

Product Review: Gripbell for a Full Body Workout



By [Rachel Sparks](#)

This post was sponsored by Gripbell.

Post-holidays means extra weight for most of us. With Spring followed by Summer right around the corner, the pressure to get your body back in shape is rising. Gripbell is the perfect accessory to add to your workout routine when you're practicing Cupid's [fitness tips](#) and trying out those latest [celebrity diets](#)!

Check out our product review to help you get that dream celebrity body!

Whether you're at home starting your workout routine for New Year's Resolutions, an experienced lifter, or recovering from an injury, Gripbell is designed to be both safe and versatile for your workout needs. The design features soft edges make it

safe to use, prevents injury, and its ability to lay flat makes for an easily transportable workout for at home, at work, on the road, or on vacation.

What started as a Kickstarter project, Gripbell was officially released in June 2017. This new workout product offers a range of workouts that encapsulates the full body. With interchangeable weights ranging from three to twelve pounds, it's perfect for any body and virtually any age.

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

The revolutionary design combines the concepts of traditional handheld gym equipment, such as dumbbells, kettlebells, and medicine balls all into one device! Simplify your workout space and your workout routine with just one piece of equipment! Don't worry; if you love the way [Jessica Biel](#) looks after her famous kettlebell workouts, Gripbell can do the same!

The versatility of Gripbell is what makes this trendy piece of equipment so successful. It can be used to simplify workouts because it's three pieces of equipment in one. It can intensify your workout and is well suited for cross-training, physical therapy, weightlifting, or even interval training sessions. Add Gripbell to workouts where you wouldn't normally have weights. Challenge your yoga, Pilates, or water aerobics routine by adding this flexible and water-safe product!

Related Link: [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

If you're recovering from an injury, Gripbell is safe for you to use. It is regularly added to physical therapy sessions and rehabilitation plans because of its safety and versatility in use and weights.

Do you need another reason to add Gripbell to your gym essentials? When you purchase your very own set, Gripbell

sends full body and muscle specific training videos that were developed by experienced fitness instructors. It's the perfect way to start or refine your workout routine! A full set costs \$245, or you can purchase single Gripbells based on weight, the three pounder starting at \$45. It's a worthwhile investment for your home gym!

We've fallen in love with the way Gripbell has changed our workouts and we can't wait for you to feel the same! Are you ready to buy your own? Check out their website at Gripbell.com or [Facebook](#) page!

Food Trend: Our 5 Favorite Cleanses for a Physical Spring Cleaning



By [Rachel Sparks](#)

Spring is a time of rebirth. We're shedding those chunky knit

sweaters for v-neck tees and choker necklaces. Our hair is coming out of its perpetual bun and our we're dredging our skin of dead layers and thick moisturizers. While we're thinking about the next [celebrity beauty trend](#), we need to also consider how to keep our inner workings clean so that our skin and hair will have a natural glow. In addition to [celebrity fitness tips](#), these five food trend cleanses are what celebrities like Vanessa Hudgens, Amber Rose, and Hilary Duff use to boast about their hot celebrity bodies! Before you know it, you'll feel confident enough to walk out in the latest [celebrity styles](#).

This food trend is all about bringing spring cleaning to your body!

1. Herbal teas: Drink more tea, seriously. Most herbs will help target specific concerns. Cinnamon and turmeric, for example, are well known for their anti-inflammatory properties. If you're wanting to relieve some of the aches in your body and encourage weight loss, this flowery, lightly spiced tea is all you need. Brew hibiscus, ginger, willow, dandelion, and high mallow in water.

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2. Apple cider vinegar: If it sounds weird, you're not wrong. While it might take some getting used to, this classic is made from items that are likely already in your cupboard. ACV boosts your immune system and jump starts your metabolism for a preventive and weight-losing concoction. The classic apple cider vinegar drink recipe typically contains apple cider vinegar, lemon juice, water, cinnamon, and cayenne pepper.

3. Ayurvedic tea: If you don't know what Ayurvedic means,

you're not alone. An ancient form of Indian medicine falls under this name, but the term is often used for referring to natural remedies. This classic tea uses some well-known spices that help with inflammation, digestion, and headaches. For a natural cleanse with an Eastern twist, mix turmeric ginger, coriander, cumin, and fennel. Trust us, don't go for the jarred spices; invest in roots or high quality dried leaves.

Related Link: [Tree Infused Water is Making Celebrity News as a Diet Staple For Fit Stars](#)

4. Target specific organs: If we listen to our bodies we can often tell where the issue is. While a full-body cleanse has its benefits, targeting concerns can help alleviate symptoms faster. For your liver, try turmeric, dandelion, and ginger tea. It's a great detox after a binger. Ginger is best known as a digestif. Licorice treats headaches. Before you know it, you might become an herbalist.

5. Vegetable juice: When most of us think detox, we think of juices and smoothies. Guess what, there's truth to that. The best thing you can do for your body is provide it with a multitude of fresh fruits and vegetables in all their variety. Leafy greens are notorious for their cleansing properties, but not everyone wants to eat them. Try out some fun recipes to make it delicious. Our favorite: apples, carrot, lemon, ginger, turmeric, beetroot, kale and cilantro.

How do you detox for spring? Share your fitness and health tips below!

Date Idea: Play All Day



By [Rachel Sparks](#)

While summer daylight is still stretching into the late hours of evening, make sure your grasping onto every last minute of it. Enjoy the warm sunshine and cool afternoon breezes while you still can! Head outdoors to a nearby playground with your love interest; swing, slide, and play the day away. Don't forget to stop by the ice cream truck to refuel! Who said you were too old for a day at the park?

This weekend [date idea](#) reignites the fun of childhood summer days!

When you were young, going to the playground was the highlight of your day – and now, you get to relive the fun and share it with someone special. Take a trip down memory lane with your partner and show them where you used to play all of those silly games with your childhood friends. While you're there, race down the slide or swing on the swings together.

Get out your old baseball mitt and play some ball together.

Have fun working up a sweat! Perfect your pitching and batting techniques while also getting close and cuddly. For a more free-spirited time, bring a Frisbee and fling it around with your love. Whatever you do, your love will appreciate the friendly competition and will be impressed by your athletic talents while you both are getting in some fun [fitness trends](#)!

If your park is close to a lake, bring some bread and feed the ducks. After visiting the ducks, grab your bikes and ride along a trail. No need to go too fast; let your partner lead the way and just enjoy the beautiful scenery. After your busy day outdoors, unwind a bit before heading home. Find a cozy bench and wrap your arms around each other. Enjoy a light conversation and the calming breeze as you watch the sunset for a romantic end to your [date night](#).

How do you and your partner feel like kids again? Share in the comments 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.

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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!

Celebrity Fitness Secrets: Funky Exercise Fads



By Christine Rudolph

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

Bored of your routine gym workouts? Check out some of these celebrity

fitness secrets that will change the way you workout!

1. CrossFit: CrossFit has taken the fitness world by storm over the years, and is one of the most rigorous workouts out there! This super popular workout combines a multitude of exercises such as cardio, weights, and kettleballs in a short 45-minute timespan. Quality trumps quantity; your results aren't determined by how much time you spend in the gym, rather, by how hard you work out. [Jessica Biel](#) is a huge fan of this regimen – and judging by her perfectly chiseled body, she certainly isn't intimidated by its intensity!

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

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

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

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

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

4. Belly Dancing: Belly dancing is a super fun workout that has been around for quite some time! In the celebrity realm, it has become pretty popular among A-Listers like Shakira and [Beyoncé](#). The sultry dances target the abs and sculpts the hip area. Bonus: you'll learn to move muscle groups in your body that you never knew existed, too!

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

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

Fitness Trend: High Intensity Interval Training (HIIT)





By [Karley Kemble](#)

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

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

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

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

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

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

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

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

5. You can do it anywhere: If you have a gym membership you can check to see if they offer HIIT classes, or you can make-do in the comfort of your own home! There are tons of videos online that you can follow along with – just make sure you follow the directions so you don't injure yourself.

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

Fitness Tips: 5 Couple Exercises That Are Worth the Sweat



By [Rachel Sparks](#)

Now that the holidays are over, we're no doubt regretting some of those holiday treats we consumed. The cold keeps us in, the sweets come out, and we're juggling between moments of extreme stress and joy with friends and family so our eating habits are erratic at best. Right after that came the new year with the promises we made to lose the weight we gained over the past couple of months. Let's break that cycle *now* by taking a cue from [celebrity couples](#) like [Jennifer Lopez](#) and Alex Rodriguez and start working out with our S.O's.

The hottest fitness tips start with you and your partner breaking a

sweat together.

Working out makes us feel great about ourselves, but make it even better by doing it with your partner. Celebrity couples who work out together boast of strong bonds with their partner. There's nothing but good reasons to exercise with your partner, so grab them up off the couch and get going!

1. Hiking: We're starting easy and free (usually). If you or your partner are new to the exercising world, hiking is a great way to cheat the mind into thinking you're not working out. You can control your path, mileage, and speed so it's a great way to get into shape with a motivating view.

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

2. Kayaking: Another way to trick those who hate traditional exercise into getting active involves another outdoor sport—kayaking. Most rental kayaks offer an option to share a two-butt kayak. It's a great workout for the arms and it challenges your communication and teamwork.

3. Rock Climbing: Let's keep it safe and stick with indoor rock climbing gyms until that confidence and strength has built up. The latest celebrity trend involves rock climbing gyms, but beware that there's a fair amount of trust involved. Your partner usually holds onto the rope that keeps you secure as you climb. When your arms start shaking, there's no better feeling than your S.O. cheering you on.

Related Link: [Celebrity Interview: Celebrity Trainers Sebastian and Danielle Lagree Talk Famous Clients, Relationships, and Love](#)

4. Kick Boxing: Don't do this when you're mad at your S.O. Or at least, don't miss the bag as you throw your anger-fueled upper cut and knock your partner in the teeth. It's a great

way to relieve stress and learn self-defense in addition. Take turns on the offense and defense and offer each other constructive criticism. Hot celebrity couple Chris Hemsworth and Elsa Pataky are known to practice kick boxing together.

5. Yoga: Yogi's make intense positions look effortless, but be warned: there is a fair amount of knowledge and practice that goes into this sport. Couples who practice together help strength fine-tune muscles and flexibility. Bonus: you can do some really cool arial tricks together. [Adam Levine](#) and his wife Behati Prinsloo have been pictured holding plank together. And yes, holding your favorite position is an integral part of yoga.

How do your workout with your partner? Share your ideas below for fitter couples!

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





By [Noelle Downey](#)

There's no doubt about it, getting fit can seem like a chore. Whether you're tired of trekking to the gym or just can't seem to keep up in yoga class anymore, there are tons of pitfalls to working out through more traditional methods these days. Not only are trips to the gym or fitness classes tiring, they're also downright time-consuming. If you're struggling to commit to a fitness routine and feel as though your body and figure are paying the price, why not make your workout digital? If you can access everything you need on your phone, from killer fitness tips to coaching encouragements, why wouldn't you? We here at Cupid's Pulse have compiled a list of some of the best and most fun fitness apps you can easily download to your smart phone to help you on your way to getting that celebrity body you've always wanted.

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

1. Charity Miles: If you're looking for a way to give back while you train up, look no further than this handy app. Choose a charity you'd like to support from their list of

options and then get to stepping. The app tracks your distances and their corporate sponsors donate a few cents to your charity for every mile you walk or run. While it isn't a huge donation, the more people who use the app, the more money each charity will receive, and the extra motivation of helping those less fortunate than yourself might motivate you to push yourself a little harder than you might otherwise have.

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

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

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

4. MyFitnessPal: If you need help counting calories as well as tracking miles, MyFitnessPal might be your best choice. With a food scanner and a database of tons of foods, this app

provides a plethora of data about what you're putting into your body as well as a distance tracker so you can watch your progress and see how what you're eating is affecting your workout routine, and vice versa. Have all the information you need to get the body you've always wanted right at your fingertips with this app that will have you in the know and on the go in no time.

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5. FitStar: If you like customized workouts and going at your own pace, this is the app to get you started. This app creates workouts for you based on your fitness level and you can give it feedback; letting it know which workouts were a little too much for you or which ones didn't leave you breathing hard at all. With this data it'll adjust your customized workouts, giving you the perfect way to find exercises that are just right for your current fitness level. The great thing about this app is that you never need to worry about over-exerting yourself or keeping up in a class, FitStar allows you to work towards harder and harder exercises at your own pace and in the comfort of your own home.

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

Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky

Shares Her Tips on Staying Fit as a New Mom



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

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

Celebrity Mom Ali Fedotowsky on How She Stays Fit

There's no doubt about it: Fedotowsky is busy! With her recent March wedding and her daughter Molly's first birthday coming up in early July (they're celebrating with a unicorn-themed

backyard barbecue!), her life is filled to the brim with the happiest kind of chaos. So how does this reality TV star manage to do it all while also keeping herself sane? “For me, it’s about taking little steps to take care of myself,” she shares in our celebrity interview. “For example, if I need some time to myself, I tell Kevin. I have an amazing husband who always tells me to go do what I need to do.”

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

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

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

Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview

Of course, it takes a lot of energy to stay fit and take care of your body. Fedotowsky swears that she has the secret weapon for keeping your energy up: goodnessKNOWS snack squares. The snacks, which combine essential vitamins with a delicious crunchy texture and great taste, are her lifesaver when it comes to eating healthy. “My girlfriends and I are all very

conscious of what we put into our bodies,” she reveals, “so we can have a little bit of wine and be naughty but also have the cranberry almond dark chocolate goodnessKNOWS snack squares. They’re only 150 calories for all four!”

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

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

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

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

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

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

5 New Fitness Trends to Help You Get a Celebrity Body



By [Melissa Lee](#)

It seems like everyone's hitting the gym to get their ideal summer body before strutting across the beach, but sometimes doing the same strength training and cardio routine can get pretty repetitive. There are always tons of new fitness trends circulating social media, but the best (and most effective) ones are always celeb-approved!

Check out these fitness trends guaranteed to help you get a celebrity body!

Try out some of these celebrity-approved fitness trends to get in the best shape of your life:

1. Ballet Beautiful: Endorsed by Victoria's Secret Angels galore, Ballet Beautiful is a fairly new workout trend that is intended to mix athleticism and classical ballet in order to help you get the most lean, toned body possible. The [website](#) offers global access, online workouts, and customized private training. If you're interested in taking a class and live in New York City, they have two locations in Soho and the Upper East Side.

2. Indoor Rowing: This may sound like an odd form of exercise, but Duchess of Cambridge [Kate Middleton](#) is a huge fan of indoor rowing, so why not try it out? This full body workout is becoming more and more popular as [rowing clubs](#) open throughout New York City and Los Angeles. However, the most important aspect of this fitness trend is to learn the technique and maintain a steady pace in order to avoid injury.

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3. Aerial Yoga: Aerial classes aren't the most recent fitness trend, but they're approved by stars like [Khloe Kardashian](#), Vanessa Hudgens, and Sarah Hyland. This [activity](#) is designed to explore, refine, and advance traditional asana. If you're interested, there are tons of aerial classes available throughout New York City.

4. SoulCycle: It feels like every celebrity is obsessed with SoulCycle, but it's for good reason since it's so effective! These classes consist of high power indoor cycling, but they center in on having fun while getting a good workout in. Celebs like Demi Lovato, [Lady Gaga](#), [Selena Gomez](#), and Kelly Ripa all approve!

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5. Dogpound: Alright, ignore the odd name and focus in on the fact that this is another Victoria's Secret Angels-endorsed fitness trend. This NYC based gym is *super* intense, and offers

private training, boxing, group training, nutritional programs, and more. Models like Ashley Graham adore Dogpound and their high intensity workouts (along with the amazing results!).

What are some of your favorite fitness trends? Share your thoughts below.

Fitness Trend: 5 Reasons Women Should Lift Weights



By [Melissa Lee](#)

Working out may not be the most exciting activity, but with summer right around the corner, who *isn't* hitting the gym? A hot [fitness trend](#) is showing some serious benefits when it comes to lifting weights, and even has been proven to be more useful than cardio. Strength training can help you burn fat, reduce your risk of diabetes, prevent physical pain, and even improve your mental health!

With all of these advantages, it's easy to understand why lifting weights is the latest craze in fitness trends!

1. You'll burn more calories: Lifting weights aids in creating more muscle, and your muscle mass determines your metabolic rate. The more muscle you have, the more energy your body releases, so even by doing normal, every day tasks, you'll be burning *more* calories just because you've been expanding your muscle mass.

2. You'll be stronger, mentally: By having a workout routine that involves lifting weights, you will not only improve your physical strength, but your mentality, too! Weight lifting is an empowering activity and by constantly challenging yourself to work harder at the gym, your confidence will grow.

Related Link: [Get Fit In Time For Date Night With a Twerk-Out](#)

3. Your flexibility will improve: Research has actually shown that strength training and full-range resistance workouts can improve flexibility. As long as these exercises are performed on a regular basis, progress will definitely show!

4. Lifting weights boosts your heart health: Studies show that by performing moderate-intensity strength training, blood pressure can decrease notably. Lifting weights increases blood-flow and gets your heart beating.

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

5. You'll look – and feel – better!: Any form of working out is proven to have positive effects, but weight lifting is the best way to get a lean and fit body. Strength training

challenges and tones your body, so what's not to love?

What's your favorite thing about lifting weights? Comment below!

Fitness Trend: Wearable Technology



By [Noelle Downey](#)

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

celebrity-approved ways to catch up on this trendy tech breakthrough for summer fitness fun.

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

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

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

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

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

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

been seen wearing the Jawbone UP on many occasions! See if the Jawbone UP could be for you too!

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

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

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

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





By [Noelle Downey](#)

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

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

1. Ballet Beautiful: For a somewhat non-traditional workout, visit Ballet Beautiful, a celeb-approved hotspot for getting fit with ballet exercises and cardio that's client specialized to any particular needs you might have or problem areas you might want to address. Owner Mary Helen Bowers is used to VIP clients, including Victoria's Secret Angels Miranda Kerr and Lily Aldridge, and Bowers also personally trained Natalie

Portman for her Oscar-winning performance in dark horror flick, *Black Swan*. With two convenient locations in SOHO and the Upper East Side, visit this special studio and pick a workout from anywhere between fifteen minutes to three hours to see what all the stars are raving about when it comes to this fun fitness opportunity.

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

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

3. Rumble Boxing: Looking for something to break you into even more of a sweat? Why not try Rumble Boxing, a hardcore workout that allows you to jump from lifting weights to hitting a punching bag in minutes. Rumble Boxing is still an up-and-coming fitness destination for the rich and famous, but professional models are often seen blowing off steam and burning calories in this premier establishment, including Canadian-born supermodel Lexi Wood and fitness training icon and former football player Devon Levesque. Visit this awesome workout facility to burn some calories and get your body beach-ready this summer!

4. AKT InMotion: If Ballet Beautiful sounds fun but you're looking for a different kind of dance for your workout, look no farther than AKT InMotion, a high-energy dance studio from owner Anna Kaiser, who is responsible for the fantastic

physiques of such stars as Shakira and [Kelly Ripa](#). Keep on your toes with this fantastic workout that combines the fun of a night out dancing with your girlfriends with the calorie burn you'll need to feel great about your body this summer. Grab a group of friends and hit up this celeb-approved NYC fitness hotspot for a fun hour of intense dancing that will leave you feeling invigorated and full of adrenaline.

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

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

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

Celebrity Diet: Get A Red-Carpet Ready Body and a

Healthy Mind By Eating These Super Foods



By Dr. Christopher Calapai, D.O.

The foods you have in your pantry and fridge may be helping or hindering your brain. Dr. Christopher Calapai D0, a New York City Osteopathic Physician board certified in family and anti-aging medicine explains that the foods we choose have a lot to do with how sharp, attentive, alert, focused and happy we feel after they are consumed. Certain foods may taste great have additives in them that literally cloud our brains and leave us sluggish and dull headed. The opposite is also true. We can eat certain foods and feel a charge of mental energy and focus. We spoke to Dr. Calapai and got a quick list of foods that boost and drain the brain. Which ones will you add and remove from your shopping list?

If you're a [fabulous foodie](#) looking

for some delicious new fare or simply a [fitness fashionista](#) always on the look out for the next trend-setting [celebrity diet](#), one expert is about to spill the beans on which foods will energize you and which will leave you listless.

Brain Boosting Foods to Add!

1. Nuts and seeds: Nuts and seeds are great sources of vitamin E. Higher levels of vitamin E correspond with less cognitive decline as you get older. Add an ounce a day of walnuts, hazelnuts, Brazil nuts, almonds, cashews, peanuts, sunflower seeds, sesame seeds, flax seed, and un-hydrogenated nut butters such as peanut butter, almond butter, and tahini. Raw or roasted doesn't matter, although if you're on a sodium-restricted diet, buy unsalted nuts. "Adding nuts to your diet can aid in decreasing levels of enzymes that lead to protein plaques from forming and dementia. Nuts can also reduce brain inflammation, keep blood pressure low, key for preventing stroke," explains Dr. Calapai.

2. Blueberries: "I eat these daily and encourage patients to add blueberries to as many things as possible. They're great on their own, added to a shake, to oatmeal, or even to a salad," says Dr. Calapai. Blueberries are tasty and sweet and loaded with antioxidants. They're packed with vitamin C, K and fiber and pack high levels of gallic acid, making them especially good at protecting our brains from degeneration and stress. "Studies show that eating blueberries can boost focus and memory for up to 5 hours," adds Dr. Calapai.

3. Broccoli: Broccoli is one of the best brain foods out

there. Thanks to its high levels of vitamin K and choline which is a B vitamin known for aiding brain development keeps memory sharp and protects the brain from later decline with age. It's also loaded with vitamin C. Just one cup provides you with 150 percent of your recommended daily intake. Its high-fiber levels makes you feel full quickly, too. "People hear broccoli and roll their eyes thinking it's bland and boring. Think of broccoli as a canvas ready to be painted with spices and flavors," offers Dr. Calapai. Try stir frying with a bit of olive oil, red pepper flakes, salt, and pepper. Add in a spoonful of orange or lemon juice and it gets this nice sweetness to it.

4. Fish: Salmon, mackerel, tuna, and other fish are rich in heart-healthy omega-3 fatty acids, including docosahexaenoic acid (DHA). DHA seems to be very important for the normal functioning of neurons in the brain. Eating more fish often means eating less red meat and other forms of protein that are high in artery-clogging saturated fats. "People who are lacking in Omega 3's can experience mood swings and feeling edgy or negative. Omega 3's have been known to be mood boosters in addition to enhancing focus and memory," says Dr. Calapai.

5. Avocado: This creamy treat is also a rich source of the antioxidant vitamin E. Research suggests that foods rich in vitamin E—including avocado, which is also high in the antioxidant powerhouse vitamin C—are associated with a lower risk of developing Alzheimer's.

Brain Drainers to Drop!

1. Partially Hydrogenated Oils: There is zero reason to ever eat foods that list "partially hydrogenated oils" in their ingredients list. It's code for trans fats, which, in addition to upping your risk for obesity and damaging your heart health, can cause serious brain drain. "Diets high in trans fats increase beta-amyloid, peptide 'plaque' deposits in brain associated with Alzheimer's disease. One study published in

Neurology found that people who consumed high levels of trans fats had lower cognitive abilities and smaller brains later in life,” says Dr. Calapai. Common culprits include fried foods, baked goods, and processed foods. So bake or grill chicken instead of frying it, go for sweet potatoes instead of French fries and avoid anything wrapped in plastic that sits on a shelf for months at a time.

2. Added sugars: The average American eats 79 pounds of added sweeteners per year which can cause constant insulin spikes and inflammation resulting in both vascular and neuronal damage. One study published in *Brain, Behavior and Immunity* found that large amounts of sugar cause the hippocampus, the brain’s memory control center, to become inflamed, meaning it can’t work at 100 percent. Meanwhile, one cross-cultural analysis found that high sugar intake is linked to depression. “Sugar is a big trap because when you eat something sweet there’s a high initially. It feels good at first taste but then once it starts to be processed in the body there’s a heaviness that follows, says Dr. Calapai.

3. Saturated fat: A diet high in saturated fat can decrease the brain’s ability to fight the formation of Alzheimer’s-linked brain plaque. An onslaught of saturated fat also hurts your brain in the short-term. Saturated fat impairs your brain’s ability to learn and form new memories within as little as 10 minutes after chowing down. Processed meats such as bacon, pepperoni, pork sausage, or chorizo are examples of very tasty foods that are high in saturated fat. “Look we all like to indulge from time to time and that is fine, but when saturated fats are staples in your diet, then that’s going to take a toll,” advises Dr. Calapai.

Clearly what you put in your body can have a massive effect not only on how you look, but also how you feel. Will you be adding any of these fitness trend foods to your list during your next celebrity diet? Let us know in the comments!

About the Doctor:

*Dr. Christopher Calapai, D.O. is an Osteopathic Physician board certified in family medicine, and anti-aging medicine. Proclaimed the "The Stem Cell Guru" by the New York Daily News, Dr. Calapai is a leader in the field of stem cell therapy in the U.S. His stem cell treatments have achieved remarkable results in clinical trials on patients with conditions as varied as Alzheimer's, arthritis, erectile dysfunction, frailty syndrome, heart, kidney and liver failure, lupus, MS and Parkinson's. He has worked with **Mike Tyson, Mickey Rourke, Steven Seagal**, and Gotham's, **Donal Logue**; and as a medical consultant for the **New York Rangers**. Connect with him via twitter [@drcalapai](https://twitter.com/drcalapai) or at www.drcal.net*

Fitness Advice: Is Fitness Turning Entirely Digital?



By Christa Ganz

With the constant emergence of digital [fitness](#) hardware and software, we ask ourselves an important question: is fitness turning entirely digital? The days of simply timing yourself while running are over. Now, you can pop on your fitness band and track every move through your smartphone. Fitness trackers are designed to keep up with your workout and help you stay motivated, no trainer required. They continue to monitor important features like your heart rate, elapsed time and type of workout. You can even turn to different apps if you get stuck in a routine that's producing slow results.

Whatever you're looking for in a workout, your smartphone is sure to have an app for that. Whether you want to lose weight, tone down, get a few more steps into your daily routine, or train for a marathon, you're sure to find the perfect app to meet your digital fitness needs.

Runners

Caught the running bug? [Shape.com](#) offers a selection of the best free apps for runners. Track your time and distance, set goals for yourself, and watch your progress through one of their recommended apps.

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Beginners

If you're looking to ease into a workout from a beginner

level, Johnson & Johnson's 7-minute workout has your needs in mind. HuffingtonPost.com tried it out, and warns you that those seven minutes are meant to be challenging! Its digital function is designed to let you decide how long you want to work out.

Related Link: [2016's Worst Fitness Trend's That Need to Go Away in 2017.](#)

Class workouts

Are boutique fitness classes more your thing? You're in luck, because there's an app for that as well. Though a subscription is required, [Aaptiv](#) is less than the cost of a monthly gym membership, and offers unlimited access to your preferred workout. [InStyle.com](#) offers a review of Aaptiv's uniquely designed service.

Up and Coming Fitness Trend: Indoor Rowing





By [Cortney Moore](#)

Rowing is a fun activity to enjoy, and it provides many workout benefits. Typically in the past, only those who live near water could use rowing as a reliable form of exercise. However, this is no longer the case. With indoor rowing gaining traction as a [fitness trend](#), this calorie-burning workout can be done regardless of geography. Not convinced? Well Duchess of Cambridge Kate Middleton sure is. According to dailymail.co.uk, the 35-year-old royal uses indoor rowing to help maintain her gorgeous [celebrity body](#), and you can too! Don't fret about not having a row machine at home, there are indoor rowing studios popping up all over the country to support this fitness craze.

Indoor rowing is a fitness trend that will help you burn the calories!

Indoor rowing truly is a head-to-toe workout. It uses 84 percent of the body's muscles and can burn up to a staggering 1000 calories in one hour- making it the ideal workout to get rid of jiggly arms, muffin tops, wobbly thighs and of course that hard to get rid of bulging tummy. Aside from toning your body, indoor rowing is a great way to improve your heart's health by boosting its cardiovascular endurance. Another plus, with indoor rowing you don't have to experience the chilly and

wet elements nature has to offer if you're not the outdoorsy type.

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

How can you make the best of your indoor rowing session? CityRow trainer Hannah Davis offered her best fat-blasting [workout advice](#) in a [Cosmopolitan](#) interview, "In an average workout session you'll want to do five intervals of 200 meters, which takes about 90 seconds to complete. So, to break it down, you would do 200 meters and then rest for 60 to 90 seconds. Followed by another 200 more meters, resting again, and then repeating this entire sequence three more times." Though this fitness plan is daunting for a newbie, it's the most effective way to lose pounds. If you're unable to do intervals during your first try, just do what you can and work your way up to it. You don't want to push your body too hard in a short amount of time or risk injury.

Related Link: [Get Fit In Time For Date Night With A Twerk-Out](#)

If working out alone isn't your style, then a rowing class might be just what you need. It's almost like a spin class, but instead of stationary bikes, you're on a rower (which may or may not include water depending on the gym you go to), while your instructor leads you and your peers through a full-body workout. There, you will learn all about proper form and all the tricks needed to become an expert indoor rower. Since rowing classes are a group activity, you can also make friends throughout the process who can motivate you to upkeep your celebrity body!

Get fit in time for summer with indoor rowing. After you've gained strength and confidence, you might just be able to tackle outdoor rowing like a pro.

What do you think of indoor rowing? Have you given it a try? Please share your comments with us below!