

Food Trend: The Best Pre-Workout Foods



B

y Nicole Maher

We've all heard the saying that abs are made in the kitchen, right? As we move through the new year, many of us may be trying to stick to resolutions revolving around getting in shape. However, it can be frustrating if you are going into your workouts feeling tired or like you haven't seen any results yet. These feelings could be products of the foods you're eating before beginning your fitness routine. Try incorporating some of the following [food trends](#) into your pre-workout routines this year to help you stay energized and experience the best results.

Check out these five food trends to pick the perfect pre-workout food for your fitness plan.

1. Oats: Oats make for the perfect pre-workout food because of their high fiber content. Their high ratio of fiber allows them to release carbohydrates at a slower rate than other foods. This slow release of carbs over the course of a workout rather than all at once will help you maintain a consistent energy level throughout your exercises rather than experiencing an abundance of energy followed by a hard crash. Oats that are less processed, such as Irish oats, are generally better as a pre-workout snack.

Related Link: [Food Tips: 5 Healthy Lunch Options](#)

2. Grilled chicken: If you're looking to take on a big workout for the day, or are taking part in some kind of athletic event, it is important to eat something that is high in protein. Grilled chicken is the ideal protein-packed food because it is healthier than fried chicken options. If you are looking to build muscle mass over time, incorporating grilled chicken into your regular weekly diet is also helpful in experiencing the best results from your workouts.

Related Link: [Food Tips: Juice Cleanses Do's and Don'ts](#)

3. Bananas: Bananas are one of the most beneficial and versatile foods when it comes to preparing for a workout. You can either enjoy a banana as a snack before heading to the gym, or mix one into a pre-workout smoothie. This fruit has plenty of natural power as it is packed with both carbohydrates and potassium. Ninety percent of the calories in bananas are carbs, which help fuel both the body and the mind during a workout. The potassium found in this pre-workout food also helps support nerves and muscles as you make your way

through different exercises.

4. Greek yogurt: Like chicken, another food that is packed full of protein is Greek yogurt. While regular yogurt is also a good option, Greek yogurt typically has less sodium and more protein, making it a better pre-workout snack. This protein will help build and protect your muscles during your workouts. Mix this food trend with some fruit to gain the best results in your workout. The added fruit to Greek yogurt will give you some extra carbohydrates as you get ready to workout, which will help keep your energy levels high.

5. Trail mix: Following the trend of protein, another great option for building and maintaining muscles is trail mix. It is the nuts found in trail mix that are the largest source of protein. However, these nuts are also typically high in fat, which would not make them the best option if your main objective of working out is to lose weight. Opting for a trail mix with dried fruit rather than chocolate is also a good way to make this food trend more effective, as the fruit offers more carbohydrates and cuts back on the calories found in chocolate.

What are some other pre-workout foods that can help you make the most of your fitness routine? Start a conversation in the comments below!

Fitness Trend: Exercise Snacking



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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.

Related link: [Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020](#)

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.

Related link: [Fitness Tips for Working Out While Wearing a Mask](#)

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!

Health Tips: How to Stay Healthy in the Heat





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y Diana Iscenko

The summer months often times means hot weather. While spending time outside is good, extremely high temperatures can be detrimental to your health. According to the CDC, more than 600 people die from extreme heat each year. Adults over 65, children under 4 and people with chronic health issues are particularly vulnerable to the effects of high heat.

It's especially crucial to be aware of how the heat can affect your health during a public health crisis, like the COVID-19 pandemic. With parts of the country still on lockdown, many people are spending as much time outside as possible. Be sure to follow [health advice](#) to ensure you are remaining healthy as the summer temperatures get higher and higher.

No matter how you're spending your quarantine summer, here are six health tips to help you stay

healthy in the summer heat.

1. Stay Hydrated

Drink water, even if you don't feel thirsty! During hot weather, your body loses more fluids through sweating. Drinking water will help replenish those lost fluids and helps your bodily functions run more smoothly. Avoid a lot of alcohol, caffeine and sugary drinks; these will dehydrate your body. Sports drinks with electrolytes and minimal sugar are a good alternative if you start to get sick of water.

Related Link: [Health Trend: Hydration Hype](#)

2. Wear Breathable Clothing

Clothing plays a big role in preventing you from feeling the effects of the heat. Wear loose-fitting, light-colored and breathable clothing. Loose-fitting clothes will easily allow the heat your body produces to escape. Light-colored clothes won't absorb the heat from the sun as easily as darker colors.

3. Seek Air Conditioning

If you have air conditioning in your home, make sure it's always set to "cool." Keep the filter clean so it can run as efficiently as possible. Turning on fans and closing blinds and curtains during the day can make it even cooler in your home. If you don't have air conditioning, spend time somewhere that does. This could be a friend's house or a public place, like a library or a shopping center. You can also take a drive and turn on the air conditioning in your car.

Related Link: [Health Trend: Top 10 Tips to Develop a Health Education](#)

5. Find Shady Spots

Spend as little time in the sun as possible. When outside, try

to stay in the shade to prevent your body temperature from rising too much. If you do go in the sun, be sure to wear sunscreen to avoid overheating and skin damage.

6. Schedule Outdoor Time

When you know you'll be spending time in the sun, plan to go outside during the early morning or late evening. Avoid doing strenuous activity, such as yard work or outdoor exercise, in the middle of the day. This is the hottest point in the day and may bring your body to a dangerously high temperature.

How do you keep cool over the summer? Start a conversation in the comments below.

Food Trend: Oat Milk





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y Diana Iscenko

Vegan-friendly alternatives have become super popular in the food world over the past decade. In terms of the [health trend](#) that is alternative foods, nothing else has risen to fame quite like oat milk. A study by the Specialty Coffee Association found that the popularity of oat milk has increased by 425% in the last year alone. The lactose-free, nut-free super milk is becoming a common alternative to dairy milk, joining almond milk and soy milk on supermarket shelves across the country.

Whether you'd opt for oat milk in your latte or you're thinking about making a shift to only oat milk in your house, there's plenty of room for you on the oat milk bandwagon.

Here are four reasons why you should ditch your dairy milk and hop on this food trend:

1. It works with most diets.

Some people turn to dairy-free milk due to allergies and other dietary restrictions. Oat milk is free from lactose, nuts, soy and gluten, which are some of the most common allergens. Most other dairy-free milks only focus on removing lactose, but still have other allergens (We're looking at you, almond milk and soy milk!). It's also free from any animal products, so it's perfect for vegans, too.

Related Link: [Food Tips: Natural Sugar Replacements](#)

2. It's environmentally friendly.

For some, switching to a dairy-free milk is due to its impact on the environment. Oat milk uses very little water to produce, making it the least impactful non-dairy milk on the market. According to a 2018 study, dairy farming uses 628 liters of water to produce one liter of milk. Oat milk only needs 48 liters of water.

3. It's great with coffee

Oat milk's claim to fame is partly due to its popularity with baristas. Oat milk steams really well and gives your drink an extra creaminess that other dairy-free milks don't. Many coffee shops offer the alternative now. Plus, coffee creamers and bottled coffees made with oat milk have started to hit grocery store shelves.

Related Link: [Food Trend: 5 Benefits of Lavender Lemonade & Tea](#)

4. Most importantly, it tastes like milk.

The best news is that oat milk tastes pretty much like dairy milk. Many other milk alternatives taste vaguely like its main ingredient (i.e. almonds). They can also have different textures, making them either too thick or too watery. Oat milk is pretty neutral-tasting, which makes it great for those who drink milk by itself.

Are you open to switching to oat milk? Start a conversation in the comments below!

What Pop Culture Taught Us About Health, Beauty, and More





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y CupidsPulse Team

The current pop culture is very different from what it used to be. The incomparable obsession with Paris Hilton and Britney Spears has subdued and instead replaced by a mix of celebrities that can be best described as an unexpected blended family.

You no longer need to be a spoiled rich kid or a defamed starlet to create a media frenzy around your every move. From social media influencers to reality television stars to controversial shows, present pop culture is shaped by an unforeseen concoction of stardom and social commentary.

While the gossip culture is mostly terrible, it does have a silver lining. The relentless social media feed has offered access to

interesting health, beauty and wellness tips. And lucky for you, we're sharing some noteworthy contenders.

1. Self Care from *Eat, Pray, and Love*

The joy Julia Roberts feels while indulging in the cheesiest delicacies in Italy is palpable through the screen. This movie (originally book) offers the perfect recipe for re-discovering yourself through food, inner peace, and true love.

There's only so much satisfaction you can derive from material possessions and career achievements. When it all becomes too much, you should take a step back and reflect. Indulge in food, try meditation and travel.

Start your wellness journey with [Bodytonic Clinic's](#) Yoga Class.

2. Health with Gwyneth Paltrow's *Goop*

Despite being an Oscar-winning actress, Gwyneth Paltrow is now well-known for her lifestyle company *Goop*. She shares and suggests everything from healthy dinner recipes to vaginal steaming. To say the least, *Goop* tops the weird list.

Paltrow works out five days a week, let this be your inspiration. Regular exercise promotes physical and mental health and also improves skin.

3. Eating Like Posh Spice

Victoria Beckham aka Posh Spice has previously talked about her 'Five Hands Diet'. This involves eating five high-protein meals in a day and drinking lots of water.

If you're an incorrigible snacker, perhaps eating five filling and nutritious meals will put you on a healthier path.

Related Link: [Fitness Trend: How CBD Can Be Used In An Exercise Plan](#)

4. Kardashian's Salad Culture

Kardashians are masters at two things- being famous for being famous and always eating humongous proportions of salads. An average episode of *Keeping Up With The Kardashians* involves dramatic champagne problems, unnecessary yelling, many salads, occasional crying and a few snarky comments (usually from Kourtney).

Salads alone can't make up a balanced meal, but eating salads is a good source of fibers and healthy fats.

5. JLo & Essential Oils

While the world remains divided about essential oils, Jennifer Lopez is here to set the record straight. She believes in sniffing fruit-based essential oils to promote weight loss.

Though there is no scientific evidence backing the above claim, essential oils do promise a range of health and wellness benefits. Lavender essential oils, in particular, improve sleep.

Related Link: [Food Trend: Collagen Is Skincare You Can Eat!](#)

6. Elle Woods' Allegiance to Vegetarianism

Reese Witherspoon's character Elle Woods from *Legally Blonde* cheerfully announces her vegetarianism at a cultural diversity group discussion at Harvard Law School. Going vegetarian or vegan is more popular than ever.

Vegan and vegetarian diets offer several health benefits and are much better for the environment. Even eating vegan once a

week can make a significant difference.

7. Shailene Woodley's Natural Take

In an interview with Seth Meyers, Shailene Woodley revealed that she got rid of most of her belongings. And everything she now owns fits in one suitcase! Her decision to give up material possessions is in [pursuit of a natural lifestyle](#). She also shared that eating clay helps her with detoxification.

Oil pulling is a Woodley-endorsed ayurvedic practice you can try. Swish a tablespoon of organic coconut oil for a couple of minutes and spit it out. It's a natural way to whiten your teeth.

What are some ways you incorporate health and wellness into your lifestyle? Start a conversation in the comments below!

Health Tips: Hand Out Healthy Halloween Treats





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y [Ashley Johnson](#)

Trick-or-treating can be one of the most fun activities for kids once a year, but can also be one of the most unhealthy. In different countries, “the treats” people get can include anything from candy to money. While these kind of treats can be awesome to receive in your goodie bag, they are not the only ones. There are ways to have a fun, healthier Halloween all while still enjoying your favorite snacks.

Health Tips: Halloween doesn't have to be unhealthy. What are some healthy snacks you can hand out for Halloween?

While most people stick to giving out candy for the holiday, there are ways you can switch it up this season. Cupid understands the importance of your child's [health](#) and has some [food advice](#) on what treats you can have as an alternative to candy:

1. Fruit snacks: These snacks are easy to eat on-the-go and are good for your health. They are high in essential vitamins and don't contain any fat, cholesterol, or added preservatives. Fruit snacks are just as yummy as candy and are a great alternative.

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

2. Raisins: The dried grape is tiny and comes in small red boxes that you can fit in your pocket if need be. Raisins are naturally sweet and rich in fiber, vitamins, and minerals. They also help with digestion, iron levels, and bone strength.

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

3. Apples: Whole fruit can be a great option for trick or treaters. They are just as sweet as candy, but unlike candy, they contain natural sugar. If you want to make them a little sweeter you can also add some caramel!

4. Water: A refreshing bottle of water can actually be beneficial for trick-or-treaters. After walking all night door-to-door, it will definitely be a treat for kids to receive. Water is the best option for them to re-hydrate during their festivities.

What are some other healthy treats you love? Let us know in the comments below!

Celebrity

Interview:

Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating



Interview by [Lori Bizzoco](#). Written by [Ashley Johnson](#).

Lara Merriken and her all natural energy bar, LÄRABAR, have been making an impact in the health food and fitness community for the past 16 years. The kosher bars are an affordable healthy treat and loved among students as well. All 30 of its flavors are made from whole food and contain no more than nine ingredients. This deliciously wholesome snack only continues to expand and can be found on grocery shelves all over the country today, including Wegmans, Whole Foods, and Walmart.

Celebrity Chef Interview: Lara Merriken Talks Healthy Eating & Date Night Options

In a recent [celebrity interview](#) with *CupidsPulse.com*, Merriken gives [food advice](#) and talks about how healthy eating improves mental and physical [health](#). Of course, she also reveals how she came up with the idea for her self-titled brand.

Related Link: [Celebrity Chef Interview: Chef Byron Talbott Talks Lunch Food & Date Night Desserts](#)

In addition to being the LÄRABAR creator, Merriken is also a mother, culinary lover, and adventurous traveler. It was on a hiking trip in the Colorado Mountains where the ingenious idea for this healthy snack first crossed her mind. She was eating trail mix and thought, “Why hasn’t someone made a bar that tastes indulgent and delicious, but is made of real food, fruits, nuts, and spices?” For the next 3 years, she leaned on her friends for support in making her brand. Her friends were her first taste-testers and the first people who wanted to buy her product.

The LÄRABAR_ launched in 2003. Although it was never the plan to name the bar after herself, she decided to do so at the last minuter after much encouragement from her friends.

Merriken made the bars gluten free and used minimal, pure ingredients. They contain no added sugar. The sweetness strictly comes from the fruits that are in them. The LÄRABAR is meant to energize you in the most natural way possible. “When you eat food that tastes good, feels good, and sustains you, it just makes life better all the way around,” she says.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

As a mother of a 10-year-old son, Merriken is concerned with making sure that there are healthy snack options available for children. “When you’re a parent you really want your children to eat the best they can,” says the entrepreneur. That’s why LÄRABAR is available in over 30 different flavors so that there is something for everyone. Flavors include apple pie, lemon bar, and peanut butter chocolate chip to name a few. Additionally, Merriken has a line specifically tailored toward children called LÄRABAR Kids, along with a new product for everyone to try, LÄRABAR Protein.

As a culinary lover, we asked Merriken about cooking the perfect dish for [date night](#) at home. One of her favorite meals at the moment is paella, but she says that she constantly likes to try new cuisines with her family. She keeps it fresh and experiments with different salads and foods she knows everyone is going to like. “It’s important to connect with the people in your family about what their preferences are and then try to make meals around that,” she explains.

In terms of what’s next for this growing entrepreneur, she is working on the promotion for the brand new protein bar and is always working on new ideas for her million dollar-brand.

Keep up with Lara on Twitter [@LaraMerriken](#) and [Instagram](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Celebrity Diet: Are Detox

Teas Good for You?



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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.

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

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.

Related Link: [Celebrity Diet: Does Going Vegan Hurt Your Health?](#)

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!

Beauty Trend: Customized Body Care





B

y [Katie Sotack](#)

Hopefully none of us are a stranger to face wash. Skincare of the face is as ritualized as morning coffee in America. This year the [beauty](#) community is encouraging skin care to extend to the whole body. Leg masks, back exfoliators, and general body cleansers have hit the market in an attempt to supple and plump your skin (as well as drain your extra cash). While it's true this new skin treatment will cost more, it doesn't mean it comes without its benefits.

Customized body care is the beauty trend that will elevate your skin all over. What are the perks of every shower turning into a spa day?

Body care is all about worshiping every aspect of your skin. Just because your belly isn't your introduction the world,

that doesn't mean it doesn't deserve to be pampered. Commit to caring for your body as a whole and watch your skin look brighter, clearer and [healthier](#) within a few weeks:

1. Bacne: Clear skinned shoulder blades always make a fashion statement. Show off your sexy shoulders barren of any red dots or blackheads with back exfoliates that are especially essential to those who condition their long hair. Back acne is a common problem for long haired individuals whose conditioner soaks out of their hair and into their pores. Conditioner clogs skin which should be permeable and encourages back blemishes. Cleansing the shoulders will counteract the clogging conditioner.

2. Bikini bumps: Shaving down there has the averse effect of razor burn garnishing your bikini line. After shaving use a calming body moisturizer to treat the red bumps and ease irritation. Forewarning though, bumps aren't always razor burn, get checked out by a doctor. And while we're on the subject of medical care, moisturizers are *not for internal use*. A clean, lightweight moisture can be useful around the thighs and bikini line, but nothing should be getting up in there.

Related Link: [Beauty Trend: Make Your Eyes Pop](#)

3. Ingrown hair: A perk of full body skincare is nixing those frustrating hairs growing underneath the skin; or even worse those hairs that inspire infected red lumps. By routinely exfoliating the skin, ingrown hairs are coaxed out of hiding. Instead of growing inward, the hair will pop straight outward as it should. If you're prone to trapped hairs, cleanse the areas that bother you most and keep an eye out for the positive effects

Related Link: [Product Review: Rock Long Hair on Date Night with Barely Xtensions](#)

4. Humanize yourself: Remember that you're a person and people

naturally have cellulite, wrinkles, hair, and acne. The real purpose behind the body care beauty trend is to treat yourself. Enjoy the feeling of hydrated, healthy skin, without getting caught up in the looks of things. Celebrate your body as a vessel to experience life in and reward it with healthy skin for doing it's job.

What's your skincare routine like? Share in the comments below!

Travel Tips: Health Benefits of Luxury Travel



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y [Katie Sotack](#)

Can luxury travel be self-care? In 2017, *CNN* published the article “Travel Makes Us Happy”, but as it turns out, the ignition of our senses by new experiences makes us happy. Recent wellness [luxury travel](#) has entered the market as a [health trend](#) for those who want to increase their sense of well-being. These [luxury vacations](#) aim to go beyond experiential travel, instead of immersing the traveler in the transformational experience of travel and leading to personal fulfillment.

Here are some [travel tips](#) to ensure the longevity of your growth from luxury travel.

With our culture moving toward environmentally positive retreats and service trips as ways to seek personal enlightenment, is there still room for luxury vacations to bring us happiness? Fear not, there’s still plenty of reason to enjoy the spa and beaches at a five-star hotel. Here are the perks to wellness traveling.

1. Adventure: Self-actualization sits on top of our hierarchy of psychological needs. The idea is that when we reach our true potential we leave our ego in the dust. This allows us to live more mindful lives. Luxury wellness vacations may ask you to emerge yourself in theater, hiking, or gaming in order to ignite emotions. This results in a personal transformation towards self-actualization.

Related Link: [Vacation Destinations: Forget Land & Say ‘Hello’ to Water](#)

2. Storytelling: For all our bibliophiles out there, luxury travel rips a page right out of your book (but not literally).

Wellness locations immerse the traveler in epic storytelling. Like a chapter in a book, the adversity brought on to reach the end goal will inspire personal development.

3. Activity: The reason behind branding these retreats as stories where you're the protagonist is our culture's craving for choice. In the old days, vacationers desired itineraries and classes aiming to guide their journey. Now, we've moved onto mixtures of fitness, nature, cultural immersion, and health foods. These options in activities allow a sense of purposefulness and a full experience within your vacation destination.

Related Link: [Vacation Destinations: Top 5 Beach Vacations](#)

4. Digital detox: Many luxury wellness vacations will not allow electronics into their vicinity. The idea of giving up our phones for a week produces sweat beads of anxiety on our upper lips as we realize this vacation isn't for Instagram. However, the long term benefits of disconnecting far outweigh the day of mild discomfort. Embark on your spa adventure with total serenity, knowing no one can disturb you.

5. Women only: If you're a woman warrior looking to relax and grow in an area uninhabited by men look no further. Certain luxury wellness vacations cater exclusively to female empowerment. With physically, mentally, and spiritually guided activities for growth, these sessions focus on moving past trauma (like divorce, assault, etc.) and inspiring growth.

Where is your ideal luxury vacation location? Share in the comments below!

Health Trend: Natural Deodorant



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by [Katie Sotack](#)

Have you ever wondered about the ingredients in the little antiperspirant you use on your underarms? You wouldn't be the first. The publicity over the last year between mental mindfulness and physical health has spiked a [health trend](#) in natural products like deodorants that don't contain chemicals. But switching to an all-natural deodorant can take some getting used to.

The health trend of using natural

deodorant is more than a one and done process. Learn about the transition before you jump ship to the unprocessed scent blocker.

Switching to natural deodorant is a patient game, but if you succeed the mainstream news says your health will be better in the longer run. Here are the facts and [health tips](#) and [health advice](#) on switching your odor stopper.

1. Deodorant Detox: The smell, at first, is not pleasant. Your body is used to deodorants with chemicals that block sweat and stink from coming out. Without a traditional deodorant, your body will need to purge itself. Basically, avoid planning a date the first month of the switch to be safe.

2. Sweat Stains: Natural deodorant is not an antiperspirant, meaning it will not stop the sweat. Without the aluminum salts and propylene glycol added in your pores are free to open. This is not a bad thing, considering sweat itself doesn't smell, but rather the bad bacteria on your skin produces the odor. Still, if you tend to run on the moist side underneath, test out a lighter color shirt at home to see if you leave stains. Just like the odor detox, don't be afraid to give your body some time to adjust.

Related Link: [Fitness Trend: Reaching New Heights in Aerial Classes](#)

3. Health benefits: The big push to this health trend is avoiding the preservatives in processed deodorant. There's been growing concern that the mainstream products cause Alzheimer's and breast cancers. Though researchers have yet to find enough evidence to definitely prove the correlation, it's enough to terrify some consumers.

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4. Longevity tips: Because of the detox factor, the odor-blocking will not last long in the beginning. On the first few days, it works approximately two hours at a time. That's why it's recommended that during the initial process the user carry to go deodorant wipes with them. These products can be found using natural formula as well and will take care of bad bacteria growth while you're on the move.

5. Funk over time lessens: An ultimate benefit to natural deodorant is the long term scent booster. Aside from the aforementioned possibility of avoiding diagnoses, natural deodorant does not block pores. This means that after your month of smelling, the good bacteria on your skin will take over and reduce odor. This also allows your natural pheromones to shine through, which could, in turn, make you smell more attractive to some individuals.

How do you block the underarm scent? Share in the comments below!

Health Trend: Intuitive Eating





B

y [Katie Sotack](#)

As sure as [Taylor Swift](#)'s albums win Grammys, [health trends](#) come and go. This time an all the rage [celebrity diet](#) might be reasonable enough to stay: intuitive eating. Models like Steph Claire Smith and Gemma Atkinson have embraced a balance, mindful way of consuming food. Rather than counting calories or suffering through another juice cleanse they trust their guts. The premise of intuitive eating is resetting your mind's ideas around food. Your body dictates when you're hungry, full, and satisfied. It's nature's way of letting us know what and when to eat.

The latest health trend indulges your food instincts, but what are the benefits to intuitive eating?

Resetting your body's natural instinct for food is not a task for the light of heart. No diet comes without its fair share of trials and tribulations. So what makes intuitive eating

worth the effort with this [food tip](#)? Here is [health advice](#) for this way of life:

1. It is natural: Letting yourself live in the moment is far less stressful than weighing out each food choice and counting calories for every snack. If you're hungry, eat: it's that simple. There's no wrong way to embrace this lifestyle because our bodies have a built-in system for managing food. They know when and how much will satisfy us. All it takes is listening to your gut.

Related Link: [Fitness Trend: Hire a Certified Professional](#)

2. It is a lifestyle: There's a reluctance to call intuitive eating a diet. That's because years of bombardment from the diet industry teaching us to feel bad about the way we consume food have brought about a negative connotation to the term. Intuitive eating, on the other hand, is much more lifestyle based. Rather than following a set of rules and equations, food is seen as the nutrients you need to function. Eat as much or as little as your body desires.

3. It puts the fun back in food: Similarly to the reason it's a lifestyle and not a diet, intuitive eating is meant to be a joyful experience. If you're craving chocolate, you may eat chocolate until you're satisfied. The lack of strict limitations lets the consumer feast, guilt-free, on their favorite foods.

Related Link: [Fitness Trend: Mobile Exercise Apps](#)

4. It is a responsibility: While all this food freedom may sound like a kitchen frenzy, intuitive eating is still a responsibility. The eater is in charge of what they consume and when they eat, meaning they must take listening to their body seriously. If not in touch with their gut, they run the risk of ignoring signals and not seeing positive results from this means of consuming food.

5. It restores your peace of mind: Your relationship with food is in need of a breakup. With so many messages about how we should be eating and how what on our plate is going to kill us, the diet world can seem impossible to navigate. Restore your peace of mind by listening to your body's natural desires and needs. Intuitive eating allows for a mindful experience, that creates peaceful feelings around food and fitness. After all, everybody is different and only yours can tell you what's right for it.

How do you listen to your body when eating? Share in the comments below!

Health Trend: The Dangers of E-Cigarettes and Vaping





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y [Emily Green](#)

It's common to find people smoking e-cigarettes or vaping these days. Many people partake in this [health trend](#) because they believe smoking e-cigarettes or vaping is better for you, or they believe that you won't become addicted when this is far from the case. Read this [health advice](#), and learn why e-cigarettes and vapes are harmful to your body.

E-Cigarettes and vaping have become one of the biggest trends and continues to rise. Why is this health trend actually anything, but healthy?

E-cigarettes and vapes are just as addictive as regular cigarettes. While the effects may not be the same, you can become addicted to anything, especially with the drugs e-cigarettes and vapes contain. Here are a few reasons why

smoking e-cigarettes and vaping are dangerous to your health:

1. Nicotine is highly addictive: Nicotine is by far one of the most addictive and harmful substances. It can affect anyone, no matter how it is delivered. If exposed to nicotine at a young age, you are more likely to become addicted and cause harm to your developing brain.

Related Link: [Product Review: Curb Your Nicotine Craving and Find Love With Aqua-tine™!](#)

2. It makes you more prone to lung disease: Using e-cigarettes is truly just substituting one bad habit for another. E-cigarettes contain a substance called diacetyl, which has been linked to being a cause of lung disease. The more you smoke, the more the drug is in your system, the more likely you are to contract lung disease.

Related Link: [Relationship Advice: 5 Must-Knows When Dealing with an Addicted Partner](#)

3. It weakens your immune system: Regardless of what you are smoking, smoking is still the leading cause of death in the United States. E-cigarettes and vapes are full of unknown chemicals, many of which can have negative effects on the body and the immune system.

4. It's difficult to know what is truly in them: Believe it or not, many sellers do not accurately relay what is in each of their products. There have been numerous instances of people selling vape products or e-cigarettes that contain zero nicotine but traces of nicotine have been found in them after being tested. You never know what you are truly putting in your body, despite what may be advertised to you.

5. People have been poisoned: There have been so many instances where people have been poisoned by the liquid in e-cigarettes or vapes, whether it was absorbed through the skin, accidentally inhaled, etc. It is much safer to simply stay

away from substances such as these—staying away can save your life.

What are some other risks to smoking e-cigarettes or vaping? Let us know in the comments below!

Food Trend: Managing Meal Complexity From Kitchen to Kit



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by [Katie Sotack](#)

Knowing where to start with meal prepping is daunting. How

much do you need? What are the right amounts of carbs or fats? Can you *really* eat that? Our system is so intricate that even the most hardcore students of the body—nutritionists, dietitians, and personal trainers—couldn't tell you what will be right for your personal diet. Finding the time to plan and cook meals every night is hard when you're busy. And, who wants to waste money on eating out for each meal? In comes meal kits: a friendly answer for the young and old alike. The meal kits [food trend](#) makes the complexity of food simple with pre-measured ingredients and portions.

When the cooking and preparation feels like an unnecessary hassle, check out this meal kit food trend as an alternative to classic meal prep in your home.

Bottom line: meal prep is an individual choice when it comes to following [food advice](#) and [diet tips](#). If cooking relaxes you then it might be the way to go. But, if you find yourself overwhelmed with all the possibilities and ever-changing health dialogue, that's a great reason to consider meal kits.

1. Built-in portion control: Purchasing meal kits will ensure that you're eating the right amount of food. It can be painful to break out the measuring cup for every aspect of your meal and this way you won't have to.

2. Nutrition to a T: Check to make sure your meal kits are sought over by a nutritionist or dietitian and it'll make nutrition simple. Instead of doing the guesswork after a long day at the office, leave it to the professionals to find balance in your meal.

Related Link: [Product Review: Harlow's Harvest](#)

3. There's a chance you could lose weight: This isn't always the case. If you're used to eating junk food in high portions, switching to a measured and nutritious system could help you shed some pounds.

Related Link: [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

4. Exotic flavors: Meal kits bring an exciting twist to what would've been plain pasta night. There are hundreds of different flavors from exotic origins to try. In one week you could span the food global from Italy to China.

5. It's just less work: Planning, shopping, prepping, cooking, and cleaning can be overwhelming if you aren't used to doing it. Busy Millennials with no time to aging Boomers losing dexterity could use a simple and easy solution to the necessity that is eating.

Are you going to try meal kits? Share why or why not 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.

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

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!

Fitness Trend: Acai Bowls





B

y [Courtney Shapiro](#)

Acai bowls are a super yummy indulgence [fitness trend](#) right now. The bowl is made from the acai berry, a super fruit originally hailing from Brazil. The berry gets pureed and takes on a sorbet-like texture as the base of the bowl. The puree can then be blended with other fruits, or left as is. As a finishing touch, it then gets topped with anything ranging from oatmeal to fresh fruit, or different types of obscure food items including chia seeds or bee pollen. The combinations are endless, but the health benefits from eating these are also worth checking out.

Check out why Acai Bowls are beneficial for your health and are the latest fitness trend.

1. Full of nutrients: Acai berries are pretty unique because they have a high fat content, but are super low in sugar. They also have vitamin A, calcium and a bunch of important

minerals.

Related Link: [Fitness Trend: Cold Therapy](#)

2. Loaded with antioxidants: Without antioxidants, free radicals in our body can damage cells as well as lead to further diseases such as diabetes or heart disease. The acai berries have three times the antioxidants as blueberries, and are definitely good for you.

3. Good for the skin: The oils in the acai berry have been used by the Brazilians for years to achieve younger and healthier looking skin. By eating the berries, your body is able to get rid of old or unwanted skin cells faster.

Related Link: [Fitness Trend: Online Workout Classes](#)

4. Improved digestion: These berries can help you clear out unwanted toxins, and are also a great source of fiber. They can help keep your digestion regular and will improve your morning energy as well.

5. Brain function is boosted: Acai berries are full of various plant compounds that can prevent brain damage as you grow older. This super food can also improve memory and learning.

What is your favorite way to eat an acai bowl? Let us know below!