

# Celebrity Workout: Group Classes That'll Have You Sweating With Obsession



By

[Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

# Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building yoga to fast-paced cardio like Zumba, there's a group class for every future workout junkie. Here are the details on who does what and why you should try it:

**1. The model workout:** Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

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

**2. Tracey Anderson Method:** These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

**3. Soulcycle:** This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle very week. With 70 locations across the United States, it's as easy said

as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

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

**4. Body by Simone:** Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear not, there's an eight-week transformation program available to stream.

**5. Gotham Gym:** Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

**Do you think you'll try group fitness classes? Let us know in the comments below!**

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# Celebrity Break-Up? Nina Dobrev & Glen Powell Taking Time Apart Amid Busy Schedules



By

[Karley Kemble](#)

Uh oh, it looks like Nina Dobrev and her boyfriend Glen Powell could soon face an upsetting [celebrity break-up](#). According to [EOnline.com](#), the [celebrity couple](#) are taking a break from their relationship. Though they've not officially called it quits, a source close to the duo says that Dobrev has been quite busy with various projects, which has caused a rift in the relationship. While there hasn't been any explosive fights between or bad blood, sources are saying they are not as close as they had been earlier this year. We hope things work out for this celebrity couple!

**Though this may not be classified as a celebrity break-up yet, it**

# seems busy schedules are getting in the way of this relationship. What are some ways to keep a busy schedule from affecting your relationship?

## Cupid's Advice:

Sometimes, life gets in the way and it's challenging to balance your professional life with your personal life. Check out some ways to manage your busy schedule, without feeling as though you're neglecting your relationship or your job:

**1. Set boundaries:** Make it a point to keep your work at work. When you constantly blur the lines between your relationship and your career, it's inevitable that one will take up more of your time. Being present with your partner without checking your phone for work updates when you're off the clock really means a lot! Set boundaries and make sure you keep yourself accountable.

**Related Link:** [New Celebrity Couple: Nina Dobrev and Glen Powell Attend Julianne Hough's Wedding Together](#)

**2. Communicate:** A strong relationship needs strong communication to survive. If you or your partner conceal your feelings of neglect, then it's likely an explosive argument will occur somewhere along the line. If you need to work late, and reschedule date night, make sure your partner knows you still care for them, and aren't choosing your job because you love it more than them!

**Related Link:** [Five Celebs Who Are Infamous for Dating Their Co-Stars](#)

**3. Include them in your plans:** If it's possible, you can try



merging your two worlds. This doesn't mean you have to find your partner a job at your workplace, but perhaps you two can form your own business together (given that you two mesh well on a professional level, that is!) Alternatively, invite your partner into your "work world," and bring them to social events outside of work. That way, they can meet the people you spend your working hours with, and they can get a first-hand look into another area of your life that is kind of unknown.

**How have you kept your schedule from affecting your relationship? Share in the comments below!**

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## **New Celebrity Couple: Nina Dobrev and Glen Powell Attend Julianne Hough's Wedding Together**





By [Mar](#)

[issa Donovan](#)

It looks like more celebrity news has come out of Julianne Hough's big [celebrity wedding](#)! Nina Dobrev and Glen Powell attended Hough's special day as a new [celebrity couple](#). According to [Eonline.com](#), the couple started as friends until they realized they had feelings for each other. Along with weddings, the couple has spent holidays together including Dobrev's birthday! Earlier this year the *Vampire Diaries* star posted a *La La Land* inspired photo with Powell on [Instagram](#). This photogenic couple can't get enough of each other!

**This new celebrity couple is super adorable! Like Dobrev and Powell, how can you and your new partner have fun at a friend's wedding?**

**Cupid's Advice:**

A friend or family member's wedding is a great time to debut

your new relationship. Here are some tips on how to have fun as a new couple during a friend's wedding:

**1. Take photos:** If a photo booth at the wedding, take goofy and cute photos together as a new couple! If the wedding does not have a photo booth or a photographer to take the photos, take out your phone when the bride and groom are not asking for your attention! Saving moments in the earliest stage of your relationship can be special and fun to look back on.

**Related Link:** [Celebrity Wedding: Julianne Hough Marries Hockey Star Brooks Laich](#)

**2. Play eye spy as a couple:** Whether your whispering before the bride walks down the aisle or giggling at the reception, a car ride game can also be played at a wedding. Spot the color of the cake or happy crying grandmother to make the game wedding themed. You will have a blast playing this game during this special event!

**Related Link:** [Nina Dobrev and Ian Somerhalder Joke About Awkward Breakup](#)

**3. Dance together:** Slow dance or show off your funniest dance move to your partner. No matter what song is playing, you and your partner can find a way to connect on the dance floor.

**How can you have fun at a wedding with a new partner? Let us know your ideas in the comments!**

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## Top 5 Celebrity Fashions That



# Are Must-Haves for Summer Festival Wear



By [Mar](#)

[issa Donovan](#)

Music festival season has already begun, and it's time to double check your wardrobe. If you're looking for a fresh new outfit to wear to your next musical event, check out what these celebrity concert goers are wearing to festivals this year!

You don't have to be on stage to shine. Here's the top five [celebrity fashion](#) looks you

# should own!

**1. Emma Robert's Bohemian White Dress:** This year Emma Roberts wore a chic white bohemian styled dress during her appearance at Coachella. This vintage look is easy to accessorize with looks super cute for a day time concert.



Photo:

emmaroberts/Instagram

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

**2. Alessandra Ambrosio's Rock Band T-Shirt:** The legendary Victoria Secret Angel wore a large Rolling Stones t-shirt while dancing the night away at Coachella this year. If you do not have a large shirt to wear as a dress, try a crop top or normal rock band t-shirt with shorts.



Photo:

timuremek/Instagram

**Related Link:** [Fashion Trend: The '90s Are Making a Comeback](#)

**3. Jamie Chung's Romper Bodysuit :** *Once Upon a Time* star

rocked this romper bodysuit while having fun in the sun at Coachella. Many other celebrities wore short cut rompers, which is another look you might want to wear to the festival you attend.



Photo:  
jamiejchung/Instagram

**Related Link:** [Jamie Chung and Bryan Greenberg Show Some Poolside PDA](#)

**4. Ashley Tisdale's Bomber Jacket:** *High School Musical* Star Ashley Tisdale showed up to Coachella in a edgy black bomber jacket. This look is best saved for afternoon or night shows with a cute pair of cut off shorts.



Photo:  
ashleytisdale/I  
nstagram

**Related Link:** [Celebrity Looks: 3 Easy Ways To Dress Like a Celebrity](#)

**5. Nina Dobrev's Kimono:** Kimonos are great for simple layered look. The *Vampire Diaries* star Nina Dobrev wore a sheer white kimono that was a cute touch to her dark colored outfit. Adding a hat with a Kimono pulls the outfit together for the ultimate concert look!



Photo:  
nina/Instagram

**What is your favorite music festival look? Leave your fashion tips in the comments!**

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## New Celebrity Couple? Nina



# Dobrev & Scott Eastwood Get Flirty at Coachella



By

[Cortney Moore](#)

In music festival romance and [celebrity news](#), Nina Dobrev and Scott Eastwood were seen getting close this past weekend at Coachella! Dobrev is still fresh off her celebrity break-up with Austin Stowell, but it would seem the 27-year-old actress is ready to move on. According to sources from [UsMagazine.com](#), the [celebrity couple](#) were spotted throughout the music festival being extra “flirty.” Eastwood even posted a picture of himself arm-in-arm with Dobrev and captioned the photo with a winky face emoji!



# There could be a new celebrity couple in the works! What are some ways to turn a fling into a relationship?

## Cupid's Advice:

You've found somebody that makes your heart flutter, and being with them is fun and exciting. Things are pretty casual, but you find yourself thinking of a future with this person. This might just mean you want turn your fling into a relationship! Cupid is here to help you make it happen with the following steps:

**1. Get to know each other:** This step seems pretty obvious, but it can't be stressed enough how important it is to know the person you're seeing. Many people jump into relationships with those who they might have been better off with as a fling. If you find yourself interested in someone on a deeper level, it may be time to have conversations about likes, dislikes, hopes and dreams.

**Related Link:** [Celebrity Couple News: Faith Hill & Tim McGraw Share Steamy Kiss at AMC Awards](#)

**2. Make a move:** Once you have determined whether your fling has potential for something more, it's time to set things in motion. Your relationship won't progress if you don't make moves to progress it. How else will the person you're seeing know you want to get serious? Let them know before it's too late!

**Related Link:** [Relationship Advice: How To Get Engaged In A Year!](#)

**3. Follow through:** If your fling agrees that you should turn

this into a relationship, you should both go for it and get into relationship mode. Spend time together, go on romantic dates and learn more about each other. Your relationship will only grow as much as your bond does.

**Tell us ways you have successfully turned a fling into a relationship! Share your tips below.**

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## Five Celebs Who Are Infamous for Dating Their Co-Stars



By

Meranda Yslas

When you're shooting a film or prepping for another season of a TV show, you spend a lot of time with your coworkers. More

often than not, a celebrity relationship begins to form on set. In fact, most celebs have dated a co-star or two.

## Cupid has five celebs who are infamous for dating their co-stars.

**1. Nina Dobrev and [Ian Somerhalder](#):** The stars of *The Vampire Diaries* dated for three years before announcing their celebrity break-up in May 2013. Even though they separated, the two remain good friends.

**Related Link:** [Nina Dobrev Admits to Fighting Feelings for Costar Ian Somerhalder](#)

**2. [Blake Lively](#) and Penn Badgley:** Dan and Serena from *Gossip Girl* had a romantic relationship on-screen, and so did the celebs who played them off-screen. After three years of dating, the Hollywood couple called it quits in 2010, but remained friendly with each other while the show continued until 2012.

**3. Chad Michael Murray and Sophia Bush:** Not only did these co-stars date, but they even had a celebrity wedding! Unfortunately their marriage didn't last long and was annulled after five short months.

**Related Link:** [Sophia Bush and Topher Grace are Just Friends](#)

**4. Jennifer Carpenter and Michael C. Hall:** The stars of the show *Dexter* were married for three years before getting a celebrity divorce in 2011. Even after splitting, both actors spoke positively about maintaining a professional and friendly relationship with each other.

**5. Zac Efron and Vanessa Hudgens:** In 2005 these two celebs met while filming the first *High School Musical*. For five years they remained in a romantic relationship before ending it in

2010.

Is there co-stars turned famous couple that we missed? Share below.

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# Hollywood Couples: Stars Who Dated Their Friend's Celebrity Ex







John Mayer and Katy Perry

The singer-songwriter dated Taylor Swift from September 2009 to January 2010. After their celebrity break-up, she penned the song 'Dear John,' which reportedly "humiliated" Mayer. He then began an on-again, off-again relationship and love with the 'Firework' singer. In recent months, there have been rumors of a feud between the two pop stars. Perhaps they're fighting over the soulful crooner? Photo: Dmac/FAMEFLYNET PICTURES

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## Stars Who Are Always Single







Page 1 of 10



Taylor Swift

Since splitting from One Direction singer Harry Styles, the leggy singer has remained out of the dating spotlight. Known for writing songs about her previous relationships, her recent

release "Shake It Off" is an empowering single about ignoring the haters and will be featured on her album '1989,' set for release October 27th. Photo: GG/FAMEFLYNET PICTURES

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# Celebrity Couple Predictions: Jordin Sparks, Nina Dobrev and Gwyneth Paltrow



By [Sho](#)

[shi](#)

For today's column, let's take a look at three celebrity couples that keep the gossip mills churning – whether it's because of a potential engagement, a possible new love affair,

or never-ending separation rumors.

**Jordin Sparks and Jason DeRulo:** Lately, all eyes have been on this couple, wondering when they're going to get engaged. DeRulo made the smoothest move ever on Valentine's Day by gifting his girlfriend with 10,000 orange roses. How in the heck is he going to top that? What also has people buzzing is that the sultry singer proposed to Sparks in his latest video for "Marry Me."

Calm down, and stop waiting for your wedding invitations. They're only 24 years old – why is everyone trying so hard to marry them off? They're still figuring it out. That's not to say that they haven't started talking about marriage; right now, it's out on the table and being discussed. The two of them are best friends, so it's looking really good.

DeRulo is still trying to decide how and when to propose. I see it coming on a holiday or a birthday; New Year's Eve keeps popping up.

**Related Link:** [Jason Derulo Surprises Jordin Sparks with 10,000 Roses for Valentine's Day](#)

**Nina Dobrev and Liam Hemsworth:** Are these two Atlanta-based actors a new couple? They have recently been spotted on a date and sharing a few kisses.

If they do decide to pursue a relationship, don't look for this one to last a long time. No offense to Dobrev, but she's in a rebound situation after her split from longtime boyfriend (and *The Vampire Diaries* co-star) Ian Somerhalder.

Similarly, Hemsworth's energy is all over the place when it comes to his heart. Can you blame him? By the end of his relationship with Miley Cyrus, it had become a train wreck. He has a bit of healing to do. He isn't sure what he wants in a relationship, so he's just having a good time and looking to



see who's out there. The *Hunger Games* actor has a few wild oats to sow before settling down again.

**Related Link:** [Find Out About Liam Hemsworth Post-Miley Hookup with Eliza Gonzalez](#)

**Gwyneth Paltrow and Chris Martin:** Oh, how the gossip is flying on the marriage of this longtime pair! Her reps have denied that she's having an affair with lawyer Jeff Soffer; there have been other names thrown around as well. The question remains is any of it true – and who knows? Only those people directly involved with the couple know the real deal.

When I look at the marriage of the actress and musician, it's in deep trouble – and not just because of affair rumors or because Martin may not be a happy camper living in Los Angeles. Long story short, the Coldplay frontman is bored to tears with their relationship, and he looks disconnected. If things don't turn around soon, look for a divorce announcement. Martin is going to want to split, but Paltrow will make sure that it looks like she's the one who wants to end their marriage, as her image is very important to her. Martin will be fine with that as long as he gets to move on.

*For more information on Shoshi, click [here](#).*

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**Nina Dobrev and Ian Somerhalder Joke About Awkward Breakup**



By

Brittany Stubbs

Despite the fact that Nina Dobrev and Ian Somerhalder ended their relationship, fans aren't ready to let go of their love...at least the love between their characters on *Vampire Diaries*, Elena Gilbert and Damon Salvatore. [UsMagazine.com](http://UsMagazine.com) discusses how the costars, and real-life exes, won "Favorite Onscreen Chemistry" at the 40th Annual People's Choice Awards on Wednesday, Jan. 8. Taking the stage to accept their trophy, the duo joked about their history. "We started dating in real life," Somerhalder said. "And then we broke up in real life," Dobrev added. "And yet our characters are still dating on the show," he continued. "It's a good thing it's not awkward!" she joked, resulting in roars of laughter from the audience.

**How do you continue your professional relationship post-breakup?**



## Cupid's Advice:

Breakups are always difficult and awkward to some extent, especially between two people that are forced to be around each other in the workplace. But despite what happened between the two of you, it's important to keep your history from interfering with your professional life:

**1. Don't involve other people:** Discussing the breakup with fellow co-workers or mutual friends should be avoided. This not only gets them involved in your business and often leads to gossip, but you will look unprofessional to them. If you value your current position and even aspire to move up, you need to make it clear your past-romance hasn't changed anything. Also, if your ex gets word that you're talking poorly about them or the relationship to other people, you're only adding tension to an already awkward situation.

**Related:** [Ian Somerhalder Hints at Reason Behind Breakup with Nina Dobrev](#)

**2. Agree to leave the past in the past:** Whether your breakup was completely amicable or there is still unresolved tension between the two of you, it's important that you both make an agreement to forget about your history while you're in the workplace. Being on the same page about this, meaning neither of you will be discussing, joking about, or reminiscing your past relationship, allows for you to both move forward professionally.

**Related:** [Nina Dobrev Admits to Fighting Feelings for Costar Ian Somerhalder](#)

**3. Avoid playing games:** Often times when a relationship ends but the couple is still running in the same circle, they'll get in the habit of playing games with one another. Whether this means harmlessly flirting with a mutual co-worker or friend to make an ex jealous, or pretending like the two of you are complete strangers, these games rarely end well for

either person. It's best to acknowledge your history and just move on, avoiding anything that might add tension or more hurt feelings down the road.

**How do you continue your professional relationship post-breakup? Share your thoughts below.**

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## Top 10 Hollywood Couples of 2013



By

April Littleton

The year 2013 is slowly drawing to an end, and it's only fitting to look back at some of the most memorable [celebrity couples](#) to grace the television screens and magazine covers.

Here are Cupid's top 10 favorite famous lovebirds of this year:

**1. Jessica Biel and Justin Timberlake:** The former 7<sup>th</sup> *Heaven* star began dating Justin Timberlake Jan. 2007. The Hollywood couple briefly split in 2011, only to reconnect in the fall of the same year. Timberlake proposed to Jessica Biel in Jackson, Wyoming in Dec. 2011. They married at the Borgo Egnazia resort in Fasano, Italy in Oct. 2012.

## A Celebrity Relationship That Started in College

**2. Prince William and Kate Middleton:** The Duke of Cambridge started seeing Kate Middleton in 2003 when the two were university flat mates. The famous couple became engaged in Kenya in Oct. 2010. In April of the following year, the long-time lovebirds had a celebrity wedding in Westminster Abbey, London. The newlyweds welcomed their first child, a baby boy named George, on July 22, 2013.

**Related Link:** [Celebrities Who Met on Blind Dates](#)

**3. Jay-Z and [Beyoncé](#):** The *Love on Top* singer secretly married Jay-Z in New York City on April 4, 2008. Since then, the Hollywood couple have been more relaxed about the status of their relationship. Beyoncé announced her celebrity baby news on live TV during the 2011 MTV Video Music Awards while performing one of her singles. She said, "Tonight, I want you to stand up on your feet. I want you to feel the love that's growing inside of me." After her performance, the singer dropped her microphone and revealed her growing baby bump. The couple's daughter, Blue Ivy Carter, was born on Jan 7, 2012.

**4. Brad Pitt and [Angelina Jolie](#):** Everyone should know the story of how these two met. Remember the movie *Mr. and Mrs.*

*Smith*? The famous couple have been together for eight years now, welcoming three biological children together as well as three adopted kids.

**5. Nina Dobrev and Ian Somerhalder:** *The Vampire Diaries* co-stars confirmed their celebrity relationship in 2011. Two years later, the duo called it quits, and Nina Dobrev began dating *Dancing with the Stars* professional Derek Hough. Just six weeks after the famous couple went public, the two went their separate ways, saying the relationship “played itself out.” Since then, celebrity dating rumors about Ian Somerhalder and Dobrev rekindling their romance have been spreading.

## **A Hollywood Couple Who Waited for Same-Sex Marriage Before Having a Celebrity Wedding of Their Own**

**6. Kristen Bell and Dax Shepard:** More than three years after announcing their engagement, the happy celebrity couple finally got married. Kristen Bell and Dax Shepard began dating in late 2007 and got engaged two years later. Wedding plans were postponed when the pair decided to wait until same-sex marriage was legal in California, which happened in June. To celebrate, the former *Veronica Mars* star tweeted, “@daxshepard1 will you marry me? Xo #marriageequality #loveislove.” The married duo also welcomed their first child, daughter Lincoln, in March.

**7. Drew Barrymore and Will Kopelman:** Drew Barrymore began dating Will Kopelman in 2011, and the two became engaged a year later. Married since June of last year, the famous couple had a daughter, Olive Barrymore Kopelman, and are expecting baby number two!

**8. Kristin Cavallari and Jay Cutler:** *The Hills* star married

Chicago Bears quarterback Jay Cutler a year after the birth of their son Camden Jack, who was born in 2012. In Oct. 2013, Kristin Cavallari announced she was pregnant with their second child.

**Related Link:** [Celebrity Women Dating a Much Younger Man](#)

**9. Jessica Simpson and Eric Johnson:** The singer became engaged to Eric Johnson in Nov. 2010, whom she dated since May of the same year. She gave birth to their first child, Maxwell Drew Johnson, in May 2012, and their second, son Ace Knute Johnson, on June 30, 2013.

**10. Halle Berry and Olivier Martinez:** After her celebrity divorce from model Gabriel Aubry, Halle Berry began dating actor Olivier Martinez in 2010 after meeting on the set of their film *Dark Tide*. The Hollywood couple got engaged two years later and married on July 13, 2013. The pair welcomed a son together, Maceo, in October.

**Are there any other famous couples you were hoping to make the list? Comment below!**

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## **Celebrity News: Ian Somerhalder Hints at Reason Behind Breakup with Nina Dobrev**







By

Andrea Surujnauth

*The Vampire Diaries* costars Nina Dobrev, 24, and Ian Somerhalder, 34, have broken up after three years of dating. Somerhalder took to Twitter to hint as to what caused the sudden break up. According to [YourTango.com](http://YourTango.com), Somerhalder tweeted a quote from deceased playwright Lillian Hellman, reading, "A thought for today: 'People change and forget to tell each other.'"

**What do you do if you notice your partner is changing?**

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

Your partner seems to be acting differently and feel a growing distance between the two of you. What should you do? Cupid has some advice for you:

- 1. Talk:** Talk to your sweetie about how you feel. Tell them that you think they are acting differently and find out the reasons behind it. The reason may not even have anything to do with you.
- 2. Change:** Try to go somewhere new together. A change of

scenery may be all you and your partner need to rekindle your love.

**3. Space:** Your honey may just be in a rut or going through a difficult time in their lives. Do not suffocate them. Let them have their space to figure out what is going on with them. Remember absence makes the heart grow fonder.

**What do you do when you feel your partner is changing? Comment below and let us know!**

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## **Nina Dobrev Admits to Fighting Feelings for Costar Ian Somerhalder**





By

Erin Minty

*The Vampire Diaries* star Nina Dobrev is no stranger to being surrounded by hot men. And despite what she said in a *Seventeen Magazine* feature about never dating a costar, she ended up with one of the hottest as her boyfriend; 33-year old actor Ian Somerhalder. Dobrev tells [People](#), "I didn't want to be dating one of my costars. My goal on the show was to be professional. But sometimes you can't help who you have a connection with, and you can only fight it for so long – which I did for a really, really long time." Despite their start as coworkers, Dobrev and Somerhalder have been together for awhile, and their relationship seems to be going strong.

**Is it OK to date a coworker?**

**Cupid's Advice:**

Inter-office dating can be complicated. Cupid has some advice on when dating a coworker will work:

**1. If you have true feelings:** Dating a coworker just because you are attracted to them is probably not a good idea. But when your relationship reaches a level of true feelings, you

might want to give it a go. Just like Dobrev said, you can't fight your feelings, and it would be worse to wonder "what if" than to actually try.

**2. Talk about it before:** If you think there is a chance of a real relationship with a coworker, you should have a talk about what may or may not happen before starting a relationship. If you work so closely together that you spend every hour of every day together, things may get complicated at work. But if the two of you think you can keep your work life and dating life separate, then it may be worth the risk.

**3. Gage your office:** What kind of tone does your office give off? If it is very serious 100% of the time, dating coworkers may be a bad idea, because of the potential problems that could arise. If every relationship at work needs to be extremely professional, inter-office dating can become very tricky, and you would need to be very careful before jumping into a relationship.

**How did you know it would be okay to date your coworker? Share your story below!**

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# **'Vampire Diaries' Co-Stars Ian Somerhalder and Nina Dobrev Sneak PDA in Bel Air**







Ian

Somerhalder and Nina Dobrev may have arrived separately and opted out of posing together on the red carpet when the actor hosted The Influence Affair, an environmental benefit, but that didn't mean the clandestine couple were going to stay apart for long. "They sat together at dinner and when Ian noticed Nina was shivering, he offered her his blazer to help keep her warm," an onlooker told [People](#). "There was no overt PDA, but there was a certain lovey way about how they looked at each other." The couple was also spotted holding hands while privately touring the mansion where the event was held. "They seemed very close and comfortable together," the source said.

**What are some ways to subtly show your partner you care in public?**

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

Okay, so maybe you and your mate are a bit on the discreet side, but that doesn't mean you have to act as though you don't know each other when you're out in public. Here are some subtle ways to delicately show affection to your lover when other eyes can see:

**1. Hold hands:** This is one of the most subtle and obvious ways to show everyone that you are holding onto one of the most important people in your life. It's intimate enough to show your partner affection and declare your relationship status.

**2. Hugging:** Sure, it's a common way to show affection to anyone, but, you can't hug everyone like you would with your love.

**3. Kissing:** You don't have to have a full blown make-out session with your partner to show the world how you feel about each other. A simple kiss on the lips, cheek or forehead can say a lot.

**How do you and your partner show affection to each other in public? Share your comments below.**

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## **'Vampire Diaries' Stars Ian Somerhalder and Nina Dobrev Pack on PDA**





Two

vampires were seen in Paris walking in daylight Tuesday.

According to [UsMagazine.com](http://UsMagazine.com), stars of the CW show *Vampire Diaries* Ian Somerhalder and Nina Dobrev held hands while walking around the streets of the city of love. Despite their vacation, the two have yet to come out and admit they're dating. "We expected the rumors. Like, if I wasn't dating Ian, I'd be dating Paul [Wesley]," Dobrev said in April's *Teen Vogue*. "A lot of people who work together end up dating, so it wouldn't be unusual, but I've never dated anyone I've worked with."

**How do you make dating a coworker less risky?**

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

Dating someone you work with is tricky to handle. Think of Jim and Pam from *The Office*, as they're a great example of the ideal way to handle yourself in the workplace with your partner. Cupid has a few things to keep in mind:

**1. On the same level:** Things can get messy if one of you is a superior or a manager. Not only does it give a bad image to others, but if you break up, it might be the ugliest one

you've ever experienced.

**2. Separation helps:** Your interoffice relationship goes a lot smoother if you're in different departments. You'll be away from each other for most of the day, and it'll give you a little more to talk about when discussing work.

**3. Say 'No' to PDA at work:** It makes coworkers feel uncomfortable and is an HR seminar waiting to happen. Keep it at casual flirting and no real physical contact while on the clock.

**Ever dated a coworker? Tell Cupid about it below.**