

# Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers



By [Melissa Lee](#)

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

# Looking for some advice to help you get fit? Check out these workout tips from the best celebrity trainers!

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

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

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

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

**4. Optimism is key:** 10-year fitness expert Holly Rilinger revealed that she thinks fitness begins with your mindset. Her advice is to keep a positive attitude and the rest will come

easy. “We’re so used to finding our flaws, but if you start your day finding something you love about yourself, you’ll find the motivation to go out and meet your fitness goals.”

**Related Link:** [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

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

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

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## **Movie Review: Blake Lively Stars in Drama Film, ‘All I See Is You’**





By [Melissa Lee](#)

Marc Foster's *All I See Is You* (starring [Blake Lively](#) and James Clarke) tells the story of a blind woman and her husband. When Gina's (Lively) sight miraculously returns, she starts to discover the previously unseen details about themselves, including things about their marriage she'd never even thought of.

**This drama film is filled with jaw-dropping moments, all because shocking details about their relationship continue to get revealed – luckily, Cupid has some relationship advice for any similar situations!**

## **Should you see it:**

The onscreen chemistry between Lively and Clarke is something you're not going to want to miss. Plus, this movie has a super unique and interesting plot line that you're definitely going to want to see.

## **Who to take:**

Since this isn't your typical romantic comedy, *All I See Is You* might not be the ideal date night movie. If you're in the mood for a drama filled film, think about going out with your friends to go see this flick.

## **Cupid's Advice:**

In *All I See Is You*, information regarding Gina's relationship is brought to her attention in a rather non-traditional way. While the circumstances of this situation are less than likely, it isn't unrealistic to find out things about your relationship you weren't aware of – if this dilemma sounds familiar, Cupid has some advice for you:

**1. Confront your partner:** When confronting your significant other about the revealed information, try to tone down the anger you may be feeling. Instead, attempt to have a productive conversation so your partner feels comfortable enough to be completely honest with you about the situation.

**Related Link:** [Relationship Advice: 5 Communication Keys Every Relationship Needs](#)

**2. Talk it out:** After the problem has been acknowledged, it's best to talk everything out regarding the details that were divulged. Ask all the questions you have in an effort to bring closure to the situation. If there is a solution either one of you see, be sure to talk about that as well.

**Related Link:** [Relationship Advice: Getting Over a Grudge](#)



**3. Move on:** Whether you decide to stay together or end things based on this incident, it's important to move on from it. If you two are staying together, acknowledge your partner's feelings and concerns and make sure to stay aware of them. If it has been decided to end the relationship, move forward with your life and be sure to take care of yourself.

**What are some of your tips? Share your thoughts below.**

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## **Celebrity News: Ashton Kutcher Recalls First Kiss On Camera with Mila Kunis**





By [Melissa Lee](#)

Everyone's favorite co-stars turned married couple [Ashton Kutcher](#) and [Mila Kunis](#) have known each other for 20 years after starring on *That '70s Show* together – and Kutcher recently spilled his thoughts on their first on camera kiss! [UsMagazine.com](#) reported that Kunis was still a minor when the kiss took place, and that Kutcher was concerned that Kunis was uncomfortable due to the 5 year age difference. “She was 14! She was like my little sister. I wanted to make sure she was OK.” said Kutcher.

**This celebrity news has us taking in the cute-ness! What are some ways to make your first kiss memorable?**

**Cupid's Advice:**

Not everyone can look back at their first kiss and find it as

adorable as Kutcher and Kunis', but there are a few ways to make it memorable. Luckily, Cupid has some tips:

**1. Take your time:** Honestly, there's no reason why there should be a sense of urgency when it comes to having your first kiss. Don't feel like you need to rush into it and don't feel ashamed for taking your time when it comes to this milestone.

**Related Link:** [Date Idea: Revisit Your Childhood](#)

**2. Don't put pressure on the situation:** If your main goal is to have your first kiss, the circumstances may become awkward. Try not to put pressure on the situation and understand that it will happen when it's supposed to – there's no need to constantly drop hints, because if they're interested, they will do the same thing.

**Related Link:** [Date Idea: Spring Into Romance](#)

**3. Be open-minded:** Don't feel like it needs to be this picture perfect moment. Nine times out of ten, people's first kisses aren't ultra-romantic and everything they've ever dreamt about. It will happen organically and when you're ready. At the end of the day, it's nothing to stress over!

**What are some of your tips for having your first kiss? Share your thoughts below.**

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## **Celebrity News: 'Bachelor in Paradise' Cast Backs DeMario**



# Jackson After Alleged Misconduct



By [Melissa Lee](#)

In light of the [recent events](#) surrounding the upcoming season of *Bachelor in Paradise*, it has been revealed that the cast is supporting DeMario Jackson, despite alleged misconduct claims. Production was shut down until recently while ABC and Warner Bros. investigated, but [UsMagazine.com](#) reported that there was no evidence to support the complaint against Jackson. In the meantime, several contestants have unfollowed Corinne Olympios on Instagram, and a source claims that “they are not supporting her.”

# This celebrity news just doesn't seem to be dying. What are some ways to keep your character intact after a questionable incident?

## Cupid's Advice:

Despite this serious incident, Jackson has claimed that both his character and name have been tainted by the investigation. Check out Cupid's Advice if you're trying to come back from a questionable situation:

**1. Clear your name:** If possible, it's important to try to clear your name. Depending on the circumstances of the incident, it may be difficult to do this. It's critical for people to understand that there are two sides to every story, so by telling your side, bystanders may begin to perceive the situation in a more forgiving manner.

**Related Link:** [Celebrity News: Find Out What Corinne Olympios Remembers from Night of 'Bachelor in Paradise' Incident](#)

**2. Move forward:** If you feel that you've done everything you can regarding the case, the best thing to do is to simply move forward with your life. Continue to live your day-to-day life being the best person you can possibly be. Not only will this help you move on from this incident, but people may take notice and start to forget about the situation as well.

**Related Link:** [Celebrity News: 'Bachelor in Paradise' Star DeMario Jackson Says He 'Didn't Do What He's Being Accused Of'](#)

**3. Focus on positivity:** During this time, it's important not to listen to the negativity that may be surrounding you or your name. Try to live a more positive lifestyle that consists of bettering yourself. The fact of the matter is that if

you're constantly enveloped in negativity, you will be just as pessimistic as the people that talk about you.

What are some of your tips to keep your character intact? Leave your thoughts below.

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## Luxury Travel: Perfect Places to Snap Your Own Celebrity Instagram Moment on Your Next Vacation



By [Melissa Lee](#)

Summer is here, and so is vacation season! If you're trying to find your next getaway spot, checking out some of the hottest [celebrity travel](#) locations may be the way to go. While you're there, why not try taking your own celeb-quality Instagram moment to *really* make yourself feel like a star? After all, you deserve it!

## Interested in finding the perfect luxury travel location for your summer vacation? Cupid has exactly what you need!

It seems like celebrities are constantly on the most glamorous vacations. But, thanks to their nearly-perfect Instagrams, we've compiled a list of the perfect getaway spots for you to visit this summer:

**1. Maui:** Hawaii is the ideal spot to head to if you're looking for a tropical, relaxing getaway. Known for their tranquil vibe, Maui is the place to go if you're focused on laying by the beach, tanning, and drinking your fave cocktail. In fact, that's exactly what [Lea Michele](#) was up to when she was recently photographed there!

**2. Jamaica:** If you're looking for another beach-y getaway but Hawaii isn't *quite* up your alley, Jamaica may be right for you. *Bachelor* star Bob Guiney and wife Jessica Canyon enjoyed being newlyweds when they visited for their honeymoon.

**Related Link:** [Top 5 Most Luxurious Romantic Getaways in the United States](#)

**3. Punta Cana:** Although Punta Cana is known for being yet another gorgeous, tropical spot, celebrity mom [Holly Madison](#) took her daughter on a family vacation to Nickelodeon Hotels & Resorts Punta Cana. If your family can't decide on where to



head this summer, this might be the solution to your dilemma – it's both kid-friendly and complete with beautiful beaches!

**4. Mexico:** Both ideal for either a romantic vacation or a wild girls trip, Mexico is the place to be. *Bachelor in Paradise* stars and celebrity exes Amanda Stanton and [Josh Murray](#) were recently photographed taking a relaxing walk along the beach during their weekend getaway.

**Related Link:** [Vacation Destinations: Spring Travel Tips for Home and Abroad](#)

**5. Florida:** If you're leaning toward the more simple route, Florida is the perfect place to just hang by the beach and go out at night. Not too long ago, former *Jersey Shore* star Pauly D and girlfriend Rocio were seen taking a romantic stroll on the beach together.

**What are your favorite vacation spots? Share below!**

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## Movie Review: 'Home Again' is a Hopeful Tale About Moving On







By [Melissa Lee](#)

John Debney's newest drama/romance film, *Home Again*, focuses on a recently divorced mother of two ([Reese Witherspoon](#)). She decides to start over and move to L.A., but her life gets thrown upside down when she allows three young guys to move in with her.

**This romance movie is sure to pull at your heart strings along with offering some valuable relationship advice!**

**Should you see it?:**

This movie is star studded with actors like Reese Witherspoon, Michael Sheen, and Nat Wolff all making appearances throughout. *Home Again* is a relatable film about trying to start over after a divorce, so if this kind of situation

appeals to you, this may be the perfect summer blockbuster.

### **Who to take:**

Know someone going through heartbreak? This would be a great movie to see together! Witherspoon's character slowly gets back on her feet, but not without another love interest post-divorce – show your friend that there *is* life to be had after that tough breakup.

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

In *Home Again*, Witherspoon struggles to find herself after going through a divorce with her husband. Going through a breakup is always difficult, but Cupid has some tips to help you get by:

**1. Rely on your support system:** Whether it be family members or friends, have a support system that will be there for you at your time of need. Have someone that you know you can talk to, or have that shoulder to cry on. It'll make the process a little bit easier, plus you won't feel as alone.

**Related Link:** [Relationship Advice: Getting Over a Grudge](#)

**2. Occupy yourself:** The worst thing you can do is sit around, crying and thinking about the relationship and breakup. Allow yourself a few days of grieving, but after that, it's time to occupy your mind. Take up a new hobby, go work-out, or hang out with friends – but it's important to find healthy ways to keep yourself distracted.

**Related Link:** [Romantic Comedy Stays Alive in 'The Big Sick'](#)

**3. Use this time to focus on you:** Take advantage of the breakup process and use the time to focus on yourself. If there's a project you've been meaning to complete, now is the time to do that. Want to start eating healthy and working out? Now is the perfect time! Take care of yourself, and be proud for being able to do that.

What are some of your tips for getting through a breakup? Share your thoughts below.

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## Get Patriotic with These Date Night Looks for 4th of July



By [Melissa Lee](#)

Independence Day is one of the *only* times where it's completely acceptable to deck yourself out in red, white, and blue, so why not take advantage of it? The fashion looks are half the fun of celebrating 4th of July – besides the barbecues, that is. This year, show your patriotism by trying

out some of these fun, flirty fashion trends.

## If you're interested in [date night](#) looks to try out for Independence Day, Cupid has some fashion trends for you!

**1. Flag bathing suits:** If you have plans to go to the beach or pool on 4th of July, this might be perfect for you! American flag patterned bathing suits have been all the rage lately, and you'll look cute and patriotic when you're lounging around and working on your tan.

**2. Stripes:** Looking to go the more subtle route? We got you! Stripes aren't as flashy as something flag-printed, but still show that you're ready for some 4th of July fun. Try blue and red stripes, or white and red. As long as you have some variation of red, white, and blue, you'll be good to go!

**Related Link:** [Top 5 Fashion Trends Blossoming for Spring](#)

**3. White bottoms:** Forget all the fashion rules you've been reading in magazines for years – white bottoms are super trendy, plus they are becoming a summer staple. Pair a pair of white pants, shorts, or even a skirt with a blue or red top and you'll be ready for a night of fun! This look would be perfect for a date night barbecue, since it's both flirty and patriotic.

**4. American flag shorts:** If you're looking to add to your flag printed wardrobe, shorts may be the way to go. Flag patterned shorts have been pretty popular over the past couple of years, plus they're easy to find – nearly every store carries a pair nowadays! These shorts would be fun to wear after the beach. Pair them with a white t-shirt and it'll be an adorable yet patriotic look!

**Related Link:** [Fashion Advice: Choose the Perfect Date Night Dress](#)

**5. Red, white, and blue nails:** Okay, so maybe you're not crazy into 4th of July and you're looking to keep your patriotism on the lowkey side. Having a red, white, and blue manicure is a cute way to celebrate Independence Day while also staying laid-back.

**What are some of your favorite 4th of July fashion trends? Share your thoughts below.**

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**Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again**







By [Melissa Lee](#)

Former *Bachelorette* contestant [Ali Fedotowsky](#) recently spilled to [UsMagazine.com](#) that she and husband Kevin Manno are ready for [celebrity baby](#) number two! The [celebrity couple](#) tied the knot back in March, but are already parents to their one-year-old daughter, Molly. “I wouldn’t mind if I was pregnant right now,” Fedotowsky says. “We want another baby, and we want them to be close.”

**There may be another celebrity baby on the way soon! What are some ways to know you’re ready for a second child?**

**Cupid’s Advice:**

This celebrity couple is already preparing for their second child. Sometimes it can be tough deciding when you and your partner would like to bring another child into the world, but

Cupid has some advice:

**1. Things are under control:** Already having one baby in the house can be chaotic, so making sure you and your significant other are managing is super important. If the two of you feel that you are handling the stress with ease, then it may be time to prepare for a second child.

**Related Link:** [Relationship Advice: 5 Ways Therapy Can Help Your Relationship](#)

**2. Look at your financial situation:** What's more expensive than having one child? Having two children! Make sure you two are in a decent financial situation where you will be able to care for your entire family. If this is not the case, there's a possibility that it may not be the right time for another baby.

**Related Link:** [5 Most Romantic Celebrity Couples](#)

**3. Reflect on your relationship:** Will a second child bring your relationship happiness, or will it stress you two out even more? Babies can put a strain on relationships since there's so much going on, so if you and your partner are already experiencing troubles, maybe you should work on that before deciding to have another child.

**What are some ways you know you and your partner are ready for a second child? Leave your thoughts below.**

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## **Celebrity News: Tempers Flare**

# Between Lee & Kenny on 'The Bachelorette'



By [Melissa Lee](#)

On this week's episode of *The Bachelorette*, jealousy proved to be a dominant emotion as fierce competitors Lee and Kenny began to battle it out. In [celebrity news](#), [UsMagazine.com](#) reported that Lee initially interrupted a heartfelt moment between Kenny and Rachel Lindsay, this season's *Bachelorette*. By the end of the night, Kenny and Lee had engaged in a screaming match. According to Kenny, Lee had been giving him "shade" and was "super disingenuous," but Rachel ended up giving them both roses.

# This celebrity news is evidence that jealousy comes in a lot of forms. What are some ways to deal with a jealous partner?

## Cupid's Advice:

Although this conflict is a result of reality television, jealousy exists in a real life. Dealing with a jealous partner can be difficult, but can get easier when it's handled the right way. Luckily, Cupid has some [relationship advice](#) for this situation:

**1. Trust:** If there is jealousy in your relationship, it most likely exists because there isn't a mutual trust between you two. The first step to dealing with a jealous partner is to enforce trust as much as possible. Do your best to reinforce this by reflecting trustworthy behavior, and your significant other will slowly begin to understand that they don't have as much of a reason to be jealous.

**Related Link:** ['Bachelor' Celebrity Couple Sean & Catherine Lowe Share 'Foolproof' Marriage Advice](#)

**2. Be understanding:** If there has never been a breach of trust in your relationship, it's of importance to understand that your partner's jealousy comes from a separate cause, whether it be a previous unhealthy relationship or something as simple as anxiety. Don't get frustrated with your partner and constantly question why they don't trust you. Instead, work with them, asking what you can do to make them more comfortable.

**Related Link:** [Celebrity News: ABC Suspends 'Bachelor In Paradise' Production in Mexico Amid 'Misconduct' Allegations](#)

**3. Be aware of the healthy/unhealthy line:** Jealousy is a natural emotion, so it's understandable if you or your significant other exhibits such behavior. However, you should be aware of when their conduct becomes unhealthy – if they prevent you from going places with other people, if they're texting/calling you *nonstop*, etc. Make sure you recognize if it starts to become obsessive and unhealthy.

**What are some of your tips for dealing with a jealous partner? Share your thoughts below.**

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## **Movie Review: 'Tulip Fever' Shows What a 17th Century Affair Looked Like**







By [Melissa Lee](#)

This shocking film takes place in 17th century Amsterdam, when an orphaned girl is forced into an unhappy arranged marriage, resulting in her eventually embarking in an affair with the painter of a portrait that her husband purchases. The lovers decide to abandon everything they know and run away, entering the tulip bulb market in an effort to earn money to make their dreams come true.

**Cupid has all the latest details on this scandal-filled movie, which shares some key relationship advice in this movie review:**

**Should you see it?:**

*Tulip Fever* is another one of the summer's drama-romance films. This movie is absolutely chock full of scandal and

shocking scenes, so be sure not to miss it.

### **Who to take:**

This film would be great to go see with your friends! The cliffhangers will leave you all in awe, wondering what could possibly happen next.

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

In *Tulip Fever*, the wife of a powerful merchant decides to begin an affair and eventually run away with him. Though this movie is set in the 17th century, cheating should never be the way out of a relationship – if you're questioning how to end things with your partner, Cupid is here to offer some advice:

**1. Be as honest as possible:** If you spent a decent amount of time with your significant other, then they most likely deserve an honest explanation as to why you feel the relationship should end. Be honest about your feelings and maybe even the flaws that occurred, perhaps suggesting things they could do differently.

**Related Link:** [Movie Review: Romantic Comedy Stays Alive in 'The Big Sick'](#)

**2. Try to leave things on good terms:** Breakups can be rough, but leaving things civilly can be beneficial. There won't be as much pain or sadness, and it can make the breakup process a little bit easier. At the end of the day, acknowledging your time together and knowing that it's ending for a good reason may help both of you move forward.

**Related Link:** [Relationship Movie 'Playing It Cool' Features a Loveless Chris Evans](#)

**3. Don't rush into a friendship:** If you decide to stay friends after breaking up, it's important not to just rush into this. Recognize that the two of you just spent a certain amount of time being romantically involved, and it won't be beneficial

for either one of you to immediately rush into being friends.

What are some of your tips? Share them below.

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## Date Idea: Have a Colorful Day



By Ché Blackwood & [Melissa Lee](#)

Remember the fun of youth by creating a daytime date centered on coloring. With this [relationship advice](#), you'll be taking a trip down memory lane with the one you love. It'll you feeling rejuvenated and creative!

**For this [date idea](#), invest in a box of crayons, grab a few coloring books, stock up on old sweet films and give yourself the play date of your childhood dreams!**

There are a variety of coloring books, allowing you to choose the best ones for your personality. If your honey likes baseball, pick up a workbook focused on the popular pastime. If you've still got a thing for princesses, purchase a Cinderella coloring book. If kid's books aren't your thing, head over to an adult store. Many of them carry adult themed coloring books, which will prevent your afternoon from staying G-rated.

**Related Link:** [Date Idea: Revisit Your Childhood](#)

Challenge your beau's artistic talents by judging each other's coloring. If you're really creative, grab a few colored pages from each book and make up a story together. Sketch to your hearts' content, but be sure to stop as soon as it loses its appeal. Some things are better in moderation.

**Related Link:** [Date Idea: Laugh Out Loud Fun](#)

Once the crayons have started to crumble, watch a favorite animation together. Whether a classic like *Beauty and the Beast* or a more grown up choice, like *Futurama*, savor the experience of watching cartoons together with popcorn and a cozy cuddle on the couch. The rare opportunity to forget your adult responsibilities will leave you feeling joyful and young at heart.

**How do you like to stay young with your partner? Tell us in the comments below!**



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# Movie Review: 'Lady Macbeth' Exhibits Drama, Romance and Affairs



By [Melissa Lee](#)

In an upcoming drama film, which comes to theaters today, *Lady Macbeth* shows the dark side of Katherine's (Florence Pugh) stifling marriage, resulting in her embarking on an affair with a young worker from her husband's estate. This fling ignites a fire in Katherine, causing her to stop at nothing to reach her end goal of true happiness.



# Check out our movie review on *Lady Macbeth*, and get some [relationship advice](#) in the process!

## Should you see it?:

This movie isn't exactly a romantic comedy, but it has hints of romance and controversy, along with a ton of drama. If you're looking for a shocking tale, this is the film for you!

## Who to take:

*Lady Macbeth* is a serious film – it's not filled with comedy or cheesy romance scenes, so maybe it's not the best first date movie. However, it could be a good flick to go see with your girlfriends, or even a date with your partner.

## Cupid's Advice:

In *Lady Macbeth*, Katherine is stuck in an unhappy marriage with a disapproving family. In an effort to find happiness, she begins an affair with another man, eventually deciding that nothing will stop her being truly happy. While this determination can be seen as admirable, she goes about it the wrong way, resulting in poor decisions and actions. If you're not happy in a relationship and trying to find contentment, like Katherine, Cupid has some tips:

- 1. Communicate:** Similarly to a lot of other relationship problems, communication is key. It's time to figure out whether or not your relationship is worth saving, and it's important to both be honest with yourself and your partner. You should voice your thoughts and concerns, but don't force yourself to stay if you know you won't be happy.

**Related Link:** [Relationship Advice: How Your Excitement Drives Your Expectations](#)

**2. Do things that make you happy:** Compile a list of healthy activities that make you happy, whether it be painting, working out, or meeting up with friends. If you're doing positive things that enhance your mood, happiness will come more easily. Forming a routine with these activities can be ever more beneficial!

**Related Link:** [Movie Review: Romantic Comedy Stays Alive in "The Big Sick"](#)

**3. Be honest with yourself:** At the end of the day, you know yourself better than anyone else. It's also important to put yourself first in certain situations. Don't be afraid to take the necessary actions to make yourself happier at the end of the day, and don't feel like you're being selfish, either.

**What are some of your tips? Share your thoughts below.**

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## Look Like a Victoria's Secret Model with These Celebrity Workouts





By [Melissa Lee](#)

The Victoria's Secret Angels are known for their absolutely *killer* bodies. We're in the dark days of summer, and if you're still working on that beach-ready bod, it may be helpful to try out some of the VS Angel's workouts. Although they haven't shared all their fitness secrets with the public, we might as well take advantage of the tips they have revealed – plus, you may be so confident that you'll even feel like an Angel yourself!

## Check out these celebrity workouts guaranteed to tone your body!

**1. Running:** A basic one, but running actually has so many benefits. Running has been scientifically proven to help improve your health, prevent disease, lose weight, relieve stress, and boost your confidence. With all these perks, why *wouldn't* you want to start running?

**2. Rock Climbing:** This activity helps build muscle and

endurance, in addition to building lower body strength and lean muscle mass. Plus, it's not your typical every day exercise, so it's a great way to get a good workout in while having some fun.

**Related Link:** [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

**3. Planking:** Planks are an amazing upper-body strength workout with a bunch of variations that tone different parts of your body. Along with toning your core, planks can also work your glutes and hamstrings, and improve both your balance and posture.

**4. Hiking:** Hiking is a powerful cardio workout complete with a great view! Some benefits of hiking include strengthening and toning muscles (similar to running), as well as improving endurance and stamina. Hiking can also tone your quadriceps, hamstrings, calves, glutes, abs, and hip muscles.

**Related Link:** [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

**5. Yoga:** There are endless pros to yoga, both physical and mental. Yoga can increase your flexibility, muscle strength, respiration, and energy. Additionally, it can help maintain a balanced metabolism, along with improving athletic performance.

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

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# Movie Review: 'Blind' Stars Alec Baldwin & Demi Moore Engaging in Affair

Cupid's Pulse  
\* Celebrities. Love. Opinions. \*



By [Melissa Lee](#)

In Michael Mailer's latest romance film, *Blind*, Alec Baldwin and [Demi Moore](#) star in a blockbuster sure to tug at your heartstrings. Baldwin plays a novelist blinded in a car accident that killed his wife. He then falls in love and starts an affair with Moore's character, who is still married to a businessman who neglects her. Talk about drama!



# Check out our movie review on *Blind*, coming to theaters July 14, 2017

## Should you see it:

The movie's two leads are Hollywood legends, plus the unique plot is enough to keep you hooked the entire time – *Blind* doesn't seem like a movie you should miss this summer!

## Who to take:

This movie isn't just your average drama-romance; it's filled with OMG-worthy moments. *Blind* seems like a great movie for a date night with your partner, but would also be fun to see with your friends for a girls night.

**Alec Baldwin and Demi Moore engage in an affair in 'Blind'. How can you move on from an unfaithful relationship?**

## Cupid's Advice:

Untrustworthy partners are terrible to experience, but it's important to realize that you come out a stronger person after the relationship is over. Below are some tips on how to keep your life moving after the break-up:

**1. Let yourself grieve:** Everyone's going to have different opinions, but it's critical that you let yourself go through the average break-up phases. Even though this one may hurt particularly bad, don't assume that you automatically have to move on because of that reasoning.

**Related Link:** [5 Celebrity Couple Breakups: Say It Ain't So](#)

**2. Don't blame yourself:** Regardless of how you found out your partner was being unfaithful, it's *not* your fault. This was their choice and you should not believe that you could

have done anything to make the situation better. When you come to terms with this, it may be a little easier to continue to move forward.

Related Link: [Relationship Advice: Why Isn't It Easy to Say Goodbye?](#)

**3. Try to stay positive:** Even though it can feel like awful circumstances, try your best to stay positive. Maybe it's better that you found out your significant other is not a faithful person at this point in the relationship, before things furthered. Or more importantly, realize that you're worthy of being in a sincere relationship and this person doesn't deserve you.

**What are some tips to move on from an unfaithful relationship? Leave your thoughts below.**

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## **'Bachelor' Celebrity Couple Sean & Catherine Lowe Share 'Foolproof' Marriage Advice**





By [Melissa Lee](#)

Season 17 *Bachelor* contestants Sean and Catherine Lowe have been going strong for nearly four years – a rarity for the *Bachelor* franchise, especially with all the [recent drama](#) surrounding the show. The couple sat down with [okmagazine.com](#) to reveal their “foolproof” marriage advice, which includes attending a marriage group, being committed, and constantly working on their relationship. We wish the best of luck to the Lowes, plus their adorable one-year-old boy, Samuel!

**This celebrity couple has come a long way since *The Bachelor*! What are some ways to keep your marriage strong?**

**Cupid’s Advice:**

Against most odds, Sean and Catherine Lowe have managed to

keep their marriage afloat by working hard to keep committed. If you and your significant other are in a similar position, here are some tips to keep your relationship strong:

**1. Problem? Acknowledge it:** If there's an on-going issue between you and your partner, don't ignore it – acknowledge the problem by sitting down to have a productive conversation that consists of finding the cause and a solution.

**Related Link:** [Relationship Advice: How Excitement Drives Your Expectations](#)

**2. Don't be afraid of counseling:** Sean and Catherine attended marriage counseling to work out their problems (along with thousands of other couples, celebrity or not), and it ended up heavily working in their favor. There's nothing wrong with seeking help from a professional and it can do amazing things for your relationship, including introducing the opportunity to make your marriage that much stronger.

**Related Link:** [Relationship Advice: 5 Communication Keys Every Relationship Needs](#)

**3. Make time together:** If you and your partner tend to live busy day-to-day lives, it's important to make time for one another so you're able to simply sit down and spend time together. This one-on-one time could be extremely beneficial. Whether it consists of a date night, watching a movie together, or even just discussing your days before going to bed, forming this routine could improve your marriage.

**What are some of your tips to strengthen marriages? Leave your thoughts below.**

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# Movie Review: 'The Beguiled' Brings Back Historic Romance

**Cupid's Pulse**  
\* Celebrities. Love. Opinions. \*



By [Melissa Lee](#)

In Sofia Coppola's latest drama film *The Beguiled*, an all girls' school in Virginia during the Civil War is tossed upside down when the young women decide to shelter a wounded Union soldier. The result? A plethora of rivalries and sexual tension as the girls fight over the soldier.

**Check out our movie review on *The Beguiled*, and go see it for [date](#)**



## night:

### **Should you see it?:**

Coppola is known for her edgy filmmaking style, so this electrifying film surely won't be one to miss. Plus, stars like Colin Farrell, Nicole Kidman, Elle Fanning, and Kirsten Dunst star in it. Talk about some big acting chops!

### **Who to take:**

This movie may be fun to see with your significant other, but it would also be great for a girls' night.

**Sometimes it's nothing if not full of drama when you're competing with other girls for the affections of one guy. Is the drama worth the guy?**

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

In this Civil War-era flick, the young women live a relatively normal life until they make the choice to take in a wounded soldier. His presence ultimately causes drama between the girls, which is a fairly common situation. How do you know when to cut the drama – and the guy responsible for it?

**1. Reflect:** As cheesy as it may sound, make a pros and cons list and think about how his presence has affected your life. Has he *only* caused problems? Is he a toxic person? Make the executive decision and figure out if he's being a positive influence.

**Related Link:** [Relationship Movie 'Playing It Cool' Features a Loveless Chris Evans](#)

**2. Talk to friends:** When you talk to friends that have your best interests at hand, they may be honest with you about whether or not they see this person's true colors. If they've noticed some shady activity, take their opinions into account

too.

**Related Link:** [Relationship Advice: How Far Will You Go for a Relationship?](#)

**3. Communicate:** Having a calm, productive conversation about your concerns with this person may be beneficial, too. However, it's important not to forget your own viewpoint – don't let them sway you away from the fact that you are still questioning their motives.

**What are your tips for cutting out a dramatic person? Share your thoughts below.**

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## Parenting Tips to Stay Sane for the Rest of the Summer





By [Melissa Lee](#)

For your kids, summer vacation is probably one of the most exciting times of the year. They're finally done with school, and they're completely free for the next few months. But for yourself? Well, the summer can end up being a time for boredom and insanity when you're driving yourself crazy trying to entertain both your children and yourself.

## **Sound familiar? Stress no more! Cupid's here to lend some parenting tips on staying sane with your kids for the rest of summer:**

**1. Call it a night:** This might be one of the most important pieces of parenting advice for the summer. Just because it's summer vacation doesn't mean there are no rules – this isn't an anarchy! Don't be afraid to bring some of the school year routine into summer, like bedtime. Whether you decide to keep

it the same or extend it a half an hour is completely up to you, but at least you will still be able to get some “me time” in at the end of the day.

**2. Get them reading:** In the digital age, it can be tough to redirect your child’s attention from their iPhone to a physical book. Take them to a bookstore or the library and help them pick out a book that they find interesting, and then have an allotted 20-30 minutes a day that’s solely dedicated to reading. It will promote reading skills, in addition to having some peace and quiet in your home (just for a bit).

**Related Link:** [Parenting Advice: Quick Tips and Tricks on How to Travel with Kids](#)

**3. Finish a project:** Let’s face it; every parent has that mental list of things that they’d love to complete, but they’ve just been pushing it off since they’ve been too busy with their kids. Although you may feel pressured to constantly entertain your children, don’t forget to take some time for yourself. Decide on that one thing you’ve been meaning to do – whether it be re-decorating a room, starting a photo album, or re-organizing your clothes – and get started, giving yourself 15 minutes every day to work on it.

**4. Divide up the chores:** Keeping the house clean shouldn’t be one person’s job! Divide up chores between you and your kids by having a “chore board” that changes every day. Reward your children for their good job with whatever works – ice cream, a trip to the beach, or a new toy are all great examples.

**Related Link:** [Parenting Tips: How to Cope with Stress](#)

**5. Get active:** It only makes sense to take advantage of the warm weather by getting out there and being active. Spending 30 minutes a day outside doing physical activity can be super beneficial for both you and your kids. If you want, you can decide on a family activity – taking a walk or bike riding – that you can all do together.

What are some of your parenting tips for staying sane this summer? Share your thoughts below.

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## Date Idea: Pucker Up While Putt-Putt Golfing



By [Melissa Lee](#)

Are you tired of having to sit quietly during your regular movie dates? If so, your next date with your significant other should be an awesome game of putt-putt golf! This will give you guys a chance to [try something new](#), all while enjoying the warm summer weather and each others' company.



# You don't have to be a pro to enjoy the game with your mate; this date idea is all in the name of fun and love!

Miniature golf will give you two a chance to be competitive, which will create fun conversations – something that every relationship needs! Come on guys, don't we all love being able to help out our partners when they are struggling to hit the ball? This is also the perfect time to be cute and cuddly. Go ahead and give your love a special kiss when he/she does a good job! You know what else wouldn't hurt? A comforting hug when your sweetheart misses the ball – your cool point meter will increase big time!

**Related Link:** [Enjoy the Outdoors With This Challenging Date Idea](#)

Another way to make your date priceless is by dressing alike! By throwing on some matching polo's and some nice cargo shorts, you'll be picture perfect together. Now after your fun but tiresome date, dine at the restaurant of your choice and talk about all the funny things that happened while golfing. Sounds like the perfect date!

Take a look at some of America's best and most bizarre courses:

1. Lake George, N.Y.'s Around the World in 18 Holes
2. Mayday Golf in Myrtle Beach, S.C.
3. Putz n Glo Miniature Golf in Rapid City, S.D.

**Know any other ways of enjoying a good game of mini golf? Comment below!**

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# Date Idea: Take Him Out To The Ball Game



By [Melissa Lee](#)

It's summertime, which means it's the perfect time to bond with your beau over something he loves ... baseball! Not only will this show him that you listen to what he likes, but also that you're willing to take an interest and bond with him over it.

## Why not surprise your honey with tickets to see his favorite baseball team for [date night](#)?

If you don't want to head to a Major League game, why not remind him of his childhood and check out a little league game? This way you have the rush of real competition, but without the stress of all the rules of major league baseball.

Plus, watching Little League is usually free, where as Major League can be pretty pricey.

**Related Link:** [Date Idea: Enjoy the Warm Weather](#)

If you don't want to head to a game, why don't you make your own? Get some friends and family together and set up a game in your own backyard or nearby park. Grab a bat and a ball and play for yourself. It definitely beats sitting on the couch watching the game.

**Related Link:** [Date Idea: Couples Barbecue](#)

Or even better, set up a couples baseball game, and make it a weekly event! If you don't feel like putting a whole game together, simply play a game of catch with your beau. What better way to enjoy a beautiful summer day?

**Have any baseball-related ideas for your next date? Share your ideas below.**

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## **Date Idea: Take In Some**

# Cartoons



By [Melissa Lee](#)

Remember *Sesame Street*, *Winnie the Pooh* and *Bugs Bunny*? They were probably your favorite cartoons when you were younger, and still are today. But now that you're older and too busy, you might not have the time to watch them.

**Well, why not use this [date idea](#) and spend this weekend catching up on your favorite cartoons with your mate? After all, you're never too**



## old for *Loony Tunes*.

Snuggle up on the couch with your man and watch some Saturday morning cartoons. Make a breakfast complete with Lucky Charms, and turn back the clock to a time when everything was easy.

**Related Link:** [Date Idea: Laugh Out Loud Fun](#)

Spend the following day with an animated flick at a theater. Not interested in anything that's currently being played? Rent your favorite Disney classic films and cuddle up with with a bowl of popcorn and soda at home with your significant other.

**Related Link:** [Date Idea: Embrace Each Other with a Scary Movie Marathon](#)

What are some of your favorite cartoons? Share below.

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## 5 Famous NY Restaurants to Visit if You Want to Spot One of Your Favorite Celebrities





By [Melissa Lee](#)

Among the many famous things New York City is known for, food is definitely one of them. Regardless of where you are in the City, there are always tons of restaurants that crowd the sidewalks. And while NYC is constantly star-studded, there are a few hot spots in that are known for hosting celebrities – and maybe if you're lucky, you'll run into a few yourself!

**Interested in spotting one of your fave celebs at a famous NY restaurant? Take a trip to the city, and check these suggestions out:**

**1. Rosie's:** This authentic Mexican restaurant is located in the East Village and has hosted [Jessica Simpson](#) and husband Eric Johnson in the past. The restaurant has amazing reviews, and combines all the best aspects of Mexican food to create an

incredible experience. It's no wonder why Simpson and Johnson are fans!

**2. Zuma:** Gigi Hadid and her mother, Yolanda, were spotted at this Japanese restaurant having a girls night. The pair apparently indulged in some sushi rolls at the Midtown Manhattan spot. This super expensive hotspot is known for their high-energy and delicious food.

**Related Link:** [Top 10 Essential NYC Restaurants for 2017](#)

**3. Maialino:** This Tuscan-themed restaurant is not only notorious for their amazing food, but their romantic atmosphere too! Jimmy Fallon and his wife, Nancy Juvonen dined at Maialino for a date night recently, but former President Obama and First Lady Michelle Obama also made a stop in 2014!

**4. Loring Place:** Located in Greenwich Village, [Chrissy Teigen](#) and husband [John Legend](#) raved about this hot spot. This high-end restaurant is famous for their wood-fired dishes, including handmade pizzas and pastas. And, of course Teigen raved about the food on her Snapchat, so we know it has to be amazing!

**Related Link:** [Famous Restaurants: Crazy Milkshakes in NYC](#)

**5. O Ya:** This restaurant hosted [Blake Lively](#) and [Ryan Reynolds](#) for his 40th birthday! The [celebrity couple](#) apparently fell in love at the spot's Boston location, but have raved about their modern Japanese food. The couple recommends the restaurant's creative take on sushi, along with their sashimi and wagyu beef.

**What are some of your favorite places to eat in NYC? Share below!**

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# Movie Review: Romantic Comedy Stays Alive in “The Big Sick”



By [Melissa Lee](#)

Summer 2017’s biggest romantic comedy is *The Big Sick*, a film showcasing the struggles of interracial couples and cultural differences. Based on a true story, *The Big Sick* tells the tale of Pakistan-born aspiring comedian Kumail (Kumail Nanjiani) and grad student Emily (Emily V. Gordon). The couple is put to the test when Emily falls ill and is put in the hospital. Kumail experiences pressure and disapproval from his traditional Muslim family, along with attempting to get along



with Emily's parents.

## **Cupid has details on this movie, which can lend us some valuable [relationship advice!](#)**

### **Should you see it?:**

Although romantic comedies tend to be predictable, this film is anything but predictable. Not only does the movie have a unique story line, but the feature is relatable to those who understand the position Kumail is in.

### **Who to take:**

This movie would be great for a [date night!](#) It'll pull at your heart strings but make you laugh too.

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

In *The Big Sick*, Kumail is put in a tough situation where he feels as though he needs to please his parents, his girlfriend, and her parents. These pressures aren't exactly out of the norm, so it's important not to let those struggles consume your relationship. Cupid is here to offer some relationship advice:

**1. Establish a relationship with their parents:** Anxiety levels can definitely be brought down by trying to build a healthy relationship with your partner's parents. It's important to gain their respect so there's a mutual approval in case a tough situation like Kumail's eventually arises.

**Related Link:** [Age Is Just a Number in New Movie "The Intern"](#)

**2. Be aware of cultural differences:** If your circumstances are anything like Kumail's and Emily's, there may be some cultural

aspects that differ between your families. Above anything, it's pretty critical to be understanding and respectful of opposing cultural views, especially if your partner was raised a certain way.

**Related Link:** [Celebrity News: Time Travel with "How To Be Single" Stars](#)

**3. Make the effort:** Just like any good relationship, putting in effort is a huge element that can make things a bit easier for you and your partner. Recognizing that your significant other is trying their best is important for you to vocalize, in addition to making the attempt yourself.

**What are some of your tips? Share your thoughts below.**

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## 5 New Fitness Trends to Help You Get a Celebrity Body





By [Melissa Lee](#)

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

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

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

**1. Ballet Beautiful:** Endorsed by Victoria's Secret Angels galore, Ballet Beautiful is a fairly new workout trend that is intended to mix athleticism and classical ballet in order to help you get the most lean, toned body possible. The [website](#) offers global access, online workouts, and

customized private training. If you're interested in taking a class and live in New York City, they have two locations in Soho and the Upper East Side.

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

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

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

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

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

**5. Dogpound:** Alright, ignore the odd name and focus in on the fact that this is another Victoria's Secret Angels-endorsed fitness trend. This NYC based gym is *super* intense, and offers private training, boxing, group training, nutritional programs, and more. Models like Ashley Graham adore Dogpound and their high intensity workouts (along with the amazing results!).



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

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## Popular Vacation Spots That Celebrity Parents Love



By [Melissa Lee](#)

With summer right around the corner, it's no surprise that [celebrity couples](#) (and their kids) have been traveling all around the world. While our favorite celeb families make the trek from continent to continent, we get to swoon over their adorable Instagram posts and see what the latest getaway spots

are.

## Look no further for the most popular vacations spots that celebrity parents adore!

These luxury spots already have the seal of approval Hollywood's cutest celebrity families:

**1. Morocco:** In March, [John Legend](#) and wife [Chrissy Teigen](#) took their 11-month-old baby girl, Luna to the African city. The family never shied away from sharing their experiences on social media, especially their adoration toward Marrakesh. In fact, according to [EOnline.com](#), Legend and Teigen visited Morocco in 2015 as well.

**2. Italy:** Before [Beyonce](#) shocked the world with the announcement of her second pregnancy, Queen B and [Jay Z](#) took their daughter, Blue Ivy to Italy in September. The adorable family went to lunch in Nerano, and completed the trip with eating seafood on a yacht.

**Related Link:** [Top 5 Romantic Getaways in the Northeast U.S.](#)

**3. The Bahamas:** In a recent celebration for [Kanye West](#)'s 40th birthday, he took his wife [Kim Kardashian](#)-West and their two kids, North and Saint to The Bahamas. The family stayed for four days and, in typical Kardashian-West fashion, rented out the entire island.

**4. Hawaii:** *Real Housewife of Orange County*'s Meghan King Edmonds and husband Jim Edmonds took their baby girl Aspen to Hawaii. As if the getaway wasn't already cute enough, Meghan and Aspen wore matching bathing suits and hats on the beach!

**Related Link:** [5 Celebrity Couples Who Look Hot at the Beach](#)

**5. Disney:** Former *Freaks & Geeks* star Busy Phillips and her husband, Marc Silverstein, along with their two daughters, Birdie and Cricket, went the classic route when they boarded a Disney cruise. The family indulged in some Mickey-shaped ice cream, with Phillips sharing her love for Disney on social media every step of the way.

**What's your favorite family vacation spot? Leave your thoughts below.**