

Fitness Trend: Exercise Snacking



B

y Nicole Maher

Many of us began the new decade with high hopes of our fitness New Year's resolutions. However, with the shut down of gyms across the country and drastic changes to our daily schedules due to the pandemic, these goals may have appeared unachievable. Faced with these new circumstances, many people began to turn to the new [fitness trend](#) of exercise snacking as a way of staying in shape, or beginning their fitness journey.

Find out some of the benefits of the new fitness trend, exercise snacking.

The question is, what is exercise snacking? Despite its name, it does not involve any food. Instead, exercise snacking refers to the act of breaking down a workout into five minute intervals throughout the day rather than completing it all in one sitting. Learn about the benefits of this new phenomenon:

1. Fits into a busy schedule: Whether we are working, attending classes, or spending time with friends and family, it can be difficult to devote an hour or more to working out during the day. Exercise snacking is a great way of breaking down workouts into smaller sections that you can fit between all the other activities in your day. Moving your body for five minutes before you leave for work or ten minutes before dinner can help you fit working out into your schedule without forcing you to compromise time on something else.

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2. Great way to get started: If you are just beginning your fitness journey, exercise snacking is a great way to start. Jumping straight into a two-hour workout when your body is not used to it can sometimes cause more harm than good. By taking part in the fitness trend of exercise snacking, you are allowing your body to warm up to new movements. Over time, you can increase the amount of five-minute circuits you do a day, or transition to longer workout sessions once your body has adapted.

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3. Useful addition to existing plans: While exercise snacking is a great way to begin a fitness journey, it does not have as many benefits for those who are already deep into their fitness plans. However, it can still be a useful addition for the days that you can't make it to the gym or set aside a large amount of time. Rather than forgoing exercise for the entire day, try exercise snacking in the spare time you have between tasks to keep yourself on track for your fitness goals.

4. Forgo the gym: There are many reasons people choose to avoid the gym. Whether you do not feel comfortable in a gym setting, or are concerned about the current health conditions around us, exercise snacking is the perfect way to workout from home instead. Many of the exercises found in plans surrounding this new fitness trend only require an exercise mat or a few weights, and can easily be accomplished from the comfort of your living room.

5. Master the moves: Exercise snacking is the perfect way to learn a new move. Rather than switching between exercises every set, you are spending the entire five minutes working on one move. This will allow you to really focus on nailing the move and strengthening that part of your body rather than thinking about what exercise you are going to do next. Once you have this move mastered, it will be much easier to complete accurately if you eventually move to a longer workout routine!

What are some other benefits to the new fitness trend of exercise snacking? Start a conversation in the comments below!

Celebrity Diet: Are Detox Teas Good for You?



B

y [Ashley Johnson](#)

Going on a detox can sometimes be the best thing for your body and mind. However, taking detoxes to the next level can be dangerous if you are not careful. While the primary goal of a detox is to eliminate harmful substances from your body, detox teas may actually be inviting them in. In celebrity diet news, celebrities like [Khloe Kardashian](#) and Cardi B have endorsed detox teas on their Instagrams, while other celebrities like Jameela Jamil and U.S. Paralympic gold medallist Brenna Huckaby`have spoken out against them calling them 'toxic'. Before you take the detox tea diet to extremes in true [celebrity fashion](#), Cupid has some [fitness](#) and [food](#) advice on what you should consider.

Here's some fitness advice on what to keep in mind before trying out the detox tea craze:

Teas are typically one of the healthiest drinks you can consume. They have been known to boost your immune system and protect your bones with the power of its antioxidants. However, detox teas are not always healthy and can sometimes contain a lot more than tea leaves. While some detox teas contain normal tea ingredients, others may contain toxins, drugs or medication. Contrary to drinking normal tea, here are some things you may want to watch out for when drinking detox tea:

1. Water weight loss: Detox teas don't actually make you lose body fat, but can help you lose water weight. Water weight is all the extra water that your body retains, and losing that water weight can certainly make you feel lighter. Even if you are not necessarily losing actual body fat, you can be tricked into believing you have, as two cups of water weighs approximately one pound.

2. Electrolyte imbalance: Consuming too much detox tea and having to frequently use the bathroom can lead to dehydration and ultimately electrolyte abnormalities. An electrolyte imbalance in your body means you are at risk for muscle spasms and an abnormal heart rhythm.

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3. Unwanted side effects: Detox teas are primarily made up of the senna plant and caffeine, and these two ingredients together very much act as laxatives. This means the tea can be accompanied by diarrhea, abdominal pain, gas, nausea, and much more. The list of side effects for detox teas is rather long and also includes heart attacks, seizures and even death.

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4. Caffeine: While the average tea contains less caffeine than a normal cup of coffee, detox tea may actually contain the highest amounts of caffeine when comparing the two. Of course this means the detoxifier also comes with some of caffeine's most unpleasant, yet common side effects. Side effects may include restlessness, nervousness, headache and fast heart rate.

5. Sleep problems: With detox teas having such high amounts of caffeine, having sleep problems should come as no surprise on this list of things to consider. You may not only experience problems falling asleep, but may also find yourself having trouble staying asleep. Furthermore, not getting enough sleep has also been studied to be linked to weight gain, which is probably the exact opposite of what individuals aim for when starting the detox tea diet.

Have you ever tried a popular diet? Did it work well for you? Share your comments below!

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





B

y [Katie Sotack](#)

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

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

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

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

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

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

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

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

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

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

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

Celebrity Workout: Group Classes That'll Have You Sweating With Obsession





B

y [Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building yoga to fast-paced cardio like Zumba, there's a group class

for every future workout junkie. Here are the details on who does what and why you should try it:

1. The model workout: Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

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2. Tracey Anderson Method: These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

3. Soulcycle: This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle very week. With 70 locations across the United States, it's as easy said as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

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4. Body by Simone: Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear not, there's an eight-week transformation program available to

stream.

5. Gotham Gym: Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

Do you think you'll try group fitness classes? Let us know in the comments below!

Fitness Trend: Mobile Exercise Apps





B

y Megan McIntosh

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

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

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

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

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

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

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

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

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

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

Fitness Trend: Battle Rope Workout





B

y Megan McIntosh

There's a new [fitness trend](#) in town, and it looks like it's going to stick around. The Battle Rope workout has been making the rounds in the fitness world. Celebrities like [Khloe Kardashian](#) and Naomi Campbell swear by this fitness trend as an effective total-body workout. It's an easier and faster way to have a bit of cardio in your workout.

Fitness Trend: The Battle Rope Workout has many benefits for the body.

Battle Rope Workout allows your heart rate to kick up while using multiple muscle groups. Though celebs are making it popular, it's also popular because it has many benefits for the body. Cupid has some of them:

- 1. It's a great core workout:** When you're using the battle ropes, you're using muscles in a different way. The abs, glutes, and back are all engaged. Looking to get your body

looking great for a wedding or for warmer weather? This exercise is definitely going to help you burn calories and tone those muscles.

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2. It's A HIIT workout: Battle ropes are a HIIT workout. This means you can exercise for less time but with the same benefits of regular exercise. HIIT workouts are High Intensity Interval workouts. This means you are using short bursts of energy to see both anaerobic and aerobic results.

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

3. Makes your body all around more mobile and stable: Doing battle rope workouts requires the body to adapt and become more mobile and stable. There are a variety of moves you can incorporate into your workout and these repetitive motions allow you, as an athlete, to see improvement in your overall workout and performance.

Are there any benefits that make you want to try Battle Rope? Share below!

Product Review: Try Peloton and Be Your Best Self





B

y [Lauren Burczyk](#)

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

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

Whether you're a trained athlete, a stay-at-home-mom, or someone just looking to get in shape, this bike caters to everyone. The Peloton has benefits for all different types of

people with the same goal, to be their best selves. Deciding to make this investment may be a tough choice, but it's one you won't regret. If you feel like it's time to stop making excuses and you're ready to be in the best shape of your life, visit their website to learn more about purchasing the bike.

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

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

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

Fitness Trend: Help Your Neighbors!



B

y [Lauren Burczyk](#)

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

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

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

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

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

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

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

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

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

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

Fitness Trend: 5 Benefits of Pole Dance Classes





B

y [Lauren Burczyk](#)

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

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

Pole dance classes have many great health benefits. This unique form of exercise is fun and exciting. While there are many advantages of pole dancing, we have included five reasons

why you need to check out it for yourself:

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

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

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3. You'll reduce your stress levels: Exercise is proven to help reduce stress levels. Partaking in an exercise routine that's fun and exciting will relieve some of your everyday stress. To keep stress at bay, it's important to set aside time for yourself each day, so make that time count by incorporating some sort of activity like pole dance classes.

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

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

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

Fitness Tips: Incorporate Superfoods in Your Diet



B

y [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.

Related Link: [Fitness Trend: Get Motivated in Group Classes](#)

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



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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



B

y [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](#).

Fitness Advice: How to Get Your Best Booty



B

y [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





B

y [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.

Related Link: [Fitness Secrets: Chia Seeds Are the Superfood You Need In Your Life](#)

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.

Related Link: [Fitness Tips: How to Stretch In the Morning](#)

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



B

y [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!

Related Link: [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

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.

Related Link: [Fitness Tips: How to Stretch In the Morning](#)

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!

Fitness Tips: Form A Work Out Squad



B

y [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.

Related Link: [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

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: Mediate 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!

Product Review: The Coolest Gadgets to Achieve Your Fitness Goals!





B

y [Rachel Sparks](#)

In this [product review](#), Cupid explores the newest [fitness](#) gear to help you fully engage in each workout. The innovative technology will encourage you to conquer those summer fitness goals while you work towards building that [celebrity body](#)!

Product Review: Workout Technology for Every Fitness Need

Related Link: [Product Review: Gripbell for a Full Body Workout](#)

1. [PowerGear Sound](#)



PowerGear Sound. Photo courtesy of mycharge.com

Have you ever been at the gym, your muscles pumping to a great rhythm and then your bluetooth headphones die? It's a real buzzkill to your workout. PowerGear has designed a case that both protects and charges your headphones! It's compatible with both of PowerGear's headphones and regular earbuds. With 1400mAh battery capacity, it adds 14 times extra battery to your headphones.

For only \$39.99, it includes the case and a micro-USB charging cable. It's the perfect size to fit in your pocket or gym bag at 4.3 inches by 3.7 inches by 1.9 inches. It weighs less than half a pound, so it's virtually unnoticeable. The 4.9 star rating and 93% suggestion rate, we're excited to get our own for our next workout!

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

2. [WeCoup Cold Roller](#)



Chryosphere. Photo courtesy of recoupfitness.com

Far more important than your workout is what you do post-workout. Serious injuries can happen if you don't care for your muscles after a gym session. This cold ball is the perfect tool for your recovery needs! Toss out those foam rollers and ice packs because the Cold Roller is everything in one tool. Filled with 3.4 ounces cooling gel, it is safe for travel and can hold its chill for up to six hours after only two hours in the freezer. It's reusable and comes with a hard shell for holding.

The design combines traditional rolling techniques with cold temperatures to help muscles to release metabolic waste and reduce inflammation for a quicker recovery time. With the cover on, it's just about the size of a baseball, so it's an easy addition to your gym bag. Priced at \$39.99, it's a great investment into your muscles' health. You can also buy the ball without the cover for \$19.99.

Love these fitness must-haves as much as we do? Hurry up and click buy on your phone for the best workout of your life!

Fitness Secrets: 5 Simple Tips to Stay Healthy



B

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

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!

Celebrity Fitness Secrets: Funky Exercise Fads



B

y 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)





B

y [Karley Kemble](#)

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

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

your calorie burn:

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

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

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

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

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

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

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

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

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

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



by [Karley Kemble](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

Celeb Workout Tips to Get the Perfect Beach Body



B

y [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





B

y [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.

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

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



B

y [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.

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

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.