

# Kardashians & the NBA: 10 Flings to Remember



There's no shortage of publicity following the Kardashians—and Kris Jenner is happy to keep it that way. But few trends have become as notorious as the rumored 'Kardashian Kurse', which is alleged to follow athletes who date one of the siblings and subsequently post the worst numbers of their careers.

With over a dozen NBA stars alone on the list of paramours for the Kardashians, no sporting sector is as at-risk of a pop culture curse as basketball. Even so, not every relationship has led to disastrous results for athletes who mingle with the dynastic family.

With players like James Harden and Blake Griffin both having spent ample time with Khloe and Kendall respectively, it's

clear there's an emphasis on success. Both players are now on the Brooklyn Nets' roster, where they're joined by Kyrie Irving and Kevin Durant.

Though Griffin had a few slow years in Detroit and Harden failed to bring Houston an NBA championship title, the future is bright at Barclays Center in Brooklyn. And with sports betting expanding to more and more US states, fans can take advantage of [Illinois free bets](#) and similar bonus offers when they're looking to back teams like the Nets.

Though there's no word if the Kardashians are willing to wager on their exes' performances, we certainly hope Khloe isn't betting too much on husband Tristan Thompson.

**Here are the ten most impressive NBA boyfriends who dated a Kardashian, ranked from best performance on the court to worst. Spoiler alert: Khloe's got the eye for talent.**

**James Harden**

*Khloe, 2018*

Though names ranked below Harden on this list have at least one NBA Championship ring, no other athletes have earned the accolades that the former King of Houston posted. During the height of his fame in Houston, Harden and Khloe Kardashian got cozy for nearly a year.

Though Harden's success on the court (with MVP and All-Star accolades) is proof that the Kardashian Kurse is mere speculation, he did open up about the difficulties that come with dating a global superstar.

### **Lamar Odom**

*Khloe, 2009-2016*

As one of the most infamous relationships of any Kardashian to date, Khloe's marriage with Odom remains a topic of speculation from the media. With an Olympic gold medal and two NBA Championships to his name, Odom was a force on and off the court.

Unfortunately for both Odom and Khloe, their seven-year relationship ended in a maelstrom of drama. However, the pair remain on amicable terms—and, yet again, Odom's downfall had little to do with Khloe.

### **Blake Griffin**

*Kendall, 2017-2018*

Though Griffin has yet to take home a Championship title, he's got multiple All-Star awards, All-NBA honors, and a Rookie of the Year accolade to keep him motivated in Brooklyn. His peek stardom coincided with his fling with Kendall in 2017. Oddly enough, for one of their first dates, Kendall and Griffin went on a double date with her former NBA paramour, Chandler Parsons, and his girlfriend at the time.

### **Tristan Thompson**

*Khloe, 2016-present*

Few men could make Lamar Odom's public meltdown in 2015 look worse, but Tristan Thompson was up for the challenge. Since beginning their relationship in 2016, Thompson and Khloe have undergone multiple public trials as a couple.

Though he's got one NBA Championship title under his belt,

Thompson likely has LeBron to thank for that, as his stats are less than impressive for a man with a finals ring.

### **Rick Fox**

*Khloe, 2015*

Given Fox's long and storied history in the NBA, which ended all the way back in 2004, news that he and Khloe were dating immediately made headlines after her split from Odom in 2015. With three NBA titles under his belt from his time with Kobe and Shaq with the Lakers, Fox may be one of the most impressive players on this list. Even so, it wasn't enough to keep him and Khloe together.

### **Devin Booker**

*Kendall, 2020-present*

One of the youngest players on this list, Booker is an All-Rookie and All-Star team recipient. However, he's also known for his recent involvement with Kendall Jenner. The pair have made headlines in the past year as they jet-set around the world. According to Entertainment Tonight in early March 2021, the pair are closer than ever.

### **Ben Simmons**

*Kendall, 2018-2019*

Though he's been the undisputed starting guard for the 76ers since he joined the team in 2016, some believe Simmons' lackluster performance on the court since 2019 is proof the Kardashians may muddle athletic careers. However, Simmons has since kicked these rumors, after a 2019 and 2020 place on the NBA All-Star team, as well as turning around the 76ers franchise.

### **Chandler Parsons**

*Kendall, 2014-2017*

Before Kendall took Parsons on her first date with Blake

Griffin or even met an athlete named Devin Booker, she spent years cozying up to Chandler Parsons. Though he's spent the most time with Kendall than any other athlete on this list, his NBA record is by far the least impressive—though he's never cited the Kardashian Kurse when interviewed about his time with Kendall.

### **Kris Humphries**

*Kim, 2011*

For reference to how successful Humphries' career in the NBA was, he's largely remembered for his 72-day marriage to Kim Kardashian. Since joining the NBA, Humphries had circulated around trying to find a place as a power forward—but to little success. After spending fourteen seasons in the NBA, he retired in 2017 with no accolades to show for it. During that time, he featured on more than eight rosters.

### **Rashad McCants**

*Khloe, 2008-2009*

If James Harden is proof that the Kardashian Kurse doesn't exist, and Chandler Parsons is proof that not every athlete gives the Kurse credence, then Rashad McCants is the naysayer looking to set the record straight.

Currently a free agent, McCants' prospects continuing his basketball career aren't great. Unable to top his prestigious collegiate career with the Sacramento Kings following a year-long stint with Khloe in 2008-09, McCants publicly blamed their relationship. Considering the Kardashians didn't ascend to global super-stardom until 2010 (for reference, Kim appeared on *Dancing with the Stars* in 2008), McCants' claims fall flat upon further inspection.

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# Celebrity News: Kylie Jenner & Travis Scott Spark Romance Rumors After Steamy Shoot



By Nicole Maher

In the [latest celebrity news](#), Kylie Jenner and Travis Scott sparked romance rumors after posting a picture together. According to *UsMagazine.com*, Jenner shared two pictures of the pair to her Instagram account with Scott responding in the comments. The [celebrity couple](#) first started dating back in 2017 before welcoming their daughter, Stormi, in February of 2018. Jenner and Scott went on to announce their [celebrity break-up](#) in October of 2019 and have been focusing on co-parenting since.

# In celebrity news, Kylie and Travis may be giving things another go after a steamy photo shoot. What are some ways to know if you should give a past relationship another shot?

## Cupid's Advice:

Sometimes exes find their way back to each other only to form healthier, stronger relationships. If you are looking for some ways to decide if you should give a past relationship another chance, Cupid has some advice for you:

**1. Time has passed:** After a break-up, it is necessary to allow enough time to pass before reaching out again with the hope of rekindling. It is likely that there were some large issues leading up to the break-up, and these will not be resolved overnight. By allowing each other enough time to learn and grow, your second try at the relationship may be more successful.

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**2. Emotions have calmed:** In order for your rekindled relationship to work, you have to let go of any negative emotions surrounding the past attempt at dating. If you still feel yourself holding onto instances where your partner upset or angered you, it may not be the right time to give the relationship another try. Once these emotions have truly vanished, then you can consider a second try with your partner.

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## [West Spark Romance Rumors in Italy](#)

**3. You've both discussed it:** It is a mutual decision to give your relationship another chance. By having a conversation about the possibility of reconciling your relationship with your partner first, you will ensure that you are both on the same page. This will allow you to reenter the relationship with a stronger foundation than before and will help you two succeed in the future.

**What are some other ways to decide if you should give a relationship another shot? Start a conversation in the comments below.**

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# **Celebrity News: Kylie Jenner & Travis Scott Will Spend Christmas Together for Daughter Stormi**







By [Hope Ankney](#)

In the latest [celebrity news](#), it seems that Kylie Jenner and Travis Scott will be spreading the holiday cheer together with daughter, Stormi. According to *EOnline.com*, the [celebrity exes](#) will be spending Christmas as a family to make it as wonderful as possible for Stormi. He will be at family gatherings and other outings with Kylie and his daughter in the upcoming week. They're both excited to share this experience with Stormi, together.

**In celebrity news, Kylie and Travis will spend the holidays together despite not being together. What are some important ways to be the best co-parents you can be?**

**Cupid's Advice:**

Co-parenting isn't always the easiest job, especially when it

comes to being at odds with your ex. But, it doesn't have to hinder your child's experience with both of you! If you're having a difficult time figuring out how to be a family together, don't worry! Cupid has some [parenting advice](#) to make sure you're being the best co-parent you can be:

**1. Find a healthy way to communicate:** Co-parenting is hard enough as it is. You don't want to make it even harder by not having a sense of communication with one another. Meet in the middle with your ex, and find a way for both of you to communicate so you can come together for your children and give them the best memories possible.

**Related Link:** [Celebrity News: Source Says Kylie Jenner Left Travis Scott Over Lifestyle Differences](#)

**2. Set boundaries:** Make sure that you both have a deep understanding of which boundaries not to cross with one another. An easy way to fix any potential blow-ups is to know what's a touchy subject for your ex. This allows you both to exist in the same space without wondering if one of you is going to cross the line about a certain topic.

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**3. Put your child first:** The most important aspect of co-parenting is to always do what's in the best interest of your child. It isn't about you as exes. It's about making sure that your kid has the best experience they can with each of you as a family. If you can't come together for the well-being of your child, then it will be a very difficult journey being co-parents together, and the outcome of that could affect them in the long run.

**What are some of your most helpful co-parenting tips? Let us know below!**

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# Celebrity News: Source Says Kylie Jenner Left Travis Scott Over Lifestyle Differences



By Ahjané Forbes

In [celebrity news](#), businesswoman Kylie Jenner had more than just infidelity issues on her mind with rapper Travis Scott. The [celebrity couple](#) have reportedly parted ways as a result of Jenner wanting another [celebrity baby](#) as well as differing lifestyles. According to *UsMagazine.com*, a source said, “They

are very, very in love, but she's 22, and her whole life is Stormi and her business and her family. She's not wanting to be a normal rapper's wife. He's still young and at the recording studio late. She usually goes to bed early. They have different lifestyles." The "Antidote" singer and Jenner do not live at the same residence and have been living independently.

## **In celebrity news, Kylie Jenner and Travis Scott split because of their differences in lifestyle. How can you approach a partner that has a conflicting schedule?**

### **Cupid's Advice:**

Relationships can be hard when you both don't get to spend alone time together, Your conflicts can become bigger ones if you don't talk about your issues face-to-face. Cupid has some tips and tricks on how to handle time management with your love:

**1. Don't accuse them of anything:** If your partner is spending a lot of hours at work, you may start to think something is going on outside of that. Instead of accusing your partner of infidelity, ask them why they've been spending so much time at work lately. If your partner has a demanding job, it could be perfectly innocent. It's best to never jump to conclusions.

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**2. Make plans with them:** As you get deeper into a relationship you often forget the foundation you built to get to where you are. Invite your partner to a date night just for the two of



you. Try to be intimate and remind each other of the sparks you once had. Let them know that they're wanted.

**Related Link:** [Date Idea: Run Outta Moonlight](#)

**3. Seek professional help:** If they are not willing to take steps to improve your relationship, try to speak to a therapist. You have to want to manage your schedule to make time for your partner, and if you don't, this is a problem in and of itself.

**What are some ways you talked to your partner about their busy schedules? Share your experience in the comments below!**

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## **Celebrity Break-Up: Kylie Jenner & Travis Scott Are Taking a Break**





By [Meghan Khameraj](#)

In [celebrity news](#), [Kylie Jenner](#) and Travis Scott are putting their relationship on hold. According to a source for *People.com*, the [celebrity couple](#) is “taking some time but not done...They still have some trust issues but their problems have stemmed more from the stress of their lifestyles.” Jenner and Scott were last seen together at the premiere of Scott’s documentary on August 28th with their baby, Stormi Webster. Since then, Jenner has been spotted with Stormi at [Justin Bieber](#)’s wedding to Hailey Baldwin. This [celebrity breakup](#) comes at a shock for most people. Only a few months ago were rumors going around that they might take their [celebrity relationship](#) to the next level by getting engaged.

**In celebrity break-up news, Kylie Jenner and Travis Scott are taking some time apart. What are some**



# things to consider before taking a “break” from your relationship?

## Cupid’s Advice:

Kylie Jenner and Travis Scott have called quits on their celebrity relationship. Jenner and Scott may get back together, but for now, they’ve decided it’s best for both of them to be apart. Cupid has some factors to consider before taking a break:

**1. What you want:** Consider what you actually want from the break. If you just want to hook up with new people perhaps you should actually break up with your partner. If you need time to rethink or rebalance then communicate with your partner that a break would be the best solution.

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**2. What the break means:** We’ve all seen *Friends* and no one wants to be the Ross of the breakup. Clearly communicate with your partner exactly what the break will entail. Establish if you’re comfortable with each other sleeping with other people. Basically, don’t do what Ross did to Rachel.

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**3. How long it will be:** How long you need for the break may change as time goes on. However, you and your partner should agree on the approximate length of the break. If it exceeds six months you should consider ending the relationship.

**Has taking a break worked for you before? Let us know in the comments below!**

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# Celebrity Wedding: Fans Think Kylie Jenner Is Getting Married Soon



By Ashley Johnson

*Keeping Up With the Kardashians* star Kylie Jenner has recently been seen wearing a whole lot of new bling, including a weighty diamond ring. According to *EOnline.com*, she and boyfriend Travis Scott have also recently been spotted boarding a private plane while a white feathered dress was being loaded onto it, sparking wedding rumors.

# In celebrity wedding news, there may be another Kardashian/Jenner celebrity wedding in the works! What are some ways to make your wedding unique?

## Cupid's Advice:

If Jenner's wedding is anything like her birthday parties or occasional themed parties, it is sure to be extravagant and planned in true celebrity fashion. Weddings can be an overwhelming event to plan for even [celebrity couples](#), but Cupid has some advice on some ways to make your wedding unique:

**1. Greenery:** The Bohemian bride look and greenery are in! Instead of having a traditional flower bouquet, try making a greenery hoop bouquet, which can include willow branches, eucalyptus, and an assortment of any other plants/flowers of your choosing. Instead of saying your vows under a traditional wooden arch, you can also look into having a plant-based circular wedding arch for that special moment.

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**2. Llamas:** Many people include their own pets in their wedding, but there is a new trend in which people are now including llamas and alpacas. These therapy animals can be rented out as wedding guests to add a unique aspect to your wedding. You can pet them, take photos with them, and even dress them up in bridal gear or groom suits for the occasion. A fun and furry wedding will definitely be a wedding to remember!

**Related Link:** [Celebrity Couple Joe Jonas and Sophie Turner Kiss in Paris Before Second Wedding Ceremony](#)

**3. Destination:** If you and your guests have the expenses to do so, traveling for nuptial can be fun and exciting! There are so many places to choose from for a [romantic getaway](#), but try to choose a place that really resonates with you and your fiancé. Also, don't feel pressured to have your destination wedding somewhere tropical (and typical) like Hawaii or Florida Keys. You can plan to have it in the Catskills or Greenland if a winter wonderland wedding is what you wish to have!

**Can you think of any other ways to make your wedding unique? Let us know in the comments below!**

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**Celebrity Couple News: Scott Disick Is 'Really Happy' Kylie Jenner Is Close to Girlfriend Sofia Richie**







By [Katie Sotack](#)

Long time friends [Kylie Jenner](#) and Sofia Richie are on the mend, and no one is happier than Richie's boyfriend, [Scott Disick](#). The inter-tangled friend/family history has made the relationships difficult to parse out from one another, but Disick is grateful to his baby mama's sister, Jenner, for welcoming his girl back into the family. The celebrity friends were seen bikini clad and rejoicing on a tropical vacation to Turks and Caicos, reaffirming to the world that everything was a-ok between the two.

**In [celebrity couple news](#), Scott Disick enjoys having the support of Kylie Jenner when it comes to his relationship. What are some ways to support your ex's new relationship?**

**Cupid's Advice:**

With all the complicated feelings that even thinking about your ex brings, having them bring their next S.O. into the family is tricky to say the least. Jenner is supporting Disick and Richie's relationship like a mature and respectful ally. Here are relationship tips to root for your ex's new love:

**1. Keep your distance:** You see your ex repeating similar patterns, you don't think their new lover is treating them right, etc. It's so tempting to pinch the lovebirds on the shoulder and straighten them out. *Don't do it.* When you get the temptation to meddle, take a deep breath and walk away. By commenting on their current situation, you are adding your baggage with ex-bae to their new love. It's better to keep your distance here.

**Related Link:** [Celebrity Couple News: Duchess Meghan Comments On Her Relationship with Prince Harry to Pharrell](#)

**2. Accept their new partner:** Possibly the biggest thing you can do to support their relationship is accepting their new partner. It doesn't have to be as a close confidant, though friendship is a great way to start this process. Welcome the partner into your family space and accept them as a potential life long member.

**Related Link:** [Celebrity Vacation: Joe Jonas & Sophie Turner Take Romantic Vacay After Second Wedding](#)

**3. Show social media support:** If your friends and family can see you liking and commenting on your ex's new relationship status, they're more likely to show support as well. If you're acting bitter, it's only natural they'd want to have your back and criticize the couple. Be the bigger person and show no negative will toward your ex.

**How do you support your ex's new relationship? Share in the comments below!**



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# Beauty Trend: Funky, Rainbow & Pastel Nails



By [Bonnie Griffin](#)

This summer fashion is all about bold color, from hair and makeup to high fashion nails. Stars like [Kylie Jenner](#) are sporting funky nails this summer, reminding us of a throwback to the 90s. They are eye-catching with their bright colors and unique shapes. If you want your nails to stand out in a crowd, follow this [beauty trend](#) and take your nails from pretty to stand-out-fantastic!

# Beauty Trend: How to make your hair nails stand out in a crowd and look fantastic!

Our can attract a lot of attention or none at all. In this year's summer beauty trends, it's all about attracting attention with standout colorful nails. You can choose anything from egg shape to stilettos or any other crazy designs you can imagine. Cupid has some [beauty tips](#) to take your nails from pretty in pink to fabulous and bright:

**1. Rainbow nails:** Pastels were great for spring, but now that summer is here it is time to break out the bright, vibrant colors. Neon colors will make your nails stand out and brighten up your summer look. Want to get extra funky? Paint each nail a different color like a rainbow on your hands.

**Related Link:** [Beauty Trend: The Best of Spring Hairstyles](#)

**2. Cow print:** Want to step your nail game up with something a little more than the colors of the rainbow? All it takes is a scroll through nail trends on Instagram to find that cow print nails are the way to go. Even [Kylie Jenner](#) and [Ariana Grande](#) have recently taken up this popular beauty nail trend. This is a 90s nail trend that is back for summer 2019, and it is sure to give you that glam look you desire.

**Related Link:** [Beauty Trend: Pearl Accents](#)

**3. Metallic:** If you really want to go glam with your nails then you can brighten up any nail design with beautiful metallic colors like metallic silver nail polish. Want to add that extra edge to your metallic design, use a stand out metallic foil over a darker polish to really set off your nail bling.

**Bright nails, cow prints, and metallic shine are all the rage**

for the summer. Take risks and let your nails set the tone for your day? Let us know some of your favorite summer nails designs in the comments below!

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## Celebrity Couple: Kylie Jenner & Travis Scott Share Photos from “Baecation”



By [Mara Miller](#)

In the latest [celebrity couple news](#), [Kylie Jenner](#) and Travis Scott shared photos from their [celebrity vacation](#), or

“baecation,” as Jenner wrote in her Instagram caption, according to *UsMagazine.com*. Scott and Jenner have gone on this much-needed vacation after cheating allegations were flying. Scott has denied these allegations and the couple seems to be trying to rebuild now.

## **In this celebrity news, Kylie Jenner and Travis Scott are sweet memories on their vacation. What are some ways a romantic getaway can improve your relationship?**

### **Cupid’s Advice:**

A romantic getaway can help you improve your relationship with your bae on several levels. Cupid is excited to share these tips:

**1. Reconnect:** A romantic getaway gives you a chance to reconnect with your partner. It will give you a chance to talk and be in each other’s arms without any interruptions.

**Related Link:** [Celebrity Vacation: Nick Jonas & Priyanka Chopra Vacation in Miami with Joe Jonas & Sophie Turner](#)

**2. Rekindle the romance:** We all get busy from time to time, and unfortunately, romance can take the wayside. No interruptions equal fun time in the hotel bed and a chance to display PDA when you normally wouldn’t.

**Related Link:** [Celebrity Couple News: Aaron Rodgers Surprises Danica Patrick With Birthday Trip to Paris](#)

**3. Make memories:** You’ll be able to take photos of yourself goofing off with your partner. Making memories together will give you something to look back on fondly when you and your



partner are older.

What are some other ways a romantic getaway can improve your relationship? Let Cupid know in the comments below!

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# Celebrity News: Travis Scott Shouts Out to 'Wifey' Kylie Jenner Amid Cheating Allegations



By [Mara Miller](#)

In the latest [celebrity news](#), Travis Scott gave [Kylie Jenner](#) a shout out on Saturday during his *Wish You Were Here Tour 2* performance in Madison Square Garden, New York. The [celebrity couple](#) has been together since 2017 and they have a daughter, Stormi Webster, together. According to *UsMagazine.com*, Scott said to the audience, “Remember to keep your family first.” He also referred to Jenner as his “wifey” before he left the stage.

**In celebrity news, Travis Scott is trying to make a point that Kylie is his one and only. What are some ways to reassure your partner that you’re being faithful?**

#### **Cupid’s Advice:**

We all let insecurities about our relationships get in the way sometimes. Cupid has some tips for how to reassure your partner that you’re being faithful:

**1. Be honest:** Aside from trying to surprise them for the holidays or on their birthday, being one-hundred percent honest with your partner will help you both build a stronger relationship together. If you never give them a reason to think you’re cheating by not telling the truth, then the trust will be there without the fear of you being unfaithful.

**Related Link:** [Celebrity News: Travis Scott Shoots Down Rumors That He Cheated on Kylie Jenner](#)

**2. Show them, don’t tell them:** Showing your partner that you’re faithful by never doing anything to make them think you’re cheating will go farther than just telling them that you’re being faithful. If they’re ever suspicious, doing



something as simple as showing them your private messages on your chosen social media platform may abate any fears.

**Related Link:** [Celebrity News: Jordyn Woods Also Hooked Up With Khloe Kardashian's Ex James Harden](#)

**3. Discuss what matters most to you as a couple:** Talking about your relationship is a way to strengthen it. Talking about what you want for the future together will help you see the larger picture and can help any fears about your relationship subside. Let them know that they are one of the most important people to you!

**What are some ways that you can reassure your partner that you're committed to them? Let us know in the comments below!**

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## **Celebrity News: Travis Scott Shoots Down Rumors That He Cheated on Kylie Jenner**





By [Mara Miller](#)

What is it with all of the scandals happening right now for the Jenner and Kardashian women? In the latest [celebrity news](#), Travis Scott shot down rumors that he cheated on [Kylie Jenner](#). The suspicion that Scott may have cheated on Jenner came after a TMZ report speculated about his reasons for canceling his show in Buffalo, New York, according to [UsMagazine.com](#). Scott's rep made a statement to *Entertainment*, saying, "Travis Scott vehemently denies he cheated on Kylie. It is not true. He did not cheat. He canceled one show tonight because he is under the weather."

**In celebrity news, the Kardashian women just can't catch a break in the cheating department lately! What are some things you can do if**

# you suspect your partner is being unfaithful?

## Cupid's Advice:

It can be scary and nerve-wracking when you think your partner might be cheating. Cupid has some advice on what to do when you suspect your partner might be cheating:

**1. Don't panic:** Approach your suspicion in a calm, level-headed manner. You can do this by making a list of everything you think might be cheating behavior will help you take a step back to look at the reasons you think they might be cheating.

**Related Link:** [Celebrity News: Tristan Thompson Likes Khloe's Sultry Instagram Pic Amid Cheating Scandal](#)

**2. Seek supportive friends:** We all have that one friend who we can talk to about everything, so why not call your BFF if you think your partner may be cheating? A good friend can help weigh in with an opinion and help you figure out ways to talk to your partner.

**Related Link:** [Celebrity News: Blac Chyna Slams Exes Rob Kardashian & Tyga Over Child Support](#)

**3. Talk to your partner:** Approach the conversation like any other relationship talk. Don't immediately throw an accusation in their face. Ask questions and be vulnerable. A good talk can go miles in helping reassure you that your suspicions aren't true and won't damage your relationship if nothing has happened.

**If you think your partner might be cheating, what are some other things you can do? Let us know in the comments below!**

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# Celebrity News: Jordyn Woods Also Hooked Up With Khloe Kardashian's Ex James Harden



By [Lauren Burczyk](#)

In [celebrity news](#), this isn't the first time Jordyn Woods hooked up with one of [Khloe Kardashian](#)'s boyfriends. According to *UsMagazine.com*, a source says that Woods did, in fact, have an intimate encounter with James Harden despite what she told Kardashian. Although it's unclear when Woods and Harden's alleged interaction had occurred, she's been best friends with Kardashian's sister, [Kylie Jenner](#), for years. However, with



all of the [celebrity gossip](#) surrounding Woods' affair with Thompson, a source says that she moved out of the Kylie Cosmetics CEO's home.

## **In celebrity news, it seems Jordyn Woods has the same taste in men as Khloe Kardashian does. What are some ways to deal with someone flirting with your partner?**

### **Cupid's Advice:**

Even in the healthiest of relationships, someone can flirtatiously confront your partner and make you question their loyalty. Here are some ways to deal with someone flirting with your partner:

**1. Give them the benefit of the doubt:** Shake it off the first two to three times that someone flirts with your partner. Once a pattern starts to emerge, then it's time to confront one or both parties involved.

**Related Link:** [Celebrity Couple News: Kendall Jenner Spotted 'All Over' Ben Simmons at Dinner with Sisters](#)

**2. Never retaliate:** Don't stoop too low and try to get back at whoever is flirting with your partner. Instead, be kind and show the other person that you remain in control of the situation and your relationship.

**Related Link:** [Celebrity News: Tristan Thompson Likes Khloe's Sultry Instagram Pic Amid Cheating Scandal](#)

**3. Laugh it off:** There's nothing more uncomfortable than being laughed at. The next time someone tries to flirt with your partner, roll your eyes and laugh it off as if you think it's

a joke.

Can you think of any other ways to deal with someone flirting with your partner? Comment below.

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# Celebrity Couple: Kylie Jenner & Travis Scott Pack on PDA at Grammys



By [Mara Miller](#)

In the latest [celebrity couple](#) news, according to [UsMagazine.com](#), [Kylie Jenner](#) and Scott Travis had no issues



with showing affection for each other at the 61st annual Grammy Awards last Sunday. They smooched on the red carpet and wrapped their arms around each other for a photo. How sweet!

## **This celebrity couple isn't shy about showing their affection for one another. How do you communicate your preferred level of affection to your partner?**

### **Cupid's Advice:**

Showing public displays of affection to your sweetie is fine but be sure not to take it too over the top! Here are some ways you can communicate to your partner about the level of affection you're comfortable with in public:

**1. Email or text:** You can send each other an email or text to open up a conversation about how comfortable you both are with holding hands or kissing in public. There are people who aren't going to approve of you and your honey holding hands or kissing, so talk about how you would handle it.

**Related Link:** [Celebrity Couple News: Kendall Jenner Spotted 'All Over' Ben Simmons at Dinner with Sisters](#)

**2. Hand holding:** Holding your partner's hand in public is a good way to test the waters when it comes to showing affection to each other once you've had a conversation about it. Does he draw back when you try to hold his hand? Or, does it embrace it fully?

**Related Link:** [Celebrity Couple: Sarah Hyland & Adam Wells Get Cozy on Super Bowl Date Night](#)

**3. Kiss on the cheek:** A kiss on the cheek is a sweet way to

show affection that won't draw much attention to each other once you become more comfortable. Or, depending on the mood you're in, a sweet peck on the mouth or forehead aren't too outlandish. That being said, make sure you're aware of your partner's reaction to both in order to gauge where his or her comfort level lies.

**How are some ways you communicate public displays of affection with your partner? Share your thoughts below.**

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## **Beauty Tips: 5 Natural Ways to Make Your Lips Look Fuller**





By [Jessica Gomez](#)

Who doesn't want full, luscious lips? If you want to stay away from lip injections, like many of us, read this article and find out five simple ways to make your lips look plump. When we say "simple," we mean simple! These [beauty tricks](#) aren't rocket science, you'll see.

## Here are five beauty tips for those of us craving fuller lips! :

**1. The toothbrush trick:** With this method, you'll be able to get two things done at once. Use a toothbrush to scrub your lips – this will boost circulation, making your lips look fuller. At the same time, it will make your lips soft! It's easy. You can use petroleum jelly or a lip scrub to exfoliate your lips.

**2. Use lip plump gloss:** You can choose to opt out of using your regular lipstick and lip glosses and instead use one with plumping ingredients. There are lip products that are made for

the person who wants fuller lips without the injections. Apply it during your makeup routine and take it with you to retouch as needed. And remember, get one that is cruelty free (doesn't test on animals)!

**Related Link:** [How to Make Your Skin Thank You Later \(What You Should Be Doing Now\)](#)

**3. Use essential oil lip balm as a base:** Peppermint oil doesn't irritate the way cinnamon oil does, but you can use whichever you prefer. These oils will create a sort of swelling effect, though nothing drastic. Find lip balms with either of these ingredients and apply it to your lips before you apply your makeup.

**4. Fill them out with lip liner:** For this makeup trick, you're going to want to apply lip liner that is about a shade or two darker than your lips. Trace right above your lips with the pencil, not too high above (you'll look silly because it'll be noticeable). Next, fill in your lips with the same color, and voila, you've got fuller looking lips! This may remind you of sisters [Kylie Jenner](#) and [Khloe Kardashian](#), because they use this technique often.

**Related Link:** [Beauty Tricks That Will Save You Money](#)

**5. Use two different lip colors:** Aim for a nude color, as darker colors make the mouth look smaller. Apply one shade on your lips, next, apply the lighter shade to the middle of your lips. This will create the illusion of plump lips – yes, please! It's that simple.

**Which ones are you willing to try? Comment below!**

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# Celebrity Couple News: Find Out Why Kylie Jenner & Travis Scott Might Be Ready for Marriage



By [Courtney Shapiro](#)

In [celebrity news](#), Kylie Jenner could be ready for marriage with rapper and father to Stormi, Travis Scott. Scott has been a longtime family friend of Jenner's and the [celebrity relationship](#) began in 2017, when the pair started hanging out on his tour. The pair publicly call each other "wifey" and "hubby" and an insider told *E! Online*, "Kylie and Travis have definitely discussed getting married. They are not engaged right now, but have talked about it and it's only a matter of



time.” Right now the couple is happy, and Jenner is going with Scott on tour again.

## **In celebrity couple news, Kylie and Travis may be ready to tie the knot. How do you know when you and your partner are ready for marriage?**

### **Cupid’s Advice:**

How can you tell you and your partner are ready for marriage? Cupid shares some ideas:

**1. You know the ins and outs of each other:** It can take time to fully know and understand a person. If you feel that you know your partner better than anyone, and vice versa, then the two of you are likely ready to settle down.

**Related Link:** [Celebrity Wedding: Priyanka Chopra Celebrates Bridal Shower Ahead of Wedding with Nick Jonas](#)

**2. You can’t imagine being in a relationship with anyone else:** Marriage could be an option for you and your partner if you can’t see the future with another person. You are happy with each other’s company and have already pictured your long term life with this person.

**Related Link:** [Celebrity Wedding: Karlie Kloss Marries Joshua Kushner Three Months After Engagement](#)

**3. You and your partner are open and honest with each other:** If the two of you are able to communicate and work through issues you have, then being able to commit to one another is promising.

How did you know you were ready for marriage? Let us know below!

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# Celebrity News: Kylie Jenner's Bodyguard Slams Paternity Rumors



By Rhodesia Williams

In [celebrity news](#), [Kylie Jenner](#)'s bodyguard, Tim Chung, is being accused of being [celebrity baby](#), Stormi Webster's father. According to *EOnline.com*, the internet has gone wild

with the idea that Jenner's newborn baby Stormi looks like Chung. They even went so far as to post side-by-side photos of the two on social media. With the internet not letting up on the rumor, Chung felt forced to make a statement to clear his name and defend this [celebrity couple](#). Chung said, "There is no story here and I ask that the media no longer include me in any narrative that is incredibly disrespectful to the family."

**In [celebrity news](#), sometimes a rumor is just a rumor. What are some ways to slow down the rumor mill when it comes to your relationship?**

#### **Cupid's Advice:**

Since social media is a primary mode of communication these days, it's easier than ever for rumors to circulate quickly. Cupid has some advice on how to slow down the rumor mill:

**1. Communicate:** If a rumor comes up, talk to the person who originated it directly. The worst thing you can do is start going back and forth on social media. The easiest and safest way is to ask questions first because once others get involved, you may do some permanent damage. The fighting on social media will surely keep that rumor mill going.

**Related Link:** [Celebrity Baby News: Kylie Jenner Reveals the Name of Her Daughter, and Twitter Reacts](#)

**2. Put out a statement:** This way of handling rumors may be celebrity couple-esque, but in all seriousness, depending on the rumor, you may want to address friends and family in a unified message. Consider making a cute, short and to the

point post acknowledging the rumor, but informing everybody that it isn't true. If you don't face it head on, it could potentially spiral out of control.

**Related Link:** [Hailey Baldwin Applauds Kylie Jenner for Handling Celebrity Pregnancy In a 'Mature Way'](#)

**3. Limit social media:** This is the most obvious solution, but perhaps the most difficult. Many people want to show off gift and vacation pics, as it's a way of expressing their happiness. That being said, not everyone feels that way. If you limit what you post, you aren't leaving much room for people to talk about you.

**What are some other ways to slow down the rumor mill? Share your thoughts below.**

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## **Celebrity News: Kim Kardashian Tweets 'Wish You Were Here' to Kanye West from Met Gala**







By [Jessica Gomez](#)

[Celebrity couple Kim Kardashian](#) and [Kanye West](#) are absolutely adorable! In [celebrity news](#), West did not join Kardashian at the Met Gala, but we know why due to their tweets. According to [UsMagazine.com](#), West tweeted a photo of Kardashian in a Versace gown which she wore to the Met Gala, captioning it with 25 fire emojis. Does he think she looks hot or what? Kardashian did look absolutely gorgeous at the fashion event this year, so who can blame him? Kardashian replied in a tweet, "Love you babe wish you were here with meeeeeee but you're only finishing up 5 albums." Cute. She wasn't alone though. Her mom [Kris Jenner](#) and her sisters [Kendall](#) and [Kylie Jenner](#) were also present. The [reality TV](#) stars were all looking beautiful.

**In celebrity news, this duo misses each other when they aren't**

# together. What are some benefits to missing your partner?

## Cupid's Advice:

Every couple needs space, some more than others. It really all depends on who the people are. Missing someone can actually be a good thing though. Cupid has some benefits to missing your other half:

**1. Distance does make the heart grow fonder:** When you miss someone, you get that warm feeling inside that makes you think about how much you love them. This can stir up some cute and/or sexy texts, phone calls, or video chats. Embrace the distance instead of completely hating it. And when you see each other again, it's on, let the in-person loving resume.

**Related Link:** [Celebrity News: Khloe Kardashian Supports Tristan Thompson at Cavs Game Amid Cheating Scandal](#)

**2. You'll have more to talk about:** Don't get us wrong, when the right people are together, they never run out of things to discuss. However, when you're away from the other person, you obviously have more to tell. This is a good opportunity to also work on your story-telling skills!

**Related Link:** [Celebrity News: Kris Jenner Gets Choked Up Talking about Khloe Kardashian After Cheating Scandal](#)

**3. You both get to do your own thing:** Whether you're out learning something new, doing anything productive, or just having fun – do you. Everyone can use time with their friends and family, and time for themselves. You can also come back and bring something new to the table after you both go out and do things because technically you guys are “covering more ground.”

**How has distance helped your relationship? Share below!**

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# Celebrity Style: Funky Sunglasses



By [Carly Horowitz](#)

Why not shield your eyes from the sun in style? Hop on the latest [fashion trend](#) of non-traditional shades, and show your vogue this summer. Yes, the typical aviators are always a nice go-to pair to wear, but lets spice it up.

Channel your inner [celebrity style](#)



# and try out these different types of cool sunglasses!

**1. Tiny shades:** Many fabulous celebrities have been sporting sunglasses that are long and rectangular. They are definitely smaller than the typical sunglass size, and that is what makes them so funky. Celebs like Gigi Hadid and [Kylie Jenner](#) seem to really like this trend.



Gigi Hadid. Photo:  
Instagram / @gigihadid



Kylie Jenner. Photo:  
Instagram /  
@kyliejenner



**2. Fun shapes:** If you are walking around with sunglasses in the shape of a heart, triangle, or octagon, you are sure to receive some doting stares. We saw [Miley Cyrus](#) wearing some cool heart shaped shades along side her sister on Instagram.



Miley Cyrus and her sister Noah Cyrus. Photo: Instagram / @mileycyrus

**Related Link:** [Fashion: Celebrity Style Shoes for Affordable Prices](#)

**3. Bulky frames:** You can't go wrong with putting on some big clunky sunglasses in order to complete your look. [Rihanna](#) can pull off anything so well, and we saw her wearing some cool plastic purple shades. Pick up your own pair in an exotic color!



Rihanna. Photo:  
Instagram / @badgalriri

**4. Cat eye sunglasses:** The 50's are making a comeback with cat eye sunglasses. People are wearing these types of shades in the style of both big and small. Nicole Richie is always donning some fabulous sunglasses so of course she was wearing some of these.



Nicole Richie. Photo:  
Instagram / @nicolerichie

**Related Link:** [Fashion Trend: Soak Up The Sun in Colored Mirror Sunglasses](#)

**5. Circles:** Play "Here Comes The Sun" while you drive around town in your circle sunglasses like John Lennon. These groovy

shades are sure to add to whatever look you are trying to accomplish..[Beyoncé](#) had on some circle shades, and who doesn't want to be as amazing as her.



Beyoncé. Photo: Instagram / @beyonce

Which type of funky sunglasses do you want to try out? Comment below!

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## Celebrity Baby News: Khloe Kardashian Celebrates Tristan Thompson's Birthday After Lavish Baby Shower





By [Jessica Gomez](#)

In [celebrity news](#), [Khloe Kardashian](#) and Tristan Thompson had a fun, busy Saturday. According to [EOnline.com](#), the [celebrity couple](#) celebrated both a baby shower and Thompson's birthday. The baby shower took place at the Bel Air Hotel's Garden Ballroom, joined by friends and family. In the evening, the couple celebrated Thompson's 27th birthday with a private dinner party hosted by Rémy Martin at the Beauty & Essex restaurant in Hollywood. A source confirmed that the parents-to-be of a new celebrity baby girl were joined by [Kendall](#) and [Kylie Jenner](#), Kylie's best friend Jordyn Woods, [Kourtney Kardashian](#) and her boyfriend Younes Bendjima, mom Kris Jenner and her boyfriend Corey Gamble, Tristan's teammates LeBron James (who showed up with his wife Savannah) and Kevin Love and Jordan Clarkson, singer Justine Skye, family friends Kyle Richards and husband Mauricio Umansky, and Thompson's mom Andrea Thompson. What a celebration!

**In celebrity baby news, Khloe**



# enjoyed a baby shower while also celebrating her partner's birthday. What are some ways to balance celebrations in your family?

## **Cupid's Advice:**

Celebrating two events in a day can create some very busy energy, but that doesn't make it any less fun! Cupid has some ideas on ways to maintain the balance between both family celebrations:

**1. Plan ahead and thoroughly:** One event takes time to plan, so imagine two. You don't want to stress yourself out. Ask for help planning if needed. There are many things to consider when planning, so make an agenda and get started when possible. When planning both events side by side, you are more likely to keep them balanced as well.

**Related Link:** [Rachel McAdams Is Pregnant With Her First Child](#)

**2. Make the events equal in size:** Of course this depends on what type of events you are coordinating, but if you want to create two balanced ones on the same day, without one event outshining the other, it could be a good idea to make them the same size. When thinking of size, you should consider guest lists, themes, decorations, amount of food, etc. Again, this depends on the type of events.

**Related Link:** [Meghan Markle Gets Baptized at Chapel Royal at St. James Place Prior to Celebrity Wedding](#)

**3. Schedule properly:** Time management is important. One event should be during the day and the other in the evening, ideally. Plan accordingly by scheduling the events at specific times for specific time periods, with enough room to change

clothes if necessary and traveling. There should be a reasonable gap in between, so in order to consider this properly, the events should be on a somewhat tight schedule for the best, stress free results.

What double celebrations have you partaken in? Share below!

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## Celebrity Baby News: Khloe Kardashian Is Having a Girl



By [Jessica Gomez](#)

In [celebrity news](#), [Khloe Kardashian](#) is going to be bringing a [celebrity baby](#) girl into the world! According to [EOnline.com](#),

Kardashian found out during Sunday's season finale of *Keeping Up With The Kardashians*. [Kylie Jenner](#) delivered the results from her sister's doctor over the phone while the mother-to-be was in San Francisco with [Kim](#) and [Kourtney Kardashian](#). The Kardashians just keep adding girls to the fam!

## **In this celebrity baby news, we find out that Khloe is having a girl! What are some ways to prepare for a girl versus a boy?**

### **Cupid's Advice:**

Having a baby is so exciting! Cupid has a few tips on things to consider when having a baby girl:

**1. What color do you want to use?:** Do you want to go with pink or go neutral with white or yellow? Consider colors for your baby's clothes and for the nursery. Even for the baby shower. Most people like to take the sex of the baby into consideration when it comes to these decisions. But either way is fine. Just as long as your bundle of joy is a happy one.

**Related Link:** [Rachel McAdams Is Pregnant With Her First Child](#)

**2. Read up on development process for girls:** Boys and girls develop differently. Girls tend to develop faster than boys do. For example, girls tend to talk earlier and are ready for potty training earlier. So, do your research and learn what you can about your little overachiever!

**Related Link:** [Jordin Sparks Celebrates Baby Shower](#)

**3. Let relief overcome you:** Girls tend to be easier to deliver than boys! So that's good news. Female newborns tend to be a bit smaller and the labor time tends to be shorter. Woot woot,

less pain!

What are something you mothers out there had to consider when having a girl? Share below!

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# Hailey Baldwin Applauds Kylie Jenner for Handling Celebrity Pregnancy In a 'Mature Way'



By [Carly Horowitz](#)

[Kylie Jenner](#)'s close friend, Hailey Baldwin, shows her admiration for how Jenner handled her [celebrity pregnancy](#).



According to [EOnline.com](http://EOnline.com), Baldwin says, "I think it was a really mature way for her to have handled this whole thing being 20 and welcoming a child into the world is not an easy thing for anybody, so I mean she's going to be the best mom ever." [Celebrity baby](#), Stormi Webster, is blessed to come into this world with so many people that are ready to love her with open arms!

## **This celebrity pregnancy wasn't confirmed until Kylie's daughter was born. What are some ways to put your child first during pregnancy?**

### **Cupid's Advice:**

It is immensely important to care for your child even before they come out of the womb. Follow your doctors instructions, read baby books, and get some advice from Cupid! Here are some ways to put your child first during pregnancy:

**1. Eat well:** You are now consuming nutrients for both you and your baby. You want to make sure that whatever you put in your body, you would want to put into your baby's body as well. Make efforts to eat a healthy and balanced diet whenever it is possible. It's definitely okay to satisfy those cravings though! Just make sure you are still consuming an abundance of healthy foods to get the vitamins and nutrients to your baby.

**Related Link:** [Celebrity Baby News: Kylie Jenner Plans to Keep Motherhood Journey with Stormi Private for Now](#)

**2. Rest:** Taking care of your body when you are pregnant means taking care of your baby's body too. Be sure to engage in relaxing activities like yoga, deep breathing, stretching, or maybe even get a massage! The more calm and relaxed you are,

the more calm and relaxed your baby will be.

**Related Link:** [Celebrity Baby News: Fall Out Boy's Pete Wentz Expecting Baby Girl with Meagan Camper](#)

**3. Alter your public pregnancy date:** When people ask you when you are due, take your official due date and add two or three weeks to that. Then, you won't have people bombarding you until after you have already had a couple weeks to settle into this whole new mother thing. This will also help to relieve stress on your baby and produce valuable mother and child time for the beginning of their life.

**How did you put your child first during your pregnancy? Comment below!**

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**Celebrity Baby News: Kylie Jenner Plans to Keep Motherhood Journey with Stormi Private for Now**





By [Jessica Gomez](#)

In [celebrity news](#), [Kylie Jenner](#) plans on keeping her life with [celebrity baby](#) Stormi low-key, at least for now. The 20-year old reality TV star and makeup mogul kept her pregnancy on the down-low and demands that her motherhood journey be kept private as well, according to [UsMagazine.com](#). “She is extremely protective and she is very focused on trying to keep motherhood private for right now,” a source said. “All Kylie wants is for her privacy to be protected right now and is pretty demanding about that at this time.” The source also adds that Kylie is in no hurry to get engaged to beau Travis Scott, so we guess there won’t be any [celebrity wedding](#) bells ringing there for a while.

**In this celebrity baby news, it begs the question – is it okay to post photos of your child on social**

# media? What are some factors to consider?

## Cupid's Advice:

Whether you want to post photos of your child on social media or not, the decision is up to you. It's all up to preference, as long you understand the loss of control that takes place on your end once you upload a photo on the web. Here are some factors to consider:

**1. It will always be on the web:** When you post photos of your little bundle of joy, they will permanently be on the internet. This concerns some people, while others don't find any harm in it. Think it through and decide whether or not this factor plays a role in your preference, considering that these photos are of your child and they will one day grow older and potentially see them.

**Related Link:** [Khloe Kardashian Reveals How She Hid Her Pregnancy & How She Told Tristan](#)

**2. Cyber safety risks:** Do I want everyone to see this? Unless your social media account is private, the photo is available to pretty much the whole world. So think about what you're posting and consider whether you care who sees it or not. Cyber safety is one of the biggest concerns for parents considering it has been suggested that approximately 50% of photos on Pedophile sites come from the social media pages of parents.

**Related Link:** [Kim Kardashian Is a 'Very Hands-On Mom' with New Celebrity Baby Chicago](#)

**3. Some photos may either be misjudged, misappropriated, or both:** On social media, everyone has an opinion. This makes room for people to sometimes misjudge what they see or think



they see on a photo. Misappropriation also happens often, especially with memes. You never know if one your photos will fall victim to this. People all the time take photos and turn it into a post relating a totally different message, good or bad. If you're fine with this because of your care-free attitude then that's fine, but others may want to stray away from this.

**What kinds of photos do you think should be posted and what photos shouldn't be? Comment below!**

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## **Celebrity Baby News: Kylie Jenner Reveals the Name of Her Daughter, and Twitter Reacts**





By [Karley Kemble](#)

If you thought you were going to have to wait awhile for [Kylie Jenner](#) to announce her new [celebrity baby](#)'s name, you're in for a real treat! In the latest [celebrity news](#), Jenner took her big reveal to social media on Tuesday night, reports [UsMagazine.com](#). Accompanying the precious post was a simple caption: "Stormi Webster" with an angel emoji. The Kardashian and Jenner families are known for their unique baby names, and Twitter users were certainly quick to come up with puns related to the newest celebrity baby. One user wrote "Somebody just said: It will be Stormi with the chance of Reign in the North of Chicago. I said: wait what[?] They replied with: it was a Dream." Too funny! We can't wait for more news about Stormi Webster!

**This celebrity baby's name was highly anticipated. What are some**

# ways to honor your family's heritage when it comes to naming your child?

## **Cupid's Advice:**

It's an awesome idea to pay homage to your relatives when naming your new generation. Cupid has some ideas for you:

**1. Use a maiden name:** Maiden names make beautiful first names! If your maiden name is too masculine or feminine, use a variation that fits your style. Nicholson or Nicholas can easily become Nicole, Michaels can become Michaela. The possibilities are endless, you just have to get creative!

**Related Link:** [Celebrity Baby News: Surprise! Kylie Jenner Gives Birth to Baby Girl with Travis Scott](#)

**2. Middle names matter:** If you are set on a first name that has no relation to your family, consider tying your child's middle name in! You can use the same middle name as a parent, grandparent, or even great-grandparent, or even use their first name. That way, there is a direct familial connection, which will certainly be appreciated.

**Related Link:** [Celebrity Baby News: Source Says Kylie Jenner's Pregnancy with Travis Scott 'Definitely Wasn't Planned'](#)

**3. Use a combo:** Perhaps you want your child to have connections to both sides of the family. This can be done a variety of ways. You can combine two names as a hybrid first name, use one as a first and another as a second, or put a hyphen between the two! No feelings will be hurt when you make a clear effort to bring together both families!

**We want to know: how did you honor your family's heritage? Share below!**

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# Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica Gomez](#)

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



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

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

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

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

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

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

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

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

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

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

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