5. Good for your immune system: Since your immune system responds to both negative and positive thoughts, meditation creates a positive mental environment for the immune system to flourish. A study from ScienceDirect showed a reduction of pro-inflammatory gene expression in older adults.

What are some other things that meditation can help with? Share your thoughts below.

Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout



By [Jessica Gomez](#)

We all wish to be fit, but for many of us there is always something getting in the way somehow. Whether it be our lack of motivation or lack of time – where there is a will, there is a way! Getting an early morning workout in should be a goal we all put on our list. There are many benefits to working out in the morning. “But I just don’t have the time!” many of us say. Well, enough is enough– it’s time to learn the celebrity fitness secrets that can help you put your game face on in the morning. Follow this piece of workout advice: you don’t have to work out for two hours; you can work out for a short time

each morning, but the key is to do a mix of workouts quickly.

It's time to achieve that celebrity body, so here are a few celebrity fitness tips to ensure that you start working on yourself first thing in the morning by doing what Hollywood trainers advise:

To get a butt like [Jennifer Lopez](#): J. Lo gives 500% when working out, according to her trainer David Kirsch. And that's what we have to do – give it our absolute all. In addition, Lopez combines cardio with strength training to tone that booty and those thighs. A couple of workouts that are easy to include in your morning routine are squats and donkey kicks, which will tone your butt and can even build it overtime! Create a personalized mini morning routine with sets and circuits, adjusting it daily or every other day. Ideally, you can start with five sets of 10, totaling in 50 squats and 50 donkey kicks per leg.

To get arms like Cameron Diaz: Like Jennifer Lopez, Diaz is highly dedicated to a fit lifestyle and also does strength training with cardio. Moves to tone up your arms that you should add to your morning workout are plank push-ups, triceps dips, and bicep curls. Get on the treadmill also to help burn off fat. Create a personalized mini morning routine with sets and circuits for this as well, adjusting it daily or every other day to gradually increase.

Related Link: [Fitness Tips: 5 Most Effective At-Home Workouts](#)

To get abs like [Gwyneth Paltrow](#): Building great abs is more about overall body training than just spot training. You can

definitely include workouts like crunches, curl ups, and sit ups to your routine however. But do not exclude Paltrow's workout tip from her trainer Tracy Anderson: [Goop, an ab workout circuit](#). Let the sweating begin, and let's expose those abs we have hidden!

To get legs and thighs like [Beyonce](#): Obviously dancing plays a part in her great bod, so let's dance to tone and shake the pounds off. In addition, you can add jumping lunges and pelvic lifts to your morning workout like Queen B does to tone those thighs. Doing a few sets of 10 in the morning, gradually increasing the set number or doing more than 10, will help.

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

To get an overall toned physique like Shakira: It seems like the key to everything is cardio and strength training intervals, because guess what, yes – Shakira does it too, according to her trainer Anna Kaiser. Simple exercises you can add to your morning routine are jumping jacks, jogging/running, and lifting some weights (no, they won't get you muscular like a body builder).

Which of these are you excited to include in your new morning workout routine? Share below!

Fitness Trends: Shakes & Smoothies



By [Jessica Gomez](#)

Shakes and smoothies are delicious ways to stay healthy because of all the nutrients they provide and the fact that they keep your body hydrated. You can get healthy shakes and smoothies at cafes and juice bars or make them at home with a juicer. Many celebrities juice and drink smoothies to nourish the body, mind, and spirit. Among them are [Jennifer Aniston](#), Jessica Alba, [Blake Lively](#), and [Kate Hudson](#).

Get a celebrity body by learning the health benefits of the smoothie [fitness trend](#), along with some yummy, healthy recipes. Here are

our fitness trends:

Vitamins and minerals: Making a fruit smoothie ensures you get plenty of vitamins and minerals like vitamin C, vitamin A, vitamin K, vitamin B6, potassium, manganese, and folate. Find out [the benefits of vitamins and minerals here](#). The vitamins and minerals won't only make your body work better and feel more energized, but it should boost your mood as well.

Related Link: [Top 5 Celebrity Diets That Actually Work](#)

Fiber: It's a carbohydrate that is a necessary part of our diet! Approximately, women need 25 grams and men need 38 grams. Fiber helps with digestion and lowers your blood cholesterol. Blueberries, apples, carrots, cucumbers, and tomatoes are all fruits and veggies that contain good amounts of fiber and can be included in your shakes, smoothies, or juices.

Related Link: [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

Protein: You can definitely add protein to your shakes and smoothies by adding nuts or peanut butter. Protein is important because it helps your bones, muscles, cartilage, skin, and blood. Women need approximately 46 grams and men need about 56 grams per day.

Making smoothies with water is the healthiest option because you cut back on calories and just get pure deliciousness full of health benefits. [Here](#) are some scrumptious smoothies and juices that celebs incorporate into their celebrity diets. Paired with nutritious meals, smoothies and juices are a yummy addition to a healthy lifestyle.

What benefits are you now planning on attaining when incorporating smoothies into your diet? Comment below!

Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica Gomez](#)

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

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

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

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

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

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

Related Link: [6 Ways to Avoid Putting on Extra Holiday Pounds](#)

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

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

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

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

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

Fitness Tips: How to Keep the Beer From St. Patrick's Day

Off Your Hips



By [Rachel Sparks](#)

St. Patrick's Day is upon us and we need to prepare our bodies. Let's be honest, the Irish have a stereotype for a love of drinking and St. Patrick's Day is no exception. If we're being honest with ourselves, we're going to join in on the fun. So soon after the New Year and our resolutions dangling over our heads, the biggest question is how we can have fun without failing our fitness goals? Cupid's [fitness tips](#) are our secret to you.

Cupid's fitness tips will help keep

all your St. Patrick's Day fun from sticking to your hips!

1. Eliminate carbs: This is a given. If you know you're about to be ingesting a lot of green beer, and the pretzels that come along with them, just make sure that you've balanced your intake. Cut back the days before and days after. Generally speaking, you don't want too many carbs anyway, but a little moderation will help balance that green beer you're going to have.

Related Link: [Fitness Tips: Staying Healthy During the Holidays](#)

2. Limit portions: Like any dietary recommendation, rationing portions helps. Smaller meals more often is a much better alternative for your body than a few large meals. Don't starve your body; the extra calories from holiday celebrations will send a message to your starving body to store them while they can.

3. Watch caffeine: Caffeine is a jittery high compared to the sleepy lows of alcohol. Be careful to not get stuck in a cycle of highs and lows that make up drinking and too much caffeine. In addition to the energy chaos, both alcohol and caffeine are diacritics. Sounds delicious? Yeah. Both will upset your stomach and mess with your sleep. Monitor caffeine or find kinder alternatives than coffee, such as tea or mate.

Related Link: [Fitness Tips: 6 Ways to Avoid Putting on Extra Holiday Pounds](#)

4. Work out routine: If you've been sticking with your resolutions we imagine that you already have a great work out routine. Make sure you stick with it before and after St. Patrick's day. It's much easier to maintain than it is to recover, so don't stress about working out more in order to

lose the extra beer weight, just tick with your normal routine to avoid packing it on.

5. HIIT: This is extreme. If you're ready for intense workouts with burn and fast results, this is it. High intensity interval training is a celebrity fitness trend that really works. Queen Latifa, [David Beckham](#), and [Carrie Underwood](#) are proud of their hot bods thanks to HIIT, so as a great fall back to get your butt in gear, HIIT will be saving your hips from St. Patrick's day.

How do you plan on keeping the beer weight off? Share your tips below!

Fitness Secrets: Slim Down in Time for Valentine's Day Date Night





By [Rachel Sparks](#)

Valentine's Day is almost here, and we know you want to look your hottest for the perfect [date night](#)! Your New Year's resolutions may have included a workout plan (and you may have even stuck with it), but all those holiday treats are still sticking to your hips. Here are Cupid's [fitness tips](#) to get you in sexy shape for your dream Valentine's Day date night:

Cupid's fitness tips will help make your Valentine's Day date night the sexiest!

1. Juice detox: If you're trying to make a change really quick, a detox is the way to start. You can lose weight on a detox, but you want to use this as a starting point and not the only technique for losing weight. You need to clean your body of all that junk leftover from the holidays in order to feel better, eat healthier, and kick-start a work-out routine.

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

2. Stay hydrated: And we mean all the time. Drinking enough water will give you more energy, replace water you lost during a work-out, keep you feeling full so you don't overindulge at meal time, and it keeps your skin taut and glowing. So really, there's no reason to not drink water.

3. Cut unnecessary calories: Drinking, white bread, and junk food are some of the biggest culprits of wasted food. Our bodies need calories to function, and especially while working out, but make sure you're ingesting the right kind of calories. Fruits are high in the good kind of carbs to give you a burst of energy. Proteins like chicken or fish are light and easy to digest while still giving you the heavy feeling of having eaten. If sticking to a diet for too long seems daunting, just remind yourself you're doing this for Valentine's Day. A month is easy, right? Well [according to Idealfit](#) you can get lean in as short as 15 days.

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

4. Don't starve yourself: You think weight loss and you think cutting back on eating, but that's retroactive to your goals. Starving yourself triggers your body into survival mode, which means it will actually run slower and store even *more* calories. When you don't enough, you're telling your body food isn't common. Eat regularly, have healthy snacks often, and you'll actually lose more weight from eating more often.

5. HIIT workout: This is one of the latest fitness trends. HIIT stands for high-intensity interval training. Basically, you give everything you can for a short amount of time, rest, and come back. You're pushing your body to the max. It's a lot like heavy-lifting training; you're doing high intensity for

shorter reps to gain muscle and burn more fat. This is definitely a hard workout, but it's a quick ticket to that sexy bod.

Related Link: [Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill](#)

6. Find fun workouts: Ok, so working out usually sucks. Weight training and timed miles remind us of gym class in high school, and no one wants to go back there. Take cues from [Kate Hudson](#) and other celebrity workout plans and find something fun. Whether you follow Kate Hudson's passions for pole dance or you've fallen in love with Zumba, anything that gets you to jump off the couch and burn those calories is a win.

How do you plan to get in shape for Valentine's Day? Share your own fitness tips below!

Fitness Tips: Stick to Your New Year's Resolutions





By [Rachel Sparks](#)

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

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

1. There's an app for that: There's an app for anything, so look out for any of your specific needs! There's apps for fitness that give you a sense of community right on your phone. You can track calories, workouts, miles walked, etc. with other apps. Some apps help you meal plan, interpret

labels, and compile shopping lists. There's an app for any need you have to keep you motivated and on track for your resolutions.

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

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

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

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

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

5. Recognize aches and pains: How does this help you achieve

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

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

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!

Celeb Workout Tips to Get the Perfect Beach Body





By [Ashleigh Underwood](#)

Everybody wants to look their best and be as healthy as possible. When summer rolls around, this means trying to achieve the perfect summer beach body. Our favorite celebs seem to look beach ready year round, but how do they do it? What do their workout routines and diet plans look like? Celebrities are always showing off their fitness methods and are eager to share new ideas!

Dying to learn how to get the perfect beach body this summer? Check out these awesome celebrity workout tips!

1. Mix it up: When you first start working out, you tend to stick to the things you know. You go running every day, or you spend all your time lifting weights. Singer Ellie Goulding says the key to her workout is mixing up her routine! Spend one day at the gym doing cardio, another day go try boxing,

and a different day lifting weights. As long as you have variety, you will never get bored.

2. Update your diet: One of the simplest and most effective ways of improving your health and fitness is to enhance your diet. Cut out unhealthy things like sugar and sweets and add more protein to your meals. Performer [Calvin Harris](#) achieved this when he showed off his daily breakfast. Each day, he makes a mouth watering, egg white omelette with smoked salmon and spinach. His routine is a perfect example of how you can eat well and still have it be delicious!

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

3. Get a partner: When you're having a bad day or feeling as unmotivated as ever, you need someone to help pick you up. This is when having a workout partner comes in handy. Celebrity power couple [Beyoncé](#) and [Jay-Z](#) are known to workout together whenever they can. While she is running, he might be on the bikes, but either way they are there supporting each other and working towards their goals!

4. Do something fun: Getting fit doesn't always have to mean spending countless hours in the gym. Instead, follow the advice of [Nick Jonas](#), and do things you actually enjoy. For him, this means playing sports and getting in his cardio instead of spending an hour on the treadmill. This is extremely useful for people who don't enjoy the atmosphere inside a gym. You get to do things you enjoy, get outdoors, and even incorporate your friends.

Related Link: [Top 5 Celebrity Diets That Actually Work](#)

5. Incorporate daily life: If you lead a busy life and can't find spare time to go to the gym every day, simply add little workouts to your daily life. Iggy Azalea's advice is to make squats and sit ups as important as brushing your teeth. Taking five minutes out of your night right before you go to bed can

make a huge difference in the long run!

What workouts work best for you? Comment below!

Fitness Tips: 5 Most Effective At-Home Workouts



By [Melissa Lee](#)

When you're trying to maintain a healthy lifestyle, getting to the gym all the time can get a little tough. If you have a busy day-to-day schedule, sometimes doing your workouts at home may be the way to go. Don't worry about getting a decent

workout in, though – check out a few of these at-home exercises to ensure you keep your healthy habits going.

Head below to check out some fitness tips: most effective at-home workouts to do when you're too busy to get to the gym!

1. Dumbbell squats: This exercise is perfect if you're trying to workout your legs and butt. It's essentially a regular squat, but you're also using dumbbells to increase the weight being applied. This is super beneficial and intensifies the workout. Do as many reps as you can in one minute, then repeat.

2. Pushups: Although they're everyone's least favorite workout (upper body exercises are definitely a pain), pushups are extremely beneficial. Pushups are fantastic for your upper body strength (arms, chest), plus they work your core. Make sure you're doing the right form to prevent getting injured!

Related Link: [Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs](#)

3. Sprint in place: So you don't have time for the gym or to go out on a run – no problem! Try sprinting in place for 20 seconds, then repeat three more times. Running is a great exercise to get in the habit of, and it's even better to start or end your workout with. It can be painful when you first get started, but eventually you will start to get better, making a notable improvement.

4. Squat thrusts: This workout isn't the most well known, but we can walk you through it. Start by lowering into a squat and placing your hands under your shoulders, then jump down into a full plank position. Make sure you're keeping your abs tight

to get the most out of this workout as well. Do as many reps as you can for 20 seconds, then repeat three more times.

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5. Dumbbell shoulder lifts: Stand with your feet apart (about hips distance apart), holding dumbbells with your arms bent in front of your shoulders. Hold your core tight and extend your arms overhead (be careful with this one!), then lower the weights. Do as many reps as you can for one minute, then repeat once more.

What are your favorite at-home workouts? Leave your thoughts below.

Fitness Tips: Staying Healthy During the Holidays





By [Melissa Lee](#)

The holiday season is all about family gatherings, giving (and receiving) gifts, and *food*! Regardless of what you celebrate during the holidays, there is bound to be a ton of delicious food that seems almost impossible to resist. If you find yourself having a difficult time staying healthy during the winter season, don't stress too much. We've got you covered with a few ways to look (and feel) your best!

Check out these fitness tips on how to stay healthy this holiday season!

1. Stay hydrated: this is just a general, every day fitness tip, but water is super important. This becomes even more crucial if you are traveling a ton, especially if you're flying. Make sure you are drinking plenty of water on the days you spend the bulk of your time on a plane, train, or bus. Plus, when someone offers you an alcoholic beverage or sugary

drink or dinner, turn them down and opt for a glass of water instead. It's a great way to avoid consuming empty calories.

2. Skip dessert: although it's completely justifiable to sneak a cookie or two post-family dessert, try not to go too overboard. After a huge holiday dinner, eating too many desserts can simply lead to unnecessary weight gain and just feeling awful the next day. If there's any fruit, try to stay near the healthier options instead of sampling every cake available.

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3. Snack wisely: when traveling, staying healthy might not be on the very top of your priority list – trust us, we get it. But when you're at the train station or airport, instead of stopping at a chain restaurant for a sugary snack filled with calories, pick up something healthier and equally sustainable like a granola bar. This small tip will most definitely go a long way, plus it's a great habit to have!

4. Rest up: the holidays can very quickly become a very stressful and busy time, so it's important to take some time for yourself. Enjoy your time off by having a few moments just for you. Take a relaxing bath or shower or even take a walk on your own. Small things like this are beneficial for both your mental and physical health!

Related Link: [Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs](#)

5. Stop yourself from overeating: even though all the food at dinner will be absolutely delicious, try your best to avoid overeating. Remember that overeating can certainly lead to being bloated, and a difficult mental state will prevent you from feeling good. It's okay if you want to sample a little bit of everything, but pay attention to how full you're becoming.

What are some of your tips for staying healthy during the holiday season? Share your thoughts below.