

# Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill



By [Melissa Lee](#)

Although this mega Hollywood actor has had his fair share of weight fluctuations throughout the years, Jonah Hill has recently been spotted looking fitter – and thinner – than ever. Hill, who has considered himself to be a victim of “yo-yo dieting”, reportedly sought help from his *21 Jump Street* co-star Channing Tatum. Tatum apparently pointed him the right direction and helped him find a team of nutritionalists and personal trainers so Hill could finally lose the weight in a healthy manner. After dropping at least 50 pounds, Hill is Hollywood’s newest fitness inspiration.

# Check out some of these celebrity workouts and fitness tips to shed the pounds off just like Jonah Hill!

**1. Alcohol hurts:** Before his weight loss journey began, Jonah Hill was no stranger to binge drinking, beer being his favorite beverage of all. After meeting with a nutritionalist and attempting to find a way to drink beer and still lose weight, he ultimately saw the effects it was having on his body. "It's so annoying because if I don't drink beer, I get really, really thin. Then when I drink beer, I get a little bigger," Hill says. The lesson here? Either learn to indulge in alcohol every now and then, or ditch the empty calories altogether.

**2. Say goodbye to those nasty cigarettes:** As if anyone needed anymore reasons to dislike cigarettes, here's another one: you can gain anywhere from five to ten pounds from quitting. People tend to substitute food with the lack of nicotine they're receiving, but you're better off altogether by quitting, despite the reported weight gain. Treat your body with respect and finally say goodbye to any remaining packs you may have.

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

**3. End the battle with yo-yo dieting:** Hill himself has expressed his frustration with yo-yo dieting – otherwise known as losing weight quickly and then gaining it all back. A recent study in the *International Journal of Obesity* reported that yo-yo dieting can serve some severe damage to your cardiovascular system, along with potentially increasing your risk of diabetes and heart disease.

**4. Plan your grocery trips:** Food shopping can tend to be an intimidating activity when you're trying to lose weight, but here's a way to help make the process a little bit easier. Make a list of items that you need (and be sure to stick to it!), and go food shopping after you've eaten a healthy breakfast. This way, you aren't particularly hungry while shopping, which should prevent you from stocking up on unnecessary snacks.

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

**5. Chew:** While this tip may sound a little ridiculous, trust us when we say it's not! Try your best to chew each bite at least 40 times when eating a meal. In a recent study, it was found that people that chewed their food more than twelve times ate less than those that didn't. It's even believed that chewing longer can lead to a more satisfied feeling.

**What are some of your weight loss tips? Leave your thoughts below.**

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## Celebrity Fitness: 5 Basic Yoga Poses by Celebrities





By [Marissa Donovan](#)

Many celebrities enjoy staying in shape and becoming relaxed through yoga. Yoga is one of the many ways you can improve your flexibility and posture. For those who are beginners and need guidance, here are a few poses you can try.

## Check out how to stay on top of your [fitness](#) goals with these yoga poses that celebrities have tried!

**1. Karlie Kloss's Lotus Pose:** Taylor Swift's Bestie and supermodel Karlie Kloss shows off her peaceful pose at the beach. To perform this pose, sit down bend your right knee and left knee out so your legs can cross. Press your hands in front of you and raise them above your head to form a triangle. The benefits of this pose can help improve breathing and can help reduce stress. This is the easiest variation of the pose.



Photo:  
karliekloss/Instagram

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**2. Gisele Bündchen's Downward-Facing Dog Pose:** When this supermodel isn't cheering on her husband Tom Brady or modeling, she seems to enjoy practicing her yoga poses with her children. Gisele Bündchen proves to us that her and her child can do the Downward-Facing Dog. For this pose, you will need to place your hands wide on the ground and almost in front of your shoulders. Make sure that when you bend down that your knees are below your hips and not locked. To achieve good form to not let your head hang by keeping it placed between your upper arms. According to [Yogajournal.com](#), this is great for those who enjoy rock climbing or want to improve their strength.





Photo: gisele/Instagram**Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

**3. Eva Longoria's Tree Pose:** This *Desperate Housewives* star is skilled at perfecting the tree pose! Like Eva Longoria, slowly put your weight on your left foot and bend your right knee. For support, gently grab your right ankle with your right hand. Make sure your right foot is placed on your inner left thigh by adjustment of the heel near your left groin muscle. Stretch your tailbone to the ground and press your hands together above your head forming a triangle. This pose will help you achieve excellent posture and balance.



Photo:  
evalongoria/Instagram

**Related Link:** [Actress and Producer Eva Longoria Decides Not To Have Kids](#)

**4. Miranda Kerr's Wheel Pose:** This Victoria Secret angel is extremely flexible! Miranda Kerr is a pro at yoga, but this can be a basic move for those who have the strength to bend backwards and have core balance. To start the wheel pose, lie on your back and set your feet on the ground by bending your knees. Next bend your elbows and open up the palms of your hands next to your head. Lift your body with by pressing your feet in the ground to help guide your tailbone lift your butt up. The muscles in your arms will help you hold this pose while taking deep breaths. Beginners should practice going into a back bend before lifting one leg from the pose. The wheel can stretch your chest and lungs, while also giving helping core areas like the abdomen become stronger.



Photo:  
mirandakerr/Instagram

**Related Link:** [Product Review: Check Out Gaiam's New Athletic Yoga Collection for Men – Just in Time for Valentine's Day!](#)

**5. Miley Cyrus's Tolasana Pose:** We can't stop being amazed by [Miley Cyrus's](#) skill level! This may not be the most basic pose to try, but some may find it to be easy. The first step to the tolasana pose is to put your bend your right knee and place

your right hand in the small pocket of where your knee bends. Lean forward and slowly put your right foot at where your left hip curves forward. Make sure your inner groin and inner knee are aligned in a bend that you are comfortable with. Use your left hand to help cross your bent left leg over your bent right leg. Try your best to bring both knees closer together to perfect your form. Take a moment to focus on your breathing. After you feel comfortable, with a deep exhale push down on your hands to help lift off your knees and butt from the ground. Look straight ahead while pushing off and make sure your knees are next to your belly button. Hold the pose as long as you can and take slow breaths. To come down from the pose, slightly lean forward and undo your left foot from your right thigh and your right foot from your left. This pose can help make your abs stronger while also help you focus on your posture.

**Which yoga pose will you try first? Let us know in the comments!**

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## **Workout Tips: 5 Exercise Videos Based On Today's Pop Hits**







By [Marissa Donovan](#)

Many people enjoy listening to the radio or their Ipod while working out. Fitness instructor Cassey Ho has created a series of workout videos tailored to those who love today's pop music! Ho has exercises that will help you build muscle while also burning fat as well. You will break and sweat after trying some of her music based exercises!

**Today's workout tip involves watching these fitness videos for new workouts to add to your daily routine!**

**1. One Direction's "What Makes You Bootyful" Butt Challenge:** This workout will making your butt firm if you complete this challenge every day! It may seem like an awkward position to be in at first, but you will feel and see results!

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**2. Katy Perry's "Roar" Challenge for Abs & Inner Thighs:** Become a beast while working out to this exercise. This challenge will focus your core areas for getting stronger abs and inner thighs.

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

**3. Justin Bieber's "As Long as You Love Me" Love Handles Challenge:** Feel the burn with this Bieber fever challenge! This workout can help you stretch out while also targeting areas you been meaning to transform at the gym.

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**4. Lady Gaga's "Applause" Arms Workout:** This sassy workout will have you clapping over your progress. Make sure to have weights for these arm toning movements.

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**The Wanted's "Glad You Came" Calves Challenge:** This simple workout requires two shopping bags and your will to work your calves. Although this challenge is meant for your calves, you may feel a change in your arms too!

**Which workouts do you plan on trying? Let us know in the comments!**

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# Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It



By [Melissa Lee](#)

It feels like celebrities are constantly talking about their fitness routines and how they were able to shed the weight. Although they're not necessarily *normal* – with a team of personal trainers, chefs and nutritionalists, celeb weight loss is never surprising – the basis of weight loss comes down to eating right and working out, and that's a commonality among us and stars. If you're struggling to lose weight, look

to the stars and use their tips to get fit.

## Check out these fit celebrities lost weight and how they did it! Plus, fitness tips.

1. [Khloe Kardashian](#): Perhaps one of the most famous celeb transformations, Khloe completely toned her body after being the victim of online bullying for years. Kardashian revealed that she likes to mix up her workouts and enjoy food in moderation instead of sticking to a strict diet. Kardashian says she has “finally learned to process things in a healthy way, and for me, that’s my ‘revenge body.’”

2. [Lady Gaga](#): Lady Gaga is another celebrity that has also been ridiculed for her weight, but continues to radiate confidence and beauty despite the haters. Gaga’s crazy tour schedule makes it hard to maintain her shape, so her personal chef said that her key to staying healthy is planning out her meals. On a day-to-day basis, Gaga’s chef says that he tries to prepare healthy, tasty and nutritious food so she has enough energy to make it through the day.

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3. **Chrissy Metz**: After facing a health scare regarding her weight earlier in the year, Chrissy made the decision to begin her weight loss journey. Since beginning, Metz has lost 100 pounds by following a strict diet of 2,000 calories and walking for 20 minutes every day. “Physically, I really am interested in just feeling better and not having to be put in a box,” Metz says.

4. **Gabourey Sidibe**: Gabourey was diagnosed with type 2 diabetes in 2016, and after dealing with lifelong anxiety,

depression, and bulimia issues, she decided to undergo weight loss surgery. Though this was prompted by her diagnosis, Sidibe still chose to seek help from a nutritionalist and a personal trainer, all of which aided in her weight loss. Her trainer boosted her daily workout regimen, and Sidibe says that, "I wasn't cheating by getting it [the surgery] done. I wouldn't have been able to lose as much as I've lost without it."

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**5. Oprah:** Despite dealing with years of struggling with her weight, Oprah eventually lost an impressive 42 pounds by making a mental adjustment. She says that thinking positively helped her find pure happiness, and giving up numerical goals on the scale helped her lose weight. Oprah explained that the intention behind her weight loss was not about the number on the scale. "It's in the way you see yourself fitting into your life. Embracing your life. Honoring your life. Having reverence and appreciation for your life."

**What are some of your weight loss tips? Share them below.**

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## Top 5 Celebrity Diets That Actually Work







By [Melissa Lee](#)

It's no secret as to why celebrities are always in shape – between their personal trainers and strict diets tailored to their body types, being fit is basically part of their job descriptions. Fad diets are also typically made famous thanks to the stars that try them out, but thankfully, they tend to pass their wisdom down to us in regard to whether or not they even work. In the mix of all those crazy diet tips (say goodbye to juice cleanses!), there are actually a few diets that are quiet effective – luckily, Cupid is here to explain which celeb diets work.

**If you're looking to lose weight, try checking out some of these celebrity diets and tips!**

**1. The Hamptons Diet:** Made famous by celebrities like Sarah Jessica Parker and Kate Hudson, The Hamptons Diet was created by a former medical director. Essentially, this diet is very

low-carb and focuses on consuming lean meats and healthy fats. Though it has been criticized for encouraging participants to completely cut out carbs, it has been proven to help those lose weight and keep it off.

**2. Balance:** Ayesha Curry recently opened up about her post-baby weight loss journey and how she managed to lose 20 pounds without completely restricting herself. She explained that her personal nutritionist encouraged her change her lifestyle rather than go on a temporary diet. Curry also added that she began eating densely nutritious foods (beans, smoked fish and avocados for example) and focusing on portion control.

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**3. Focus on quality eating:** *The Biggest Loser's* Jen Wilderstrom explained that one day of quality eating is equivalent to two weeks of workouts. She says that solid nutrition consists of a quality day of water, sleep and healthy food (proteins, healthy fats), and from there, it will begin to get easier as you form a routine.

**4. Eat breakfast:** Nike Master Trainer Marie Purvis emphasized the importance of eating breakfast in the morning, regardless of whether or not you're trying to lose weight. Purvis advises to eat 30 grams of protein within 30 minutes of waking up. While this may sound like a lot, she says that starting your day like this is essential for weight loss, staying lean, and powering throughout the day.

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**5. Snack healthily:** When trying to get through that long gap between lunch and dinner, it's important not to munch on fatty foods. SoulCycle instructor Jera Foster-Fell says she likes to snack on dried fruits (simple carbs that give her a quick source of energy), while celebrity trainer Gunnar Peterson

prefers protein bars.

What are some of your most effective diet tips? Share your thoughts below.

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# Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs



By [Melissa Lee](#)

Celebrities constantly look perfectly in shape, but it's no

surprise in this day in age – especially because it seems as though every star has their personal nutritionalist and private trainer. If you're looking to get in shape, looking to your favorite celebs might not be the worst idea. Stars are constantly trying out the newest fad diets and exercise classes, so why not try out some of these celeb-approved diet tips?

**If you're frustrated with your current diet, never fear – Cupid has some diet tips that have been tested by your favorite celebs guaranteed to help you during your weight loss journey!**

**1. Bridal-body boot camp:** Pippa Middleton, who is newly married to longtime sweetheart James Matthews, took getting ready for her wedding day very seriously. She trained five days a week, focusing on Pilates and cardio, and even eliminated alcohol from her diet.

**2. Girl squad boot camp:** Former First Lady Michelle Obama recently shared on Instagram that she hosts boot camp weekends for her and her close girlfriends. The girl squad doesn't care about their varying levels of fitness, but rather enjoyed doing the workouts together. Obama revealed that elbow planks, crunches, leg raises, and lunges are only some of the exercises they do together.

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**3. Box it out:** Hailey Baldwin's body is no joke, and boxing may be the reasoning behind her killer abs! Baldwin shared a

video of her intense workout at Rumble Boxing in NYC, where she showed off her moves, including jabs, ducks, crosses, and uppercuts. Boxing is a high-intensity workout that's guaranteed to leave you sore the next day, but also help build up your strength – sign us up!

**4. Healthy lifestyle, healthy mind:** Ayesha Curry, wife to basketball star Steph Curry, went into detail about her weight loss journey and how she was able to lose 20 pounds without going on a diet. She revealed that she is not one to completely alter her lifestyle, but rather indulge in moderation – something her nutritionalist advised her to do. “I think the key to a happy, healthy lifestyle is being happy and healthy in your mind.” Despite this, Curry *did* workout like crazy and is a huge SoulCycle fan.

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**5. Vary your workouts:** Shakira is practically known for her amazing hips, and she shared her secret to staying fit even when you have a thousand things going on – varying your workouts! Shakira tries her best to stay active as frequently as possible, but she doesn't do the same workouts all the time. By switching it up, she's using different parts of her body and slowly toning them, enabling her to have a killer body.

**What are your favorite diet tips? Share your thoughts below.**

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## **Fitness: 5 Amazing Workout**



# Tips from the Best Celebrity Trainers



By [Melissa Lee](#)

If you've ever embarked on a fitness journey yourself, you most likely know the feeling of doubting whether or not your exercise routine is even working. And while not all of us can afford to hire celebrity trainers, we *can* learn from some of the tips they've revealed to help us move forward in our fitness routines. Use some – or all! – of these tips to get in shape and get your dream body.

## Looking for some advice to help you

# get fit? Check out these workout tips from the best celebrity trainers!

**1. 3 miles or 30 minutes:** Pilates trainer Kit Rich is no stranger to losing weight and toning muscle – after battling her own eating disorders, she became a trainer and healthy-lifestyle ambassador. The number one tip she has found to be most effective comes from maintaining a manageable workout routine. She claims that either doing 3 miles of running, walking, or hiking, or a 30 minute workout is the way to go.

**2. The VersaClimber:** Rise Nation trainer Devin Wiggins claims that the VersaClimber, a machine typically installed at gyms, is the best way to burn calories if you're sick of the treadmill or elliptical. It's a full-body workout along with being low impact but high intensity. Wiggins says that "you can go hard for 20-30 minutes and get an amazing full-body workout while burning more calories than many 60-minute classes." Sign us up!

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**3. The '3-2-1 Method':** Dakota Johnson's trainer, Ramona Braganza, helped her prepare for her *50 Shades Darker* role by having her use the [3-2-1 Method](#). This workout routine is a combination of three cardio segments, two strength circuits and one core segment. "These jumping exercises increase metabolism, burn fat, and tone legs," Braganza says.

**4. Optimism is key:** 10-year fitness expert Holly Rilinger revealed that she thinks fitness begins with your mindset. Her advice is to keep a positive attitude and the rest will come easy. "We're so used to finding our flaws, but if you start your day finding something you love about yourself, you'll

find the motivation to go out and meet your fitness goals.”

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**5. TV timeouts:** Celeb trainer Chase Weber advised to use commercial breaks to your advantage. When binge watching your favorite show, choose an exercise – squats, push-ups, sit-ups, etc. – and do it for a set of 15 during each commercial break. He says that you should do this at least three times a week, and you will soon find yourself making the effort to get it done.

**What are some of your favorite workout tips? Share them below.**

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## 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!

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be For You](#)

**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.

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



By [Cortney Moore](#)

Thanks to modern scientific advancements, losing weight has become somewhat easier. Don't believe this to be true? Well, researchers and [fit celebrities](#) have long kept the [fitness](#)

[secret](#) that are “metabolic chambers.” Before your imagination runs off to a sci-fi fantasy, just know that metabolic chamber is just a regular room. The only difference is that your vitals are monitored and analyzed by experts to figure out your energy expenditure, and how variables such as diet and exercise affect your metabolism.

## **Metabolic chambers are the latest fitness secret for weight loss.**

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

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

Recently, *ABC News* anchor Mara Schiavocampo investigated the effectiveness of metabolic chambers in a “[Good Morning America](#)” segment. Schiavocampo stayed in a 9-by-11-foot metabolic chamber at Mount Sinai St. Luke’s Hospital in New York City for a full 24 hours. The chamber was airtight and measured her oxygen consumption along with carbon dioxide production to determine exactly how many calories she burned while inside. During her time in the chamber, researchers were

able to determine how Schiavocampo's body best burned calories and even offered her customized fat-burning [fitness tips](#). "I was really shocked about the high-intensity interval training, I'm someone who reads about this stuff and I'm really into health and wellness, I thought it would burn more because I felt like I was working so much harder. But that just goes to show you it's all about perception," Schiavocampo explained while comparing workout results during the segment. "And that's what the magic is about the chamber, it tells you what's *true for you*."

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

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

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## 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](http://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!

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## **Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand**





*This post was sponsored by Naja*

By [Mallory McDonald](#)

With so many changes happening in our society, Naja has decided to make a stand. They are the first women-owned lingerie company to take an outright stand for women, the environment and women's reproductive rights with an exclusive product launch of The Active(ist) sports bra. Naja encourages women to be an active(ist) for women, for the environment and for yourself. The product launched coinciding with the inauguration on January 20th. Naja.co officially launched in 2014 and was quickly named "one of 5 top brands to watch" by *The Lingerie Journal* and said to be "chang[ing] the underwear industry through its innovation, attention to detail, and serious heart" by *The Huffington Post*. Their elegant, fashion-forward designs, quality eco-friendly fabrics, and fine details such as beautifully lined interiors and hidden inspirational quotes quickly captivated the attention of the fashion industry.

# Feel inspired & empowered when working out in Naja.co Active(ist) Sports bra!

## The Bra



The Active(ist) sports bra is made by single mothers, out of upcycled, recycled, and digitally printed fabric. Selling for \$20 or \$19 which covers the cost of the bra, employing marginalized women in its making and enforcing eco-friendly practices in apparel. The extra \$1 funds Planned Parenthood with a charitable donation. Planned Parenthood provides primary and preventative care to women, men, and youth in need of reproductive health care and sex education.

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## The Environment

The environment matters to us as much as it matters to you. Naja makes every effort to reduce their environmental footprint. That's why Naja's prints are digitally printed and not dyed, saving precious water and ensuring that no waste or toxins go back into our oceans. Naja uses upcycled and recycled fabrics made from recycled plastic bottles and our factory is ISO 14001 certified.

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## **Stay Fit**

It can be hard with a vigorous schedule to keep in shape and feel good. In [celebrity news](#), there are constantly new [fitness](#) routines and diets that claim to work. Visit [Naja.co](#) for some ideas on which fitness boutique is right for you. By finding the perfect routine for your body type, eating a balanced diet and feeling beautiful in your Naja fitness apparel, staying fit will never be easier!

**Take the world by storm by getting fit and helping a cause that is important to you!**

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# **Let Your Partner Be Your Inspiration To Getting & Staying Fit**





*This post was sponsored by Altar'd.*

By [Mallory McDonald](#)

When you are in a relationship with someone, it can be easy to let yourself go and pack on some extra pounds. But, this is the worst thing you can do for not only your relationship but also for yourself. You aren't the only one who is guilty of doing this when getting comfortable in your relationship. [Z Living Network](#) has a new original television series, [Altar'd](#), which features real life stories blending [fitness](#), health, love, and relationships. The worst time not to feel your best is when your [wedding day](#) is approaching and you still haven't lost the weight you planned on. *Altar'd* features real life soon-to-be-married couples who are separated for 90 days as they each complete their individual wedding weight loss transformation, guided by the hosts and fitness experts, Chris Marhefka and Erin Stutland. Their journeys are both inspiring and emotional as they get ready to reveal themselves to each other on their wedding day.



# Watch [Altar'd](#) with your spouse to motivate each other to get into shape & stay in shape for yourself & your relationship!

In an episode airing on Valentine's Day, February 14th, a young couple Natifah and Reggie work hard to battle their previous bad habits. Their unhealthy eating habits have begun to cause tension within their relationship. With a history of high-blood pressure and diabetes in both of their families, they both feel that this challenge will greatly improve their relationship and have a massive impact on their overall quality of life. Instead of going out with your loved one this Valentine's Day, stay in and watch *Altar'd*, and begin to make the changes in your own relationship. This way, next Valentine's Day you and your partner can look back on this show, your decision to make a change, and celebrate your success!

Here are some [dating tips](#) on why you and your partner should work together like the couples in *Altar'd* to get fit & stay in shape:

**1. Accountability:** When you work out on your own it can be hard to keep yourself accountable. If you work out and make healthy meals with your significant other it keeps you both accountable.

**Related Link:** [Fitness Advice: Which Boutique Fitness Studio Is Right For You?](#)

**2. Support system:** Your significant other is supposed to be your support system in all aspects of your life, so why not your health? Use each other to not only get in shape but also build the strength in your relationship by leaning on each other.

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

**3. Strengthening communication:** Working out together and motivating each other can only be done through communication. So not only will you be getting in shape for yourself and your relationship, but you will also be strengthening the key to a good relationship, communication.

Tune into *Altar'd* on Tuesday's at 8 p.m. ET/PT on Z Living Network to inspire you and your partner to live a new and healthy lifestyle together!

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## 2016's Worst Fitness Trends That Need to Go Away in 2017





By Justin Thomas

As we enter the New Year, almost everyone's annual resolution is to get in better shape. In the internet crazed world we live in today, social media is a way that many of us get all sorts of information. So it's no surprise many people take to social media for fitness tips and #Bodygoals. It's a true sign of the times in realizing how much social media affects the day-to-day life of everyday people. Luckily, trends are only here today and gone tomorrow as some of social media's biggest claims to fame are silly at best. Not to be confused, social media and the internet at large are great innovative tools when we use them appropriately. Social media is also the common thread in many of these trends we're shaking off this New Year.

**Here are some of 2016's failed fitness trends to steer clear of in**

# 2017:

**1. Fitness teas:** If you're one of those who finds yourself spending time scrolling through Instagram, it's safe to say that you've seen pictures of some of your favorite celebrities or Instafamous bloggers posed strategically with a cup of tea. No doubt you've thought to yourself, "What's the big deal about this tea?". Turns out, the answer is nothing! The celebrity endorsement fitness tea ploy was a marketing goldmine. These fitness teas promise to promote fat burn, weight loss, and to get rid of stubborn belly fat. Here are the facts. According to [Health.com](http://Health.com), you're actually only losing water weight from drinking the tea. The way it works is the tea filters out the excess salt in your body allowing retained water to be flushed out which then makes your stomach appear less bloated. Subsequently the more tea (water) you intake, the more your stomach feels full and so it's expected that you're eating a lot less. Many of the teas often come with many unwanted side effects. And if you thought this meant you could cut down on the cardio, but think again! Many of the teas clearly mention on the labels that exercise is still necessary to see results.

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

**2. Waist trainers:** Squeezing into corsets with literal bated breath isn't anything new. Since the 19th century, women have been essentially "waist training" their bodies with tight lace-up corsets in hopes of having that "perfect" feminine curvature to their bodies. Now due in large part to social media, the trend is bigger than ever. Marketing, marketing, marketing! Waist trainer brands have teamed up with countless celebrities like Kim Kardashian and sister Kylie Jenner to have them sport (endorse) their waist trainers on Instagram as a way of helping sculpt their hourglass shapes. The idea is to progressively wear the corset enough hours to permanently take

inches off your waist matching that of the corset. Some waist trainers even promise to help drop a few lbs. The flaw in this concept is that, according to [Dr. Oz](#), "There is no clinical proof that this is effective or beneficial to a woman, and in fact, it may be harmful to a woman's body over time." Scary, right? It gets worse! "As a corset squeezes a woman's outsides, it is also squeezing the insides. If the lungs are prevented from properly expanding, it can increase risk of pneumonia. As the stomach and colon are prevented from moving its contents, heartburn and chronic constipation can occur. Forcing the ribs and muscles into a tight and restrictive garment can cause chronic pain and bruising. The corset can also prevent return of blood flow to the heart, which can affect blood pressure and may result in dizziness and even fainting. Homes in the 18th century had "fainting couches" for this very reason."

**Related Link:** [Relationship Advice: 5 Basic Workouts to Do With Your Partner](#)

**3. Social media work-out routines:** 5 words... "Leave it to the professionals". This is more so targeted towards the social media bloggers turned trainers than the actual fitness trainers turned social media bloggers. Just because someone has a large number of followers doesn't mean they have the slightest of clues on training and fitness. Be careful where you get your fitness information and always fact check your sources. It's best to get an actual trainer or visit a local gym than to try to keep up with social media hype.

**4. Fancy workout gear:** Expensive workout clothes like "toning shoes" and gym suits are definitely a trend to leave in 2016 and all the years to follow. Instagram has been operative in helping promote some of the latest gear available. However, a new study, released by the American Council on Exercise (ACE), shows that toning shoes from brands like Sketcher and Reebok do not "help exercise more intensely, burn more calories, or improve your muscle strength and tone".



**5. Body shaming:** Body shaming in the gym, on social media, at work, at school, and body shaming everywhere needs to stop. The definition of body shaming is “the practice of making critical, potentially humiliating comments about a person’s body size or weight”. Body shaming could affect all genders, all ages, and all sizes even those who are considered “too thin”. People sometimes even body shame without realizing that they’re doing so which is why it’s so important to get the message out there. It’s easier now for body shamers than it was 20 years ago because social media is so pervasive. Hiding behind an online profile doesn’t hold the same accountability as face to face interaction. Many celebrities like Demi Lovato, Emma Stone, Tyra Banks, Kelly Clarkson and Amy Schumer have fought back against body shaming and their own struggles with the issue. In last November’s issue of [\*Glamour\*](#), Demi Lovato discusses how she handles body shapers online in saying “If somebody calls me fat, even in a vulnerable moment, I laugh to myself and think, I’m doing everything I can, so there’s nothing I can do about it,” she told the magazine. “I don’t have a six-pack. Maybe I don’t even want a six-pack. It doesn’t sound very appealing.” You should know there is no perfect body but only being the best version of you. Live and let live! 2017 is about living happy and healthy lives filled with positive energy.

**What are some trends you wish would be left in 2016? Share your opinion below!**

# Fitness Advice: Which

# Boutique Fitness Studio Is Right for You?



By [Mallory McDonald](#)

2016 has come and gone, and one thing is for sure, [fitness](#) is still in! The difficult part is deciding what kind of exercise is right for you, what works for your body and what doesn't, can be difficult to figure out. We have some [fitness advice](#) for you: throw out your old 2016 gym membership and do what all the [celebrities](#) are doing by joining a boutique fitness studio! While these boutiques are smaller in scale compared to the bigger gyms, they are much more personalized and it is easier to find which studio is exactly right for you. Depending on what has worked for you in the past, these boutique fitness studios are designed to attract certain

people's workout preferences.

## Here are some of the major fitness boutiques that are taking over the fitness world and how to pick which one you should join!

### Bar Method

Bar method is a fitness boutique that specializes in using a ballet barre for building resistance and working with some of the larger muscles. This routine focuses on building muscle mainly in your legs and your abdominal region. While to some this may not be appealing, if you already have a good cardio workout, and are looking for something to tone muscles this could be your perfect fit. Also, if you have always been flexible, or have done dance as a child but didn't stick with it, this could be a way to do something you once loved while staying in shape!



Photo: Barmethod.com

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be For You](#)

### Orangetheory Fitness

Orangetheory fitness is not for the lighthearted when it comes to working out. If you are looking for a cardio-intensive workout that is going to push you to your breaking point. Each

member must pass through five zones of interval training. Some of these interval training include working out on treadmills, rowing and weights. The after burn of this workout is intense, but if you want fast results and are looking to dedicating yourself to a powerful fitness program, Orangetheory is the place to go!



Orangetheory Studio. Photo:  
Pinterest.com

## **CrossFit**

One of the more popular boutique fitness chains is CrossFit. This fitness plan focuses on functional workouts which include but are not limited to burpees, ab exercises and weights throughout the routine. If you are the type of person who cannot stand doing the same routine over and over again and find yourself not working out because you get bored, CrossFit may be your new fitness home. The routines are constantly varied and you won't ever be doing the same two things. However, it is extremely fast passed with a lot of reps, but they work hard with where you are at physically to make sure you are doing what is best for you body type. CrossFit is known to have very serious members, so if you are looking to join a fitness family this is the right place for you.



Photo: Crossfitaether.com

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

## SoulCycle

If you cannot stand a treadmill or an elliptical but can't find the right cardio workout to shed some calories, SoulCycle is definitely a good option. SoulCycle's aim is to bring some fun into working out which for most people isn't a very fun activity. It is high power indoor cycling and has recently added hand weights and choreography to work on toning your arm and core muscles. The music is very loud and very upbeat to get you set in a good rhythm while your instructor pushes you to your limits! The community within SoulCycle is very strong and if you want to find a good group of friends to workout with you SoulCycle is calling your name!



SoulCycle Studio. Photo:  
SoulCycle.com

**Make sure before joining any fitness boutique to consult the instructors and the studio on your personal body type, what you want to gain and payment plans!**