

# Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC



By

[Noelle Downey](#)

With summer about to be in full swing, it's officially time to start thinking about how amazing you're going to look in your favorite bikini at the beach this year. If you want to shave off a few pounds to look your best while you play in the surf and sand this summer, never fear! There are tons of places you can head to work out and look stunning in time for the hottest summer months, especially if you live in celeb-studded NYC. Tons of celebrities will be joining you on your quest to get fit this year, and if you head to any of these premier fitness locales, you just might run into them!

# Celebrity Fitness: Check out these celeb-approved ways to stay fit in NYC and see if any of these fitness trends could help you get a celebrity style body and look!

**1. Ballet Beautiful:** For a somewhat non-traditional workout, visit Ballet Beautiful, a celeb-approved hotspot for getting fit with ballet exercises and cardio that's client specialized to any particular needs you might have or problem areas you might want to address. Owner Mary Helen Bowers is used to VIP clients, including Victoria's Secret Angels Miranda Kerr and Lily Aldridge, and Bowers also personally trained Natalie Portman for her Oscar-winning performance in dark horror flick, Black Swan. With two convenient locations in SOHO and the Upper East Side, visit this special studio and pick a workout from anywhere between fifteen minutes to three hours to see what all the stars are raving about when it comes to this fun fitness opportunity.

**2. ModelFit:** For a fantastic workout that leads to an absolutely stellar body, try ModelFit, a hugely popular fitness boutique in Manhattan frequented by such big-name stars as [Taylor Swift](#), Karlie Kloss and [Chrissy Teigen](#). Owner and fitness expert Justin Gelband focuses on toning your muscles through cardio, so expect a lot of fun activities like kickboxing and yoga to shake up your fitness routine. And don't be surprised if you spot even more Victoria's Secret Angels – ModelFit is incredibly popular with the modeling crowd, so much so that Gelband is referred to as “the supermodel trainer.”

**Related Link:** [Celebrity Diet: Get a Red-Carpet Ready Body and a Healthy Mind By Eating These Super Foods](#)

**3. Rumble Boxing:** Looking for something to break you into even more of a sweat? Why not try Rumble Boxing, a hardcore workout that allows you to jump from lifting weights to hitting a punching bag in minutes. Rumble Boxing is still an up-and-coming fitness destination for the rich and famous, but professional models are often seen blowing off steam and burning calories in this premier establishment, including Canadian-born supermodel Lexi Wood and fitness training icon and former football player Devon Levesque. Visit this awesome workout facility to burn some calories and get your body beach-ready this summer!

**4. AKT InMotion:** If Ballet Beautiful sounds fun but you're looking for a different kind of dance for your workout, look no farther than AKT InMotion, a high-energy dance studio from owner Anna Kaiser, who is responsible for the fantastic physiques of such stars as Shakira and [Kelly Ripa](#). Keep on your toes with this fantastic workout that combines the fun of a night out dancing with your girlfriends with the calorie burn you'll need to feel great about your body this summer. Grab a group of friends and hit up this celeb-approved NYC fitness hotspot for a fun hour of intense dancing that will leave you feeling invigorated and full of adrenaline.

**Related Link:** [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

**5. Dogpound:** If you're looking for a workout that has a high level of intensity but an equally high level of results, than Dogpound might just be for you. This insane fitness hotspot is a beloved favorite of a ton of Victoria's Secret Angels, including Ashley Graham and [Leonardo DiCaprio's celebrity ex](#), Toni Gaarn. Move across the room burning calories and flipping tires or step into the ring for a boxing match for some intense fitness that will leave you breathless and with a great bikini-worthy body. Feel great about your tenacity in the ring and your core strength as you step up to the challenges at this amazing and hardcore NYC fitness stop.

Are you planning to visit any of these celeb-approved fitness hotspots in NYC? What are your favorite ways to get fit? Let us know in the comments!

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# Celebrity Baby News: Natalie Portman Gives Birth to Daughter Amalia Millepied



By

[Delaney Gilbride](#)

In [latest celebrity news](#), Oscar-winning actress Natalie Portman has given birth to her second child with husband Benjamin Millepied! The [celebrity couple](#)



told [EOnline.com](#) exclusively that their daughter, Amalia Millepied, was welcomed into the world on Wednesday, February 22. The 35 year-old actress has been relatively quiet about her pregnancy throughout the last nine months in comparison to other celebrity parents who can't contain their excitement about their growing families. In an interview with [Jimmy Fallon](#) in November, Portman confessed: "It's weird because I'm a small person in general, so you show a lot faster and a lot more when you're small. Everyone thinks I'm about to pop and about to give birth any minute, and I have *months* to go..." Thankfully, that month has finally arrived. Congratulations Natalie and Benjamin!

**This [celebrity baby](#) has a lot to live up to when it comes to her famous parents! What are some ways to get on the same page with your partner when it comes to raising your kids?**

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

Having a baby isn't easy. Raising your child isn't easy either, *especially* if you and your partner have different ideas on how to do it. So, how do you find a happy medium? Cupid's here with the latest [relationship advice](#):

**1. Talk about the parenting decisions when you're both calm:** Due to the fact that this is a very important topic for the two of you, it can become very heated when you have different opinions. It's important to go into the conversation level headed and remind yourself to stay calm if the two of you have very different views. There's no reason to fight if you're having a calm conversation.

**Related Link:** [Celebrity Baby: Tori Spelling & Dean McDermott Welcome Fifth Child, a Baby Boy](#)

**2. Be open minded:** If you go into the conversation about how the two of you will raise your child with your mind already set up, the conversation will go nowhere. You have to be able to accept that your partner has a different idea of how they want to do things. This way, you'll really be able to take in what *they* want and consider the options.

**Related Link:** [Expectant Parents & Celebrity Couple Amanda Seyfried and Thomas Sadoski Turn Movie Premiere Into Date Night](#)

**3. Find a happy medium:** With every big decision comes a good deal of "give and take". Unless the two of you agree on literally everything having to do with your kids, you're going to have to give things up and accept others as well. Don't forget that no matter what you decide on, your kids will grow up just fine!

**Did you and your partner have differences when discussing how to raise your kids? Comment below with how to came to a compromise!**

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## Secret Celebrity Weddings





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Justin Theroux and Jennifer Aniston  
After a three-year engagement, this celebrity couple finally tied the knot in a secret celebrity wedding at their Bel Air home. They surprised their famous friends -- like Lisa Kudrow



and Ellen DeGeneres -- by claiming it was a birthday party for Theroux. Photo: Emiley Schweich / PR Photos

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## 5 Celebrity Couples Who Celebrate Hanukkah



By

Molly Jacob and Melissa Tierney

It's time to light the Menorah and get ready for gifts from Hanukkah Harry, and celebrities are no exception. These famous couples are embracing their roots by participating in Jewish traditions together. Here are five of our favorite celebrity couples who are spinning their dreidels this Hanukkah:



**1. Ben Stiller and Christine Taylor:** *The Secret Life of Walter Mitty* star enjoys embracing the Hanukkah traditions every year with his wife and their two children, daughter Ella Olivia and son Quinlin Dempsey. They're all ready to light the candles on the Menorah in hopes for another healthy and successful year.

**2. Natalie Portman and Benjamin Millepied:** The superstar and her French-born dancer and choreographer husband met on the set of *Black Swan* and married a few years later. Millepied announced last January that he would be converting to Judaism, so the dynamic duo will surely be together for a holiday that is important to Portman: Hanukkah. The Israeli-born actress has even been quoted as saying her heart belongs in Jerusalem.

**Related Link:** [Natalie Portman and Benjamin Millepied Get Married](#)

**3. Sarah Jessica Parker and Matthew Broderick:** The fashion trendsetter and her actor husband sure have their plate filled. Between building a fashion and movie empire and raising their children, the couple still has time for the important things, like celebrating the holidays. Of course, the *Sex & the City* star most likely has a pair of Manolos for each of the eight days of the Celebration of Lights.

**4. Adam Sandler and Jackie Sandler:** As if it weren't already obvious, the actor and comedian is all about Hanukkah tradition at his house. The funny man loves getting together with his family and embracing the holiday season. He even wrote a song about the Jewish holiday called "The Chanukah Song" for *Saturday Night Live*.

**Related Link:** [Ashley Hebert and J.P. Rosenbaum Celebrate Holiday Traditions](#)

**5. Robert Downey Jr. and Susan Downey:** The bad boy actor may be a trouble maker in Hollywood, but when it comes to

celebrating the holidays, he's all warm and fuzzy inside just like everyone else. This couple needs to take a break from their acting, producing and film making to sing some Hanukkah songs and celebrate their good fortune.

What other celebrity couples do you know who are lighting the Menorah this holiday season? Share your thoughts below.

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## 5 Celebrity Couples Who Got Engaged Over The Holidays



By

Maggie Manfredi

Whether you are a first-time reader or a frequent peruser of

us here at Cupid's Pulse, we want to wish you a holiday season full of joy, peace, and, of course, love! What better way to celebrate than by looking back at some of our favorite celebrity couples who got engaged over the holidays? Check it out:

**1. Matthew McConaughey and Camila Alves:** This famous couple makes our holiday engagement list, and they did it amidst a lot of joy. The *Magic Mike* star proposed on Christmas Day and shared the happy news with fans almost immediately on social media.

**Related Link:** [Celebrity Couples That Always Get Caught Hooking Up](#)

**2. Justin Timberlake and Jessica Biel:** These hot newlyweds got engaged in late December. JT popped the question in the mountains in Jackson, Wyoming because of his now-wife's love for winter outdoor activities.

**3. Natalie Portman and Benjamin Millepied:** This celebrity duo like to keep their relationship fairly private. Their holiday engagement news came out around the same time as the news that they were expecting in December!

**4. Drew Barrymore and Will Kopelman:** This engagement was Barrymore's third try at true love. The couple continues to stay strong since their holiday engagement while vacationing in Sun Valley.

**Related Link:** [If Men Were Like Reindeer, Which Would You Choose?](#)

**5. Mario Lopez and Courtney Mazza:** 3, 2, 1...engaged! This gorgeous pair got engaged on New Year's Day in Ixtapa, Mexico. Talk about out with the old and in with the new!

**Are you ready to celebrate the holidays with your loved ones? Share your favorite memory or engagement story below!**



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# Famous Couples: First Comes Celebrity Baby, Then Comes Marriage





Brad Pitt and Angelina Jolie

This power couple has welcomed six adorable children into their family -- three of whom they adopted -- since they began dating in 2005. In April 2012, they announced their engagement, but they still haven't made any moves to tie the knot. Photo: Landmark / PRPhotos.com

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## Behind-the-Scenes Guys Who Became the Leading Man





By

Melissa Caballero

It's very common and predictable when co-stars and celebrities start dating each other. They meet on the set of their new hit films and attend the same award ceremonies. They surround each other on a regular basis so why wouldn't they find another who they are interested in? I mean, who else are they going to meet and date? Then you hear news like the fact that Natalie Portman was engaged and pregnant, and you think, "But with who? How could that be?" Well, it turns out you don't have to be an A-listers to date one.

Here are five of your favorite female celebrities who found love with behind-the-scenes guys:

**1. Natalie Portman and Benjamin Millepied:** Portman and Millepied met during the filming of the *Black Swan*. Sure enough, Millepied served as choreographer for the film and was blown away by Natalie's talent and grace on the dance floor. Millipied is a principal dancer in the NYC ballet and is now this ballerina's Cavalier.

**Related Link:** [Natalie Portman and Benjamin Millepied Get](#)



## Married

**2. Jennifer Lopez and Casper Smart:** After working together for some time, their professional dancing relationship turned a bit more personal. Lopez and Smart connected only a short time after her split with Marc Anthony, but they seem to be getting along better than ever. It is obvious that there's a lot of love and attraction between the two – and boy does she deserve it!

**Related Link:** [5 Reasons Why Opposites Attract](#)

**3. Julia Roberts and Danny Moder:** Roberts met Moder while filming the movie, *The Mexican* in 2001 – he was the cameraman! While he may not have been her leading man in the film, Roberts said after meeting him that she was “born to love and be the wife of this man.” Ten years later, this notion still proves true and they have three beautiful children together.

**4. Whitney Port and Tim Rosenman.** We first met Whitney on *The Hills*, where she worked side-by-side with Lauren Conrad in the fashion bizz, and then we followed her to the Big Apple where she starred in her own reality show, *The City*. Whitney then announced that she was dating *The City's* Associate Producer, Tim Rosenman. While the show is no longer on the air, it was a still a success for Port's love life.

**5. Kandi Burruss and Todd Tucker:** We heard of the news that *Real Housewives' of Atlanta* star Kandi Burruss was dating one of the show's cameramen during last year's reunion show, and it was all thanks to her cast-mate Phaedra Parks for encouraging him to pursue Kandi. I guess Phaedra knew best, because rumor has it that the two have secretly engaged.

**What are some other behind-the-scenes guys who found love with an A-list sweetheart? Share your comments below.**

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# Favorite Celebrity Engagement Rings



By

Sarah Ribeiro

Engagement rings can be one of the most important elements in beginning a marriage. They signify the bond you have with your partner, their commitment to you, and the security of your relationship. Of course, there's also the glamour and luxury that comes with a gorgeous diamond on your hand! Here are some celebrity engagement rings that perfectly represent both the strength and extravagance of celebrity weddings and marriages:

# Top Celebrity Engagement Rings

**1. Kate Hudson:** Hudson's engagement ring from Muse rocker Matthew Bellamy is an outstanding statement in such a private celebrity relationship. The \$200,000 platinum ring is a nine carat emerald-cut diamond with tapered baguettes on the side. The two have been engaged for a year, and although they have no wedding date set, they do have a son together, Bingham.

**Related Link:** [Jessica Biel Had No Say In Her Engagement Ring](#)

**2. Kate Middleton:** The royal duchess of Cambridge was definitely given a ring fit for a queen. Her celebrity love Prince William presented her with his mother Princess Diana's engagement ring, a round-cut blue sapphire surrounded by 14 diamonds. At the time it was worn by Diana in 1981, it cost 30,000 British pounds – the equivalent of roughly \$47,000.

**3. Angelina Jolie:** Being one of Hollywood's most luxurious famous couples, this duo will no doubt have an over-the-top celebrity wedding celebration. Newly-engaged Jolie was given a rectangular-cut diamond on a yellow-and-white gold band. Rumor has it Pitt commissioned a jeweler to find the finest-quality diamond for his love, even requesting a cut shaped perfectly for her hand.

**Related Link:** [Knicks Star Amar'e Stoudemire Proposes to Longtime Girlfriend](#)

## No Limits For This Famous Couple's Ring

**4. Beyoncé Knowles:** One of Hollywood's most expensive wedding rings naturally belongs to one of the highest-grossing Hollywood couples. The rapper gave Beyoncé a



\$5 million celebrity engagement ring before their secret marriage in April 2008. The 18-carat diamond, made by jeweler Lorraine Schwartz, is emerald-cut and set in a platinum band. For security purposes, the singer wears a fake copy of it, which is still worth more than \$5,000.

**5. Natalie Portman:** In 2010, the famous actress, vegan and humanist was gifted an eco-friendly engagement ring to fit her lifestyle. Husband Benjamin Millepied found ballet dancer-turned jeweler Jamie Wolf to design the \$35,000 ring, which uses recycled platinum and an antique oval center stone surrounded by pavé diamonds from a conflict-free mine, meaning no miner was hurt or treated unfairly when mining the stones. Millepied personalized his choice by making the ring a statement to his love's activism and loving nature, a sweet statement for an even sweeter couple.

**Which celebrity engagement ring is your favorite? Tell us below.**

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## Natalie Portman and Benjamin Millepied Get Married





After costarring in the *Black Swan*, winning big at the Oscars and having a baby boy together, Natalie Portman and Benjamin Millepied have finally gotten married. [UsMagazine.com](http://UsMagazine.com) confirms that the couple exchanged vows in a Jewish ceremony at a private home near Big Sur, Calif. They were married in the dark beneath a chuppah, a canopy placed over Jewish marriage ceremonies. Jeweler Jamie Wolf designed their wedding rings, which were made from recycled platinum and conflict-free diamonds. Though the couple keeps their personal life under wraps for the most part, Portman gave us a little insight into their relationship during her acceptance speech at the 2011 Oscars, calling Millepied “[her] beautiful love.”

**What are the advantages to putting off your wedding ceremony?**

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

Getting engaged is a stepping stone to marriage, but many are now holding off the ‘I do’s’ to soak in their engagement bliss. From Jessica Biel to Christina Applegate, celebrities have explained why they’re putting off their wedding ceremonies. Here are some advantages of doing so:

**1. Prolong the special moment:** The most romantic part of your life will be the period of time in which you are engaged. Some can get so caught up in the planning stresses of a wedding that they miss out on basking in the moment of being engaged. Take the time to enjoy your life as an engaged couple and show off that ring to everyone.

**2. Not rushing into anything:** When a wedding is rushed, often times it becomes messy. On top of a less-than-perfect wedding ceremony, your actual partnership can be affected if you rush into it. Take the time of being engaged to really hash out any old arguments or feelings that may affect your relationship in the long-run so that your wedding day will be nothing but full of love.

**3. Better planning:** The more time you take to just be engaged, the more time you have to plan for the big day. From picking out the perfect dress to seating charts to finding a beautiful venue to the catering, there's a lot that goes into a wedding. Your engagement period and wedding ceremony will be much less stressful if you carefully choose everything over a long period of time.

**What do you think are some advantages to putting off a wedding ceremony? Tell us below.**

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## 5 Celebrity Couples That Are Playing It Safe In The Sun







By

Melissa Tierney

Whether it's running through Central Park or hitting the beach, celebrities everywhere are embracing the summertime and loving their naturally sun-kissed or porcelain skin. But despite the fact that it's now August the cast of *Jersey Shore* is getting their "GTL" on, these five celebrity couples are determined to love the skin they are in without fake and baking at a tanning salon. If you think you're pale and were considering getting a faux glow, think again! Take a look at these five celebrity couples, because they're sure to make you feel comfortable and confident in the skin you're in!

**1. Kristen Stewart and Robert Pattinson:** Having pale skin isn't just perfectly acceptable in Stephanie Meyer's *Twilight* world, but in Hollywood as well. Stars like these vamped up hotties are embracing the sun, but in a healthy way. While traveling the world to promote their upcoming movie, *Breaking Dawn Part I*, Stewart and Pattinson have kept to their porcelain roots even though the bronze trend is becoming a huge sensation.

**2. Natalie Portman and Benjamin Millepied:** This adorable

couple has that new parents glow after welcoming their baby boy into the world this month. Portman, who is known for her light skin, looks ravishing everywhere she goes without having that orange tint that so many celebrities are after this season. Maybe it's time for us to take a tip from Portman and realize a natural glow is much better than a fake one. Fiance and baby daddy, Benjamin Millepied, seems to agree, as he's adored Portman ever since they met on the set of their film, *Black Swan*.

**3. Nicole Kidman and Keith Urban:** It looks like this couple knows just how to play it safe in the sun! The two Aussie's are no strangers to the sun, but when they hit the clear waters and beaches of Sydney, like they did for their 2006 wedding ceremony in North Sydney, they are careful to put on some SPF and cute shades. What better way can these two love birds embrace their culture, than in a conscious and healthy way?

**4. Dita Von Teese and Louis-Marie de Castelbajac:** The sexy pin up girl and French aristocrat have caused quite a stir since they started dating in 2010, but one thing these two don't have to worry about is damage from the sun's harmful rays. Being the ex of vampire-esque Marilyn Manson may have rubbed off on Von Teese, and she'd rather be fair-skinned than brown, which we love. Who knows – maybe this is the season to give pale skin a shot.

**5. Cate Blanchett and Andrew Upton:** The Hollywood starlet is certainly gorgeous and breathtaking, and one of her claims to fame is her porcelain-like complexion. While having healthy skin is most certainly in, knowing how to carry it makes all the difference. Blanchett's clear complexion makes her a stand out on the red carpet, and husband Andrew Upton definitely seems to approve.

**What celebrity couples do you think practice safe skin? Share**

your thoughts below!

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# Natalie Portman and Benjamin Millepied Welcome A Son



Academy Award-winning actress Natalie Portman and fiancé Benjamin Millepied have welcomed a baby boy to the world, reports [People](#). Portman and Millepied met on the set of *Black Swan*, where Millepied was working as a choreographer. The pair confirmed their engagement and announced Portman's pregnancy in December.

**How do you prepare for a son over a daughter?**

## Cupid's Advice:

Once you find out the gender of your baby, the real prep-work begins. Here are a few ways to prepare for a son:

**1. Prepare the baby's room:** When you find out the gender of your baby, prepare his room appropriately. Feel free to finally break away from a gender-neutral color scheme and migrate towards shades of blue, green, and brown. Seeing the completed room will take a large burden off of your shoulders.

**2. Inform relatives:** Keep your friends and family up-to-date. Many of them, especially the ones planning the baby shower, will need (almost) as much time as you do to prepare.

**3. Brainstorm:** The gender of a baby is always unpredictable. If you were hoping for a daughter to play dress-up with, then you have some readjusting to do. Come up with other activities and buy toys that your son could enjoy.

**Do you have experience in preparing for a baby boy? Feel free to share advice below!**

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## The Dating Double Standard







By

## High Yield Hottie

Ever thrown a drink in a man's face because he said something piggish? I have (and highly recommend it). However, while recently out to dinner with a male friend – let's call him Master Key – I curbed my natural reflex and listened to what he had to say. As we cocktailed, our conversation turned to how many intimate partners were acceptable for men and women in this day and age. Master Key crudely summed it up as follows:

"It's a key/lock situation. Well, a man is naturally the key. The woman is the lock. A key that opens many different locks is an amazing key. But a lock that is opened by many different keys isn't worth anything at all."

Cue my desire to give him a martini facial and poke his eyes out with the plastic olive skewer.

Yet despite my disgust for his sexist point of view, he has a point. While women have been tirelessly shattering glass ceilings and income bracket double standards professionally, there's one area where the double standard seems to persist,

and that's in dating. Even as adult women, in the eyes of many men (and women, too), we're still held to the binary categorization of "slut" or "nice girl." So what's a gal like you to do with this infuriating double standard? Take a cue from some of our celebrity friends and choose to own it, call it out, hide it or accept it.

**1. Own It:** In the words of Rihanna, "I might be bad, but I'm perfectly good at it!" You're comfortable with your sexploits and prefer to flaunt them.

*Ex. Madonna:* Not only was she the "material girl," but she was the ultimate alpha female. She embraced her sexuality and made a whole career out of it, which has since been emulated by many.

**2. Call It Out:** Not quite rising to the level of an "Own It" woman, you operate in a gray area between "nice girl" and "slut." You prefer to fight the double standard with verbal double entendres, rather than with double Ds in people's faces.

*Ex. LeAnn Rimes:* Labeled a home wrecker, she spoke out against this double standard. While I certainly don't approve of dating a married man, her comments are right on the mark; a cheatin' woman is always lambasted more than a cheatin' man. This woman might slink around, but she never slinks away in silence.

**3. Hide It:** This woman seems to be your classic "nice girl" on the surface, put together and demure looking. While she might not show her naughtiness to the world, someone has seen it. There might even be irrefutable proof!

*Ex. Natalie Portman:* Knocked up. Is there any other way to say it? Despite her good girl image, she shocked us when she got herself prego (sans ring) with her *Black Swan* co-star.

**4. Accept It:** If you can't beat 'em, follow along. You're the type of woman who adheres to the Sandra D 1950's nice girl code: "Keep your filthy paws off my silky drawers!"

Ex. Jessica Simpson (well, before Nick Lachey): She took Master Key's lock/key theory to heart and kept her own lock key-less until marriage.

While Master Key may disagree, there's no universal right choice when it comes to how you feel about the dating double standard and how many keys unlock your lock!

*High Yield Hottie is an independent (and sometimes intimidating) woman. Originally from a flyover city in the Midwestern United States, she now lives in a major metropolitan city and has spent the last decade pursuing both her romantic and career goals. Her blog, Six Figure Siren, explores dating as a successful professional woman. You can friend Six Figure Siren on Facebook or follow her on Twitter: @SixFigureSiren.*

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## Natalie Portman's Co-Star Says She Will Be 'Best Mom in the World'





Academy Award winner Natalie Portman is admired by many for her phenomenal acting in *Black Swan*, but her friend and co-star, Greta Gerwig, who co-starred with Portman in *No Strings Attached*, is praising her for another reason. "I think if everything else she does in her life is an indication of what a great mom she'll make, she's going to be the best mom in the world," Gerwig told [People](#) Saturday at the Film Independent's Spirit Awards. "She's a lovely girl to pal around with. It's been really great to know her." Gerwig was nominated for Best Actress at the Independent Spirit Awards against Portman, and although she knew her odds of winning were slim, she was thrilled with her nomination.

**How do you know if your partner will make a good parent?**

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

Are you wondering if your significant other will be a good parent? There are many qualities for which to look:

**1. Patience:** Patience is the first characteristic necessary to being a good parent. You need to have the ability to tolerate daily circumstances that occur when raising your child.



**2. Responsibility:** Being a good parent means being responsible and putting the needs of your child above your own.

**3. Reliable:** If you can rely on your partner, then you can be sure to count on him or her when your child needs one of you.

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## No Strings Attached featuring Natalie Portman and Ashton Kutcher



Emma (Natalie Portman) and Adam (Ashton Kutcher) have been close friends for as long as they can remember. One morning

they make the mistake of a lifetime; they sleep together. In an effort to keep their friendship intact, Emma proposes something that Adam would be a fool to refuse – a relationship with no strings attached. They can do whatever they want with whomever they want with no consequences whatsoever. It sounds great, right? Only one small problem: what happens if one of them actually falls in love? Filled with a cast who are hard not to love, *No Strings Attached* brings humor to one of life's most often debated questions. Can a friendship survive a relationship?

## **Should you date your best friend?**

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

It can be really tough to decide whether to take a friendship to the next level, because there's a lot that can be lost.

Cupid has a few tips on how to decide:

**1. Attraction levels:** In order to actually date someone, you need to be physically attracted to him or her. Although this is one of the shallower things to base the decision on, there's no point in risking your friendship unless you're sure there's more than a platonic spark there.

**2. Matching morals and values:** It's easier to be friends with differing values than it is to be partners where that's the case. If you plan on taking the next step with a close friend, make sure you talk about those basic things you never really thought about discussing before.

**3. Future goals:** Don't risk the friendship for a relationship if you don't both plan on being serious about the outcome.

It's simply not worth it to put yourselves out there for a casual fling. Make sure you're on the same page about that.

Release Date: January 21, 2011

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# 'Black Swan' Actress Natalie Portman Prefers a Friend with Benefits



While Natalie Portman still hasn't publicly spoken about her new fiancée (and new baby bump), *People* reports that she recently opened up about what she wants in a partner in the new issue of *InStyle*. "I look for all the same things I would in a friend... Obviously, you need the sexual attraction, too, so

it's like your best friend who you are also really attracted to." Portman is engaged to French choreographer and actor Benjamin Millepied, who she met on the set of her new movie *Black Swan*. The two are expecting their first child later this year.

**How important is it to be best friends with your partner?**

**Cupid's Advice:**

Plenty of romantic relationships blossom out of friendships. Cupid has some ideas on why your significant other should also be your best friend:

- 1. Get to know each other better:** Friends often get to know each other on a deeper level than lovers do, because there's no pressure. Being best friends with your mate will make your relationship even more intimate.
- 2. Build a foundation of friendship:** When the honeymoon phase is over and the romance wears off, you still have your best friend. Physical attraction is important, but if you want to grow old with your partner, make sure you're friends first.
- 3. Keep your other friends:** While it's important that you and your significant other are friends, make sure he's not your only one. It's important to have a social life outside of your partner.

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**Pregnant      Natalie      Portman**



# Gives Tearful Tribute to New Fiance



*Black Swan* actress Natalie Portman appeared to have nothing, but love to express for her fiancé, dancer/choreographer Benjamin Millepied, while accepting the Desert Palm Achievement Award at the Palm Springs International Film Festival. Portman and Millepied met while filming *Black Swan*, reports *UsMagazine.com*. “[The filming] was seductive to watch...there was no way the attraction could be missed,” said an insider. Portman is now three months pregnant with Millepied’s child. While on stage, the actress thanked the man who “...partnered me in the movie and who now partners me in life.”

**What are some ways to thank your partner for being there for you?**

## Cupid's Advice:

You may not get a chance to express your love toward your partner all that frequently, but every once in a while it's important to convey your gratitude. Here are a few little ways to show you care:

- 1. Write a note:** Try writing a heartfelt message on a scrap of paper, and then stick the note into your partner's briefcase or bag. This little action is sure to brighten his day at work.
- 2. Put effort into dinner:** Spend an afternoon in the kitchen and prepare your partner's favorite meal, complete with a setting at the dining room table. If cooking's not your thing, then get some of his favorite takeout and make a joke out of eating it on your finest dinnerware.
- 3. Use your TiVo:** Go through the TV listings and record his favorite shows or sports games that to which he's looking forward. When he has time to relax, he'll be pleasantly surprised!

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# Natalie Portman is Engaged and Pregnant





Nat

alie Portman has more to celebrate than her Golden Globe nomination. The actress is engaged to choreographer, Benjamin Millepied, and they are expecting their first child, according to [People](#). The pair met during the production of the Darren Aronofsky's ballet thriller *Black Swan*, where Millepied acted as a choreographer and one of Portman's co-stars. The couple is excited for their first child who is due in 2011.

## Is it OK to date your coworkers?

### Cupid's Advice:

While there are some people who won't mix business with pleasure, others don't see a problem with it. Before making a decision, Cupid has some things to consider:

- 1. Expressing feelings:** Don't jump into things too quickly. Make sure that your attraction is mutual so that you don't end up making things awkward in the workplace.
- 2. Don't violate company policy:** Some companies discourage relationships among employees while others are more tolerant of it. Find out what the dating policy in your company is beginning a relationship with your coworker.

**3. Be serious:** Make sure you are both serious about being in a relationship. If you know that it's just going to be a short-term fling, it might be awkward for both of you to work together afterward.