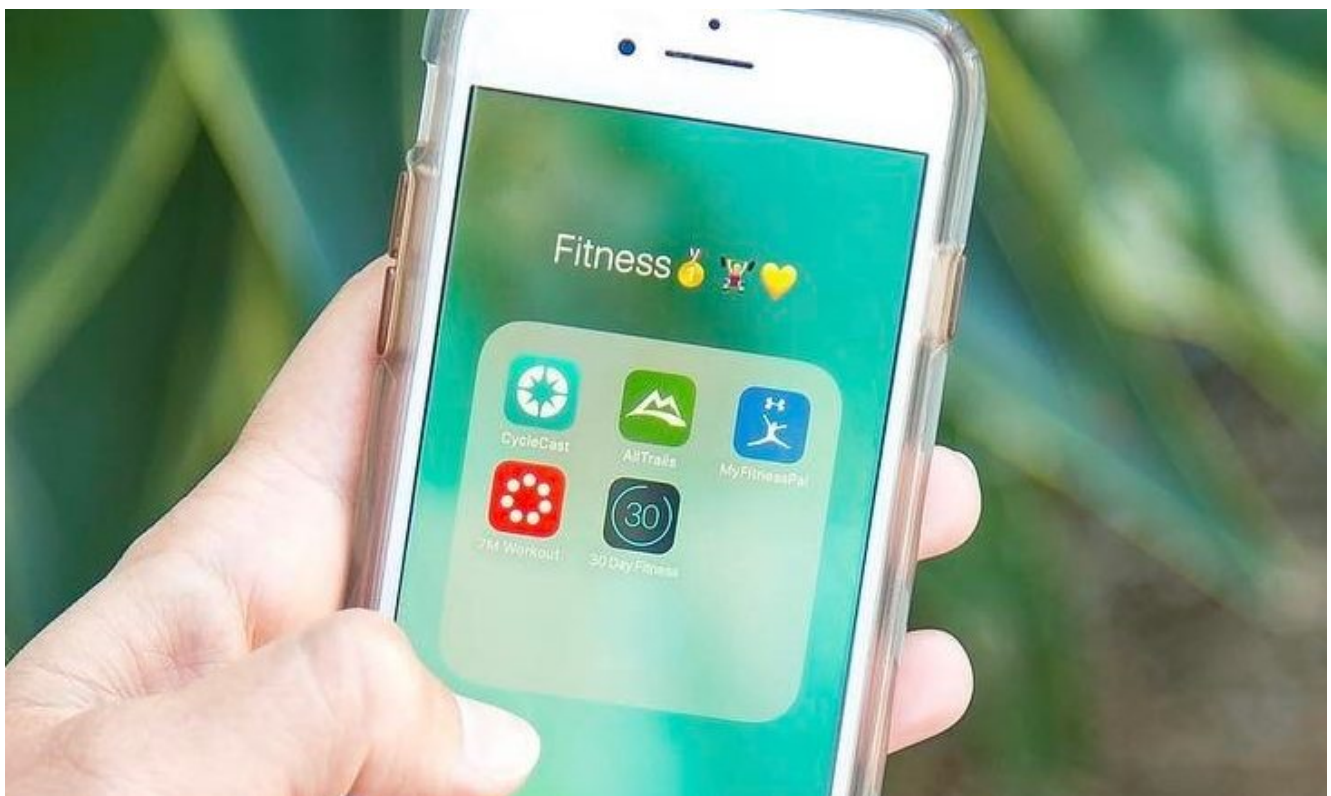


Fitness Tips: The 5 Best Fitness Apps to Help You Stay on Track



By [Noelle Downey](#)

There's no doubt about it, getting fit can seem like a chore. Whether you're tired of trekking to the gym or just can't seem to keep up in yoga class anymore, there are tons of pitfalls to working out through more traditional methods these days. Not only are trips to the gym or fitness classes tiring, they're also downright time-consuming. If you're struggling to commit to a fitness routine and feel as though your body and figure are paying the price, why not make your workout digital? If you can access everything you need on your phone, from killer fitness tips to coaching encouragements, why

wouldn't you? We here at Cupid's Pulse have compiled a list of some of the best and most fun fitness apps you can easily download to your smart phone to help you on your way to getting that celebrity body you've always wanted.

Looking for fitness tips to get the perfect beach bod this summer? Look no further than these five great fitness apps to help you get toned *and* tanned this season!

1. Charity Miles: If you're looking for a way to give back while you train up, look no further than this handy app. Choose a charity you'd like to support from their list of options and then get to stepping. The app tracks your distances and their corporate sponsors donate a few cents to your charity for every mile you walk or run. While it isn't a huge donation, the more people who use the app, the more money each charity will receive, and the extra motivation of helping those less fortunate than yourself might motivate you to push yourself a little harder than you might otherwise have.

2. Couch to 5K: If you're struggling to start a good fitness routine and feel as though you need to start from the beginning and work your way up, this app may just be for you. Couch to 5K trains beginning runners and takes them from couch potato to the finish line of their first 5K race in just nine weeks. Carve out thirty minutes a day, three days a week for those nine weeks and you can join them, with this handy app that makes running and getting fit a fun challenge. The Couch to 5K app comes with an interactive coach you can hand select and a welcoming and warm community you can share your progress with. Get on the fast track to a 5K and better fitness today!

Related Link: [Fitness Trend: Wearable Technology](#)

3. FIT Radio: If you workout best to music but struggle to find tracks that keep your energy up or very rarely have the motivation to create workout mixes of your own, this app is for you. FIT Radio provides you with ready-made mixes and jams that offer a consistent beat, something that's easy to work out to whether you're tearing it up on the track, cycling your way to success, or dancing your heart out in Zumba class. Plus, there's also the bonus of being able to discover new tracks that you love while you're working out, so if you're a music fanatic who is always looking for the next big thing, this is a great way to stay up to date on the music scene while you keep your body in tip top shape.

4. MyFitnessPal: If you need help counting calories as well as tracking miles, MyFitnessPal might be your best choice. With a food scanner and a database of tons of foods, this app provides a plethora of data about what you're putting into your body as well as a distance tracker so you can watch your progress and see how what you're eating is affecting your work out routine, and vice versa. Have all the information you need to get the body you've always wanted right at your fingertips with this app that will have you in the know and on the go in no time.

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

5. FitStar: If you like customized workouts and going at your own pace, this is the app to get you started. This app creates workouts for you based on your fitness level and you can give it feedback; letting it know which workouts were a little too much for you or which ones didn't leave you breathing hard at all. With this data it'll adjust your customized workouts, giving you the perfect way to find exercises that are just right for your current fitness level. The great thing about this app is that you never need to worry about over-exerting yourself or keeping up in a class, FitStar allows you to work

towards harder and harder exercises at your own pace and in the comfort of your own home.

Will you be downloading any of these awesome fitness apps to get the celebrity body you've always wanted? Let us know in the comments!

Celebrity Interview: 'The Cycle' Co-Host Aliya-Jasmine Sovani on Work, Life, Love and Balancing It All





By [Noelle Downey](#)

Aliya-Jasmine Sovani is one of the newest voices at NBC with the talk show she co-hosts, *The Cycle*, now airing digitally to reach a millennial audience. With her show, she strives to make the news more accessible to young people by creating a haven for a well-researched blend of political, pop culture, and sports news that so many viewers wish they could find with just a quick Google search on their phones. And now they can, thanks to *The Cycle*. When she's done at work, the co-host has a life full of love, laughs, fashion, and friends to enjoy. In our recent [celebrity interview](#), Sovani opens about how she manages to have it all, from her dream job to true love.

Aliya-Jasmine Sovani Spills Details on Her New NBC Talk Show *The Cycle* in Celebrity Interview

While *The Cycle* may be hosted by NBC, one of the biggest networks around, Sovani insists that this new digital take on a talk show is bringing something brand new and accessible to

younger viewers – and a lot of that has to do with the tone of the show. “Imagine Anderson Cooper doing the six o’clock news and then going home in the evening, and he throws a black v-neck T-shirt and cracks open a beer,” she explains with a laugh. “The way that he would explain his day to Andy Cohen at night over a drink is the way that we try to do the news every day.”

Related Link: [Celebrity News: Anderson Cooper Thanks Boyfriend Ben Maisani at GLADD Awards](#)

Of course, it’s not just the tone; it’s also the content, which the co-host says is chosen with younger viewers in mind. “We’ll do all the biggest headlines when it comes to world news and politics, but we also cover sports and pop culture,” she says, “so if Kendrick Lamar drops a new album, we’ll talk about that with the same kind of importance.”

In this new digital world, convenience is everything. Sovani believes it was important to make this show as easy to access on-the-go as possible to match the fast-paced life of most modern millennials. “Our show is completely made to watch on your phone, which I think is really cool and forward-thinking,” the co-host shares. “This is new: the idea of traditional news networks pushing out content to a millennial audience using digital and social platforms. Being able to be part of that movement, as a storyteller and as a journalist, is really rad and incredibly fulfilling. Not only am I getting to tell stories that I care about, but I’m able to tell them on a platform that I also use to consume information.”

***The Cycle* Co-Host Dishes on Her Favorite Date Night**

Of course, with a new show and such a busy work schedule, Sovani has to set some serious boundaries to make sure that she can find time to just relax. So what are her secrets for

achieving that perfect work-life balance? “I live about three blocks from the ocean. I have a little rescue mutt, and I bring him to the ocean every single morning, and that’s kind of my tranquility,” she says in our celebrity interview. “I also have a rule at home: I don’t have my phone in my bedroom at all. I won’t even use it as an alarm. And I have a ‘no weekends’ policy. So the only time I’ll check my email and my phone on the weekends is on Sunday night at 6 p.m., just to get ready for Monday.”

During these social media and digital fasts, Sovani still has plenty to entertain her: “I just let my weekends be about me and my dog and my boyfriend,” she enthuses. “We really like to go out for brunch, and we spend a lot of our weekends at the ocean. For me, that’s everything.”

Related Link: [Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen](#)

Sovani isn’t just making strides in her professional life; she’s also taking big steps in her [celebrity relationship](#). She admits that this is the first time she’s ever lived with a boyfriend, so she’s concentrating on keeping things fresh and fun. “I think it’s very easy to get into a routine where all you guys talk about is work when you get home,” she explains, “so we decided to try to go to more comedy shows! Instead of just doing a dinner [date night](#), we decided to start doing ‘dinner and comedy’ nights. We’ll see the show, and then we can go for dinner and talk about it and the world at large.”

So is laughter truly the best medicine? For Sovani and her special someone, it certainly is. “I think that it reminds you of why you were intellectually attracted to that person,” she reveals. “For both of us, that’s what we find really attractive about each other. So that’s been a great addition to our relationship.”

Aliya-Jasmine Sovani Reveals Her Go-To Fashion Item

Of course, whether in the office or on date night, Sovani is committed to looking fantastic. And there's one item that she just can't live without: "Sheath dresses are my new thing that I love in my 30's," she gushes. "I have these really great leather Oxford booties that I wear with my sleeveless sheath dresses and maybe a blazer thrown on top for work. Then, in the evening, all I have to do is replace those shoes with a cute pump and my briefcase with a nice little Chanel bag. That's been my new date night trick."

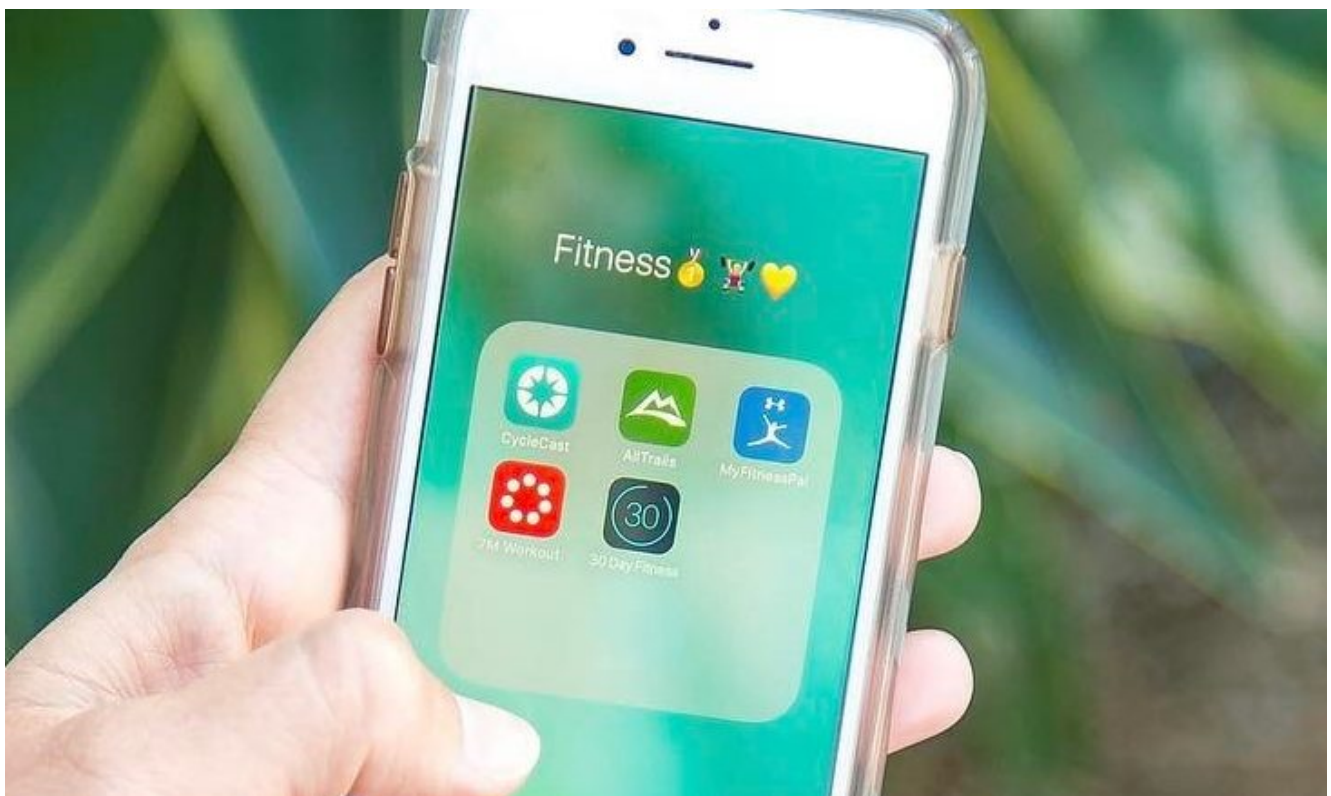
Related Link: [Fashion Advice: Choose the Perfect Date Night Dress](#)

With style tips as good as that, Sovani is clearly in-the-know when it comes to trends, and her knowledge of [celebrity news](#) is just as on point. Her favorite bits of celeb gossip right now are focused on two powerhouse ladies: [Kim Kardashian](#) and Serena Williams. "I read a headline about how Kim is being really open about getting a surrogate to have her next child. I know for many woman, that's been a taboo topic," she says. "So I think it's really interesting that she's being very open with it. It's opening up a dialogue for women who might not be able to have children and who have thought about that."

And it turns out the journalist is also a huge fan of how Williams recently shared her pregnancy photos. "I think that's really incredible because she has this iconic strong female body and all women are pressured into looking certain ways," Sovani explains. "Female athletes especially spend so much time conditioning their bodies, so for her to flip the switch and watch her body transform publically is really brave."

Tune into The Cycle and follow Aliya-Jasmine on Instagram [@AliyaJasmine](#) for more from this up-and-coming millennial news superstar!

Top 5 Cost-Efficient Tropical Vacation Destinations



By [Noelle Downey](#)

With summer in full swing and the warmer, long days finally here, it's easy to want to take full advantage of this gorgeous weather and plan a trip to some exotic tropical locale. However, what sounds sweet in theory can be sour in

practice when it comes to dishing out your heard-earned dollars for your dream vacation. But never fear, if you have an itch to travel this year that you just *have* to scratch, Cupid is here for you. We've compiled a list of the top five most beautiful tropical vacation destinations you can visit on a budget, for a splash in the waves and a walk on the beach that won't cost you every dime you have.

If you're looking for the perfect tropical vacation destination that checks all the boxes of a luxury travel experience but won't wreck your bank account, this list is for you!

1. San Juan, Puerto Rico: If you're looking for a relaxing way to spend a few days with your family or searching for the perfect spot for your next romantic getaway with your sweetheart, San Juan in Puerto Rico might just be for you. With gorgeous architecture and tropical views, this small village comes with opportunities for shopping, sightseeing, and splashing in the surf on gorgeous Puerto Rican beaches. Windsurf on the ocean waves or get a bite at the cute eateries this hidden paradise has to offer without stressing over your back account this summer!

2. Cancun: While Cancun is often viewed as one of the pricier options for tropical travel, if you're looking to take the plunge and book that Cancun vacation you always dreamed about, 2017 might be the year to do it. Travel experts claim that airfares and hotel prices are at an all-time low for vacationers headed to Cancun's tropical paradise, so book your trip and prepare to enjoy some deliciously authentic Mexican

food and a couple margaritas at the beach this year!

Related Links: [Celebrity Vacation Spot: Everything You Need to Know About Beaches Turks & Caicos](#)

3. Playa Grande, Costa Rica: If you're looking to catch some waves and appreciate some good times, this often overlooked gem in Costa Rica is the place to do it on a budget. Take a tip from travel experts and book a posh Air B&B instead of heading to a hotel this summer to save even more in this area. And if you get tired of the sleepy atmosphere in this relaxing paradise? Call a taxi and travel the 45 minutes to Tamarindo, the nearby party town where you can dance the night away and enjoy all flavors of tropical drinks.

4. Ko Olina, Oahu: Dying to experience resort life on the Hawaiian islands but worried a trip like that will bamboozle your bank account? In 2017, indulge your travel bug by booking a flight to Ko Olina on the island of Oahu, a resort town that's super family (and budget) friendly. With competitive hotel prices and air fares to the other islands forcing Oahu as a whole to make price cuts to their resort and vacation packages, head to Ko Olina for a luxury vacation that the whole family can enjoy. This one in a lifetime opportunity may not be around for long, so book now and strike while the iron (and the island sun) is hot!

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

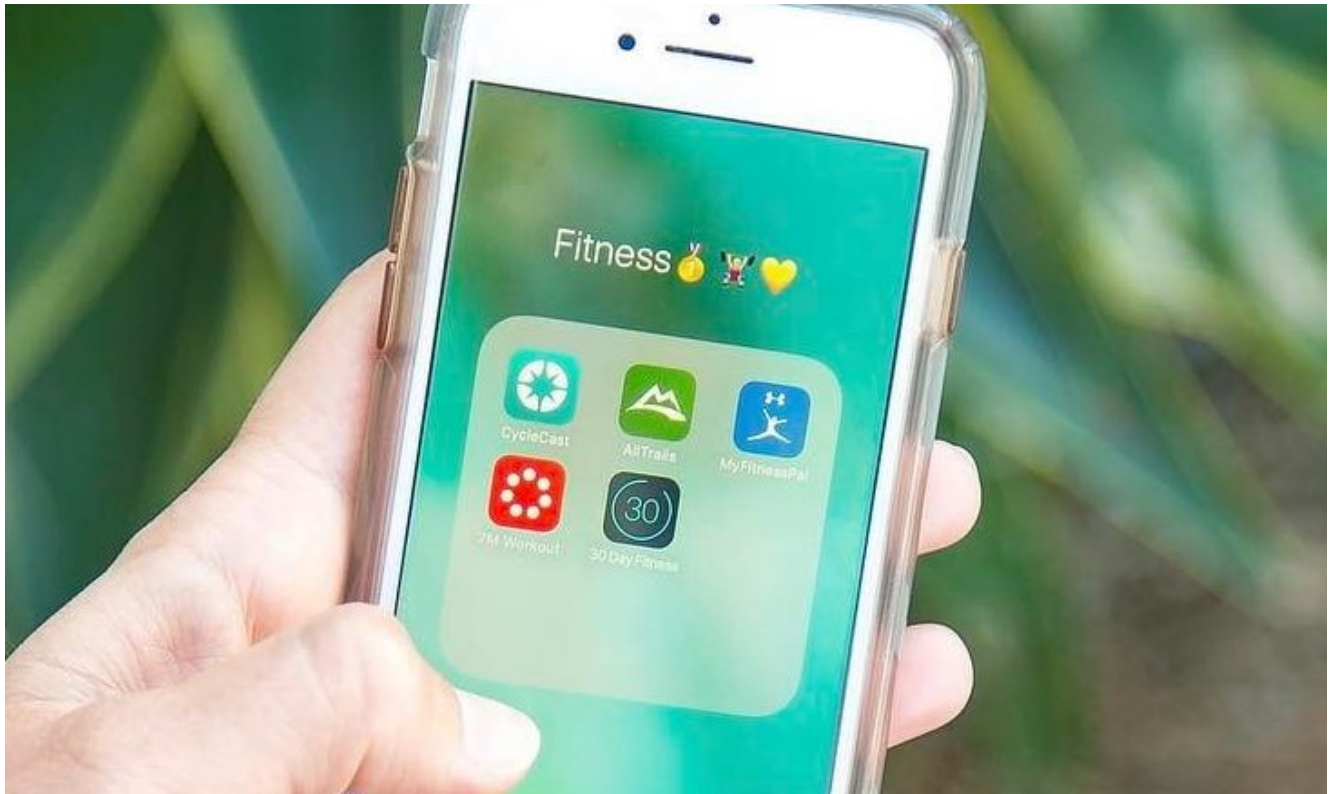
5. San Juan del Sur, Nicaragua: Looking for the perfect place to book your next girl's trip or the most popular vacation spot for your bestie's bachelorette party? Look no further than this Nicaraguan beach town that offers tons of great bars and party spots as well as gorgeous beaches and loads of opportunities to splash in the waves with your favorite ladies. Pack your bikini and call your girl squad, because this vacation spot is so often overlooked for it's gal pal

potential that the prices are super reasonable. So chip in and make sure that this girl's trip is one none of you will ever forget!

Will you be making any of these luxury vacation spots the next trip on your list? Let us know in the comments.

Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom





Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

It's no secret that, when it comes to being a new mother, things can get pretty hectic. This sentiment certainly rings true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and Rachel Lindsay's search for love so far!

Celebrity Mom Ali Fedotowsky on How She Stays Fit

There's no doubt about it: Fedotowsky is busy! With her recent March wedding and her daughter Molly's first birthday coming up in early July (they're celebrating with a unicorn-themed backyard barbecue!), her life is filled to the brim with the happiest kind of chaos. So how does this reality TV star manage to do it all while also keeping herself sane? "For

me, it's about taking little steps to take care of myself," she shares in our celebrity interview. "For example, if I need some time to myself, I tell Kevin. I have an amazing husband who always tells me to go do what I need to do."

Related Link: [Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again](#)

Even when she's not dishing about the latest styles on her thriving lifestyle blog or spending time with her sweet family, Fedotowsky doesn't let herself slack off. Since she became a new mom last year, she has committed herself to staying fit. "Sometimes, I'll do the tree pose while holding my daughter," she admits with a laugh.

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I love the convenience of it and how it shapes my muscles in ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview

Of course, it takes a lot of energy to stay fit and take care of your body. Fedotowsky swears that she has the secret weapon for keeping your energy up: goodnessKNOWS snack squares. The snacks, which combine essential vitamins with a delicious cruncy texture and great taste, are her lifesaver when it comes to eating healthy. "My girlfriends and I are all very conscious of what we put into our bodies," she reveals, "so we can have a little bit of wine and be naughty but also have the cranberry almond dark chocolate goodnessKNOWS snack squares."

They're only 150 calories for all four!"

In fact, the celebrity mom was so thrilled with goodnessKNOWS and their healthy snacking initiative that she recently took things a step further and partnered with them on a new project for National Yoga Day. "We did a Facebook Live stream. It's all about yoga and how you can do it at home and how good it can make you feel," she explains in our celebrity interview. She hopes to show other new moms that they don't have to be any kind of fitness guru to live their healthiest lives.

Related Link: ['Bachelorette' Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl](#)

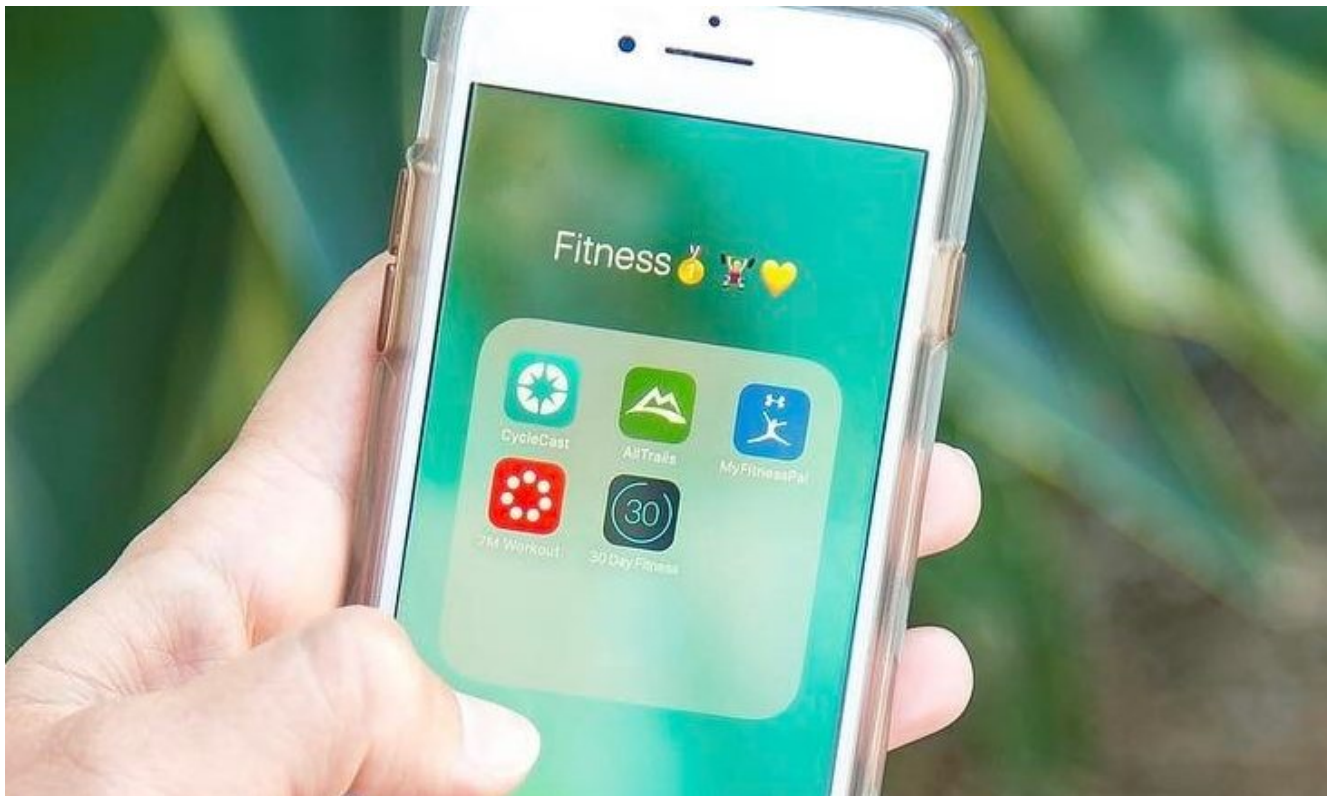
Ali Fedotowsky Dishes On the Newest Season of *The Bachelorette*

Every busy mama needs a break, and Fedotowsky is no exception. Just like so many of us, during her free time, she has been keeping up with the current season of *The Bachelorette*. "I love this season and Rachel," she enthuses. "I think she's poised, fun, articulate, beautiful – everything a *Bachelorette* should be!"

Of Lindsay's reality TV journey so far, Fedotowsky adds, "There are some guys who keep sneaking through the cracks. Like Lee is still there – that's a questionable decision." Ultimately, though, the lifestyle blogger believes that Lindsay is destined for love: "Rachel's not stupid. She knows what she's doing. I think she's doing an incredible job opening up her heart!"

To keep up with Ali, check out her lifestyle blog [Ali Luvs](#).

5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate



By [Noelle Downey](#)

When it comes to our favorite foodies, celebrity chefs may just take the cake. Whether you're curling up on the sofa to watch your favorite cooking show with your sweetheart on a date night or visiting famous cook's restaurants on a romantic getaway, we all love to experience the wonderful world of fine-dining and elevated cuisine. But even the chefs behind some of the most famous restaurants out there have foods that

will make them turn up their nose in disgust. Whether it's something many of us might cringe to nibble on or a dish some might view as a culinary treat, these chefs take picky eating to another level with their hatred of these five key foods.

From the understandable to the weird and wacky, here are the top five foods your favorite celebrity chefs just can't stand.

1. Raw Red Onion: Anyway who's a regular viewer of the Food Network sensation *Chopped* will be familiar with the debonair judge, Scott Conant. Whether he's critiquing chef's dishes after frantic timed rounds, managing one of his award-winning restaurants, or writing his next bestselling cookbook, Conant keeps busy making use of his incredible palate. But if you're serving a meal to this celebrity chef, make sure that you leave one key ingredient off the plate: raw red onions. Conant famously hates the taste of this raw vegetable, so much so that contestants on *Chopped* have gone out of their way to avoid serving it to the otherwise open-minded chef.

Related Link: [Host the Perfect Celebrity-Style Dinner Party with These Celebrity Chef's Favorite Recipes](#)

2. Airplane Food: While all of us may occasionally turn up our noses at the fare served on some low-budget airlines, one famously high-tempered celebrity chef absolutely refuses to let a bite of even a first-class offering pass his lips. Gordon Ramsay, famed chef on such food-centric reality TV shows as *Hell's Kitchen* and *Kitchen Nightmares*, has thoroughly damned airplane food, speaking more harshly of it than even perhaps some of the lesser dishes served up to him on his uniquely intense and competitive television programs. If you're looking to please this spiky-haired chef, try not to be

the flight attendant bringing him his dinner!

Related Link: [How Celebrity Chefs Love Their Mates With Food](#)

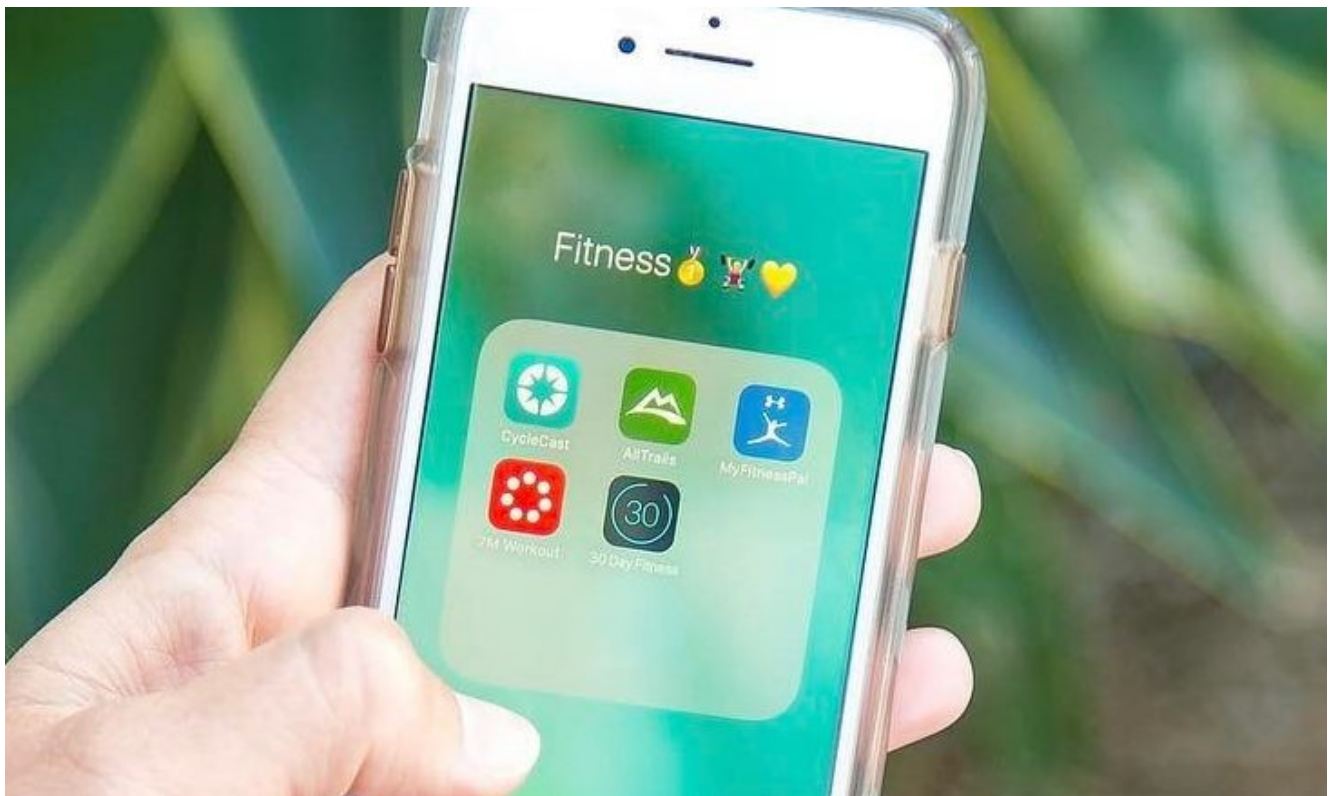
3. Goat Cheese: While it's a staple of some delicious salads, sandwiches, and more, goat cheese isn't the favorite food of every celebrity chef. In particular, Melissa d'Arabian, celebrity mom, television host, and cookbook author, who claims that goat cheese, "tastes like the smell of a manger!" If you're looking to keep on the good side of this Super Momma and her captivating culinary creations, make sure if you ever get the chance to give her a sample of your finest dining treats, no one of them incorporate the offending cheese she hates so much.

4. Cream Cheese: When it comes to another kind of offending dairy, cream cheese is next up on the list. Cooking Channel's very own Kelsey Nixon of *Kelsey's Essentials* fame has repeatedly shared her dislike for this unassuming spread. While thousands of people across America and beyond will reach into their fridge to retrieve this creamy addition to their morning bagel, Nixon turns up her nose, stating, "I refuse to eat cream cheese unless it's sweetened and found in some sort of frosting."

5. Whole Fish: While fish with the head and tail intact are often served in fine-dining establishments as a delicacy, some celebrity chefs swear that this particular type of culinary excellence is just too creepy to consume. *The Biggest Loser's* chef Devin Alexander, famous for her take on healthy-version of contestant's favorite comfort foods, claims that she can't stomach any type of food that "looks back" at her. "I'm sorry," Alexander admits, "but fish filets only, please!"

What do you think of these familiar foods that celebrity chefs can't abide by? Are any of your favorites on this list. Let us know in the comments.

Celebrity Vacation Spot: Everything You Need to Know About Beaches Turks & Caicos



By [Noelle Downey](#)

Whether you're looking for a family-friendly vacation or a [romantic getaway](#) with a string of incredible [date nights](#), the Beaches resort at Turks & Caicos may be the perfect place for you to head this summer. This incredible resort, which is made

up of four luxury villages, features just about everything your heart could desire when it comes to a popular travel destination, including a spa, adrenaline-inducing water sports, award-winning restaurants, photo-ops with your children's favorite Sesame Street characters, and, of course, beautiful sand and surf. We at CupidsPulse.com went behind-the-scenes to give our readers the inside scoop on what to expect when you head to this [celebrity vacation](#) hotspot.

Book a Romantic Getaway at Beaches Turks & Caicos!

Beaches Turks & Caicos may be a classic and much-loved spot to run away to for a glorious vacation, but that doesn't mean that they're not always looking to grow and change. Recently, they took a "revolutionary step in resort entertainment" and partnered with Creativiva Caribbean Inc. to provide guests with four brand new live shows: *Alice in Wonderland*, *Treasure Island*, *Jungle Book Live*, and *Dolce Vita*, all performed weekly. "We are so excited to share this brand new experience with our guests," noted Adam Stewart, Deputy Chairman and CEO of Sandals Resorts International, "By partnering with the experts in live entertainment, we are excited to deliver theater on an entirely new level." According to the Beaches Turks & Caicos team, Creativiva entertainers will add new flair to the Beaches already incredible amenities and activities with a "carnival vibe, folklore dance, and cultural performances."

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

When you're not taking in one of the new shows, you can enjoy one of four different luxury villages. These villages all operate under a different theme and give guests a distinctly diverse resort experience. "We offer the seaside garden

paradise of the Caribbean Village, the sophisticated style of the French Village, the monumental surroundings of the Italian Village, and the Key West Village, which features three- and four-bedroom Villas,” the team at Beaches Turks & Caicos explains. So even though you’re only traveling as far as Turks & Caicos, you can still take in a posh European lifestyle at this resort.

If you’re not sold on the Turks & Caicos location, however, never fear. The Beaches resort franchise has other opportunities for you to enjoy their incredible take on luxury travel. “By 2018, we’ll have four properties that will have either just debuted or will be in the development phase, including Sandals LaSource St. Lucia later this year,” Beaches staff shared. “We’re also continuing our considerable investment in Barbados, including Sandals Royal Barbados, which will open December 2017, and, of course, there are our plans for Beaches Barbados. We’re excited for what’s to come.”

Enjoy Delicious Food on Your Celebrity Vacation at Beaches Turks & Caicos

If you’re planning a trip to Beaches Turks & Caicos, then you’ll have to prioritize a couple of food-centric date nights during your stay. The Beaches Turks & Caicos team opened up about the most popular restaurant spots and favorite menu items: “The top favorite restaurants are Neptune’s and Schooners Seafood Grill. Our restaurants serve up everything from lemongrass-scented snapper, a 10-ounce rib eye, and Alaskan king crab risotto to the famous Turks & Caicos mollusk, Conch.” With seaside views and a perfectly luxurious fine dining setting, you could eat your fill at either of these establishments and still be begging for more.

Related Link: [Taking Your Partner on a Family Vacation](#)

Looking for something to do before dinner? If you're not in the mood to stroll the beach, scuba dive, or relax at the spa, explore the local attractions. Relax on a Catamaran Cruise, Eco Kayak Tour, or Conch Farm Tour, and take in the beauty of the sights and sounds of Turks & Caicos. Or, if none of that tempts you, go celebrity-spotting with your sweetie, as this Beaches resort is a regular destination for stars on their celebrity vacations. Recent famous guests include Tammin Sursok, best known for playing Jenna Marshall on the hit Freeform series *Pretty Little Liars*; Gilles Marini, known for his role in the hit movie *Sex and the City*; and Amanda Stanton from *The Bachelor* and *Bachelor in Paradise*.

Beaches Turks & Caicos Team Talks Best Activities for a Family Vacation

If you're headed to Beaches Turks & Caicos with family instead of a new fling, you'll still find plenty of activities that will make your kids smile. Your little ones will love the photo ops and meet and greets with their favorite Sesame Street characters, which are sure to bring some extra magic to their resort experiences. And if you're a parent to older kids and teens, the possibilities are truly endless. Whether your teenagers are looking to benefit the world and give back with the Island Impact program, compete in the cutting-edge Xbox Play Lounge, spin some tracks in the Scratch DJ Academy, dance and mingle in the under-21 Club Liquid, relax with the special teen treatments in the Red Lane Spa, or try their hand at some old school arcade games in the Trench Town, they'll always remember this trip.

Related Link: [5 Celebrity Couples Who Look Hot At The Beach](#)

And if you're bringing the whole family for a big event, like a wedding or a vow renewal ceremony, Beaches Turks & Caicos

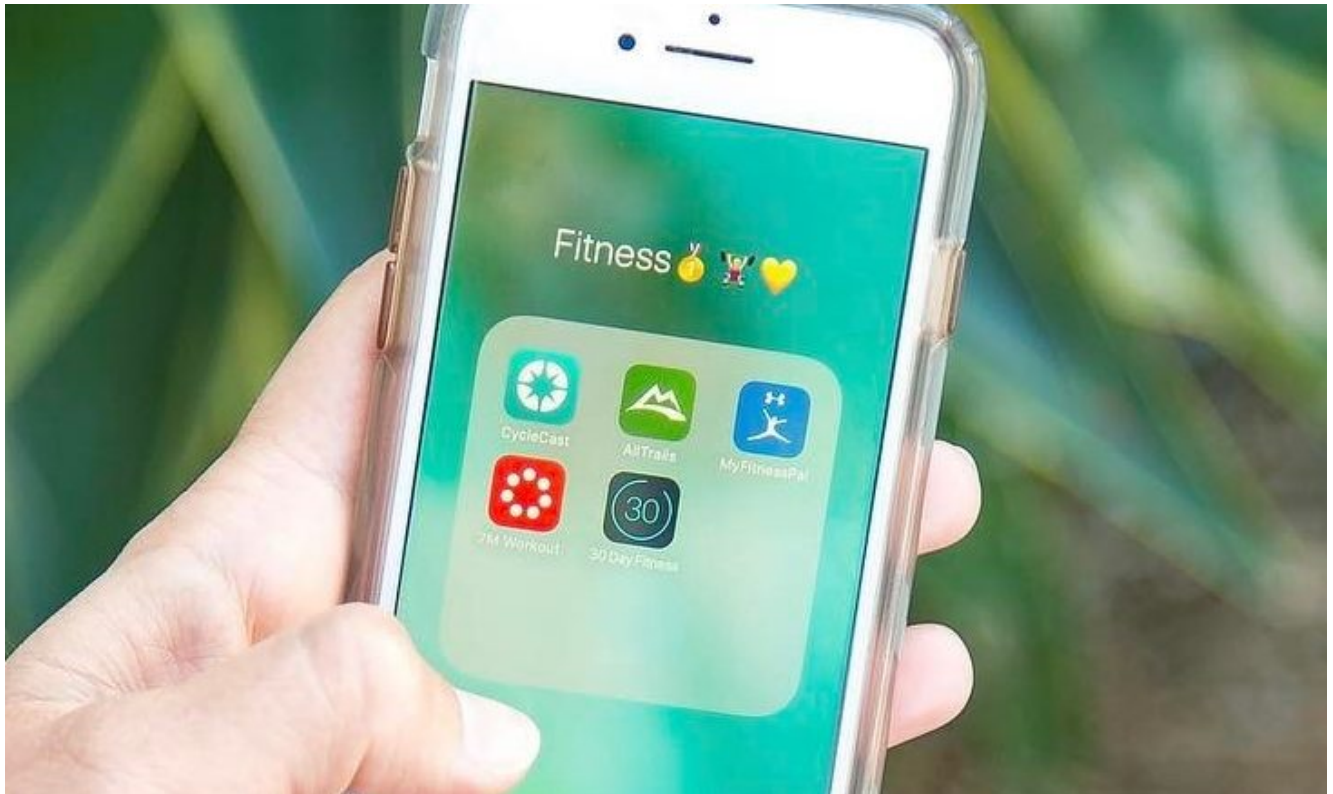
has just what you need. Forget about the stresses of bringing a large group of varying ages to this luxury vacation spot because Beaches resort has already solved your problems. As the crew at Beaches Turks & Caicos assures us, “For those who wish to celebrate their special day with everyone – from the eldest family member to the smallest tot, Beaches Resorts’ FamilyMoons offer the ideal venue.”

No matter what you’re looking for on your summer vacation, Because Turks & Caicos is sure to have it.

Will you be visiting this beautiful luxury travel destination? Let us know in the comments.

Top 5 Kid-Friendly Fashions That Celebrity Parents Love for Their Own Children





By [Noelle Downey](#)

There's no doubt about it, we all love to keep up with what the stars are wearing, whether on the red carpet or while stepping out of the gym, so we know what fashion standards to strive for with our own wardrobes. But what about when it comes to dressing our kids? While [celebrity fashion trends](#) for children featured in magazines can look adorable, are they actually kid-friendly? And do [celebrity kids](#) actually wear them? Well, now your fashion fears are over! We here at Cupid's Pulse have compiled a list of the top five most fashionable brands that celebrity kids wear and [celebrity parents](#) love that your own favorite kiddos can't help but enjoy too!

**Keep your kids in style with these
celebrity fashion trends for
children that celebrity parents**

can't get enough of!

1. Western Chief Rainwear: If you want to keep your favorite kiddos dry and in style, why not invest in the brand that some of your favorite celebrity kids are wearing these days when the clouds roll in and the days get stormy. Western Chief is known for its adorable boots, raincoats, and umbrellas featuring characters your kid loves such as Batman, Hello Kitty, or Thomas the Train Engine. [Celebrity moms](#) from [Katie Holmes](#) to [Gwen Stefani](#) have been spotted out with their kids wearing these cute designs, so now is definitely the time to get the jump on this celebrity fashion trend for your kiddos! Keep them dry in this awesome rain gear so they can fashionably splash in puddles to their heart's content.

2. The Mini Classy Harem Pants: Every parent knows that kids love to run around and move freely when it comes to play time, so why not allow them to do it in style with these comfy harem pants from celebrity-approved line The Mini Classy? These loose and soft striped pants will give your kids plenty of wiggle room as they scramble up the climbing wall at the park or race to the dinner table for lunch. Not only are they comfy and fashionable, they're also (obviously) incredibly cute, and it's clear that celebrity parents everywhere agree. Superstars like reality TV star [Khloe Kardashian](#) and Mario Lopez have grabbed a pair of these pants for their favorite kids, and now you can too!

Related Link: [Satin Is the Newest Celebrity Style for Spring!](#)

3. Burberry: Although Burberry certainly isn't cheap, if you're looking to splurge on something red-carpet worthy for your little one, look no further than Burberry's kids line. Grab one of Burberry's signature checked coats to keep your child toasty on nippy fall nights or cold winter mornings, or bundle them in a Burberry sweater with matching scarf for a

chic look that will also keep them warm and glowing all winter long. After all, they'll certainly be in good company, with celebrity parents like [Victoria Beckham](#) and [David Beckham](#), [Tom Cruise](#) and Katie Holmes, and Khloe Kardashian and Scott Disick also choosing to dress their children in this fashionable line.

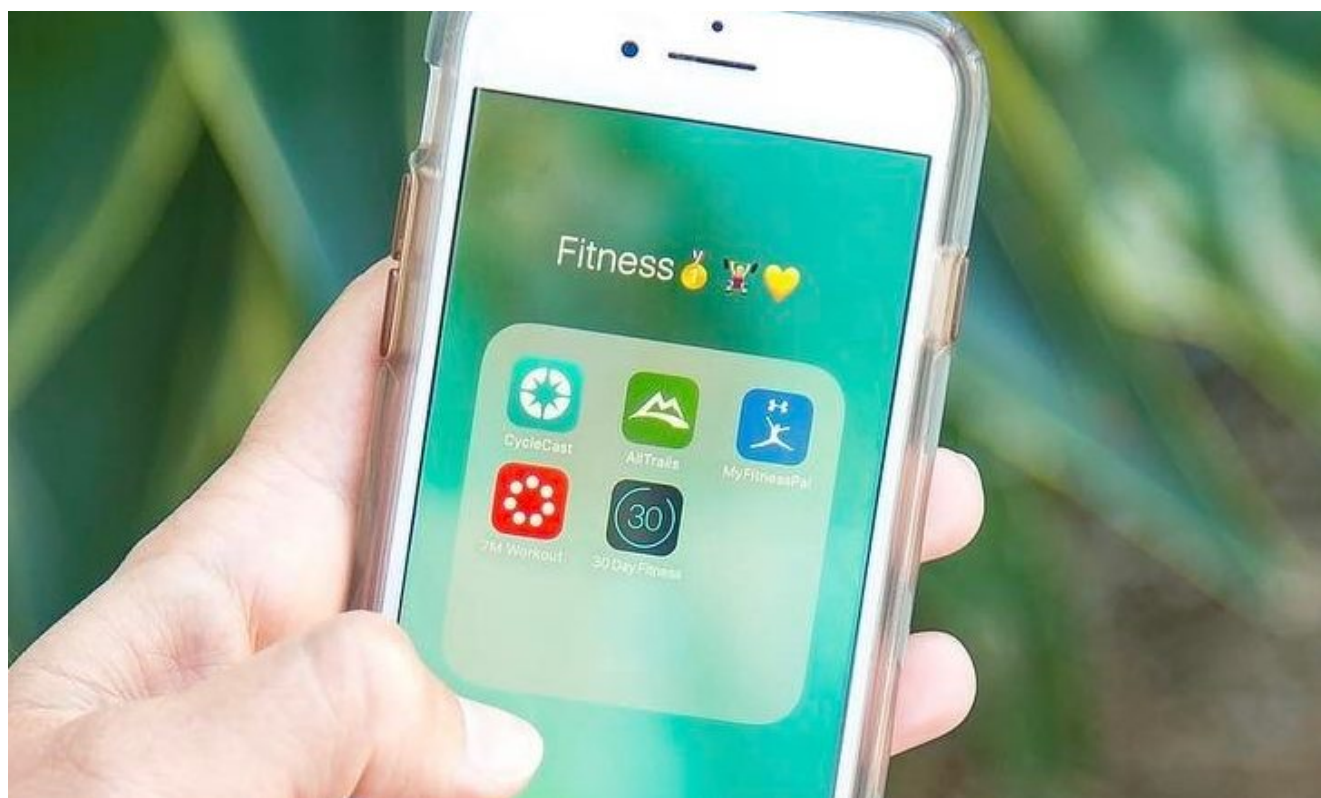
4. Stella McCartney Kids: If you're looking for a line that is probably one of the most-used when it comes to famous parents dressing their celebrity kids, look no further than Stella McCartney Kids. Stella McCartney not only features fashions for fabulous adults, she also caters to cute kiddos with a line featuring clothes that are both comfy for kids and incredibly fashionable. Who's been spotted dressing their kids in this brand name? Everyone from singing superstar Madonna to [Jessica Alba](#), [Angelina Jolie](#), [Brad Pitt](#), and David Beckham. If you're looking to dress your child in comfy clothes made for the stars, Stella McCartney Kids may just be the way to go.

Related Link: [Product Review: Get This Spring's Parenting Must Haves!](#)

5. Luna Leggings: For a fun and funky twist on a traditional black legging, try these fun, celebrity-parent-approved leggings, which mix fashionably bright patterns and colors with durability and comfort for a kids clothing item that's both on trend and on point. *How I Met Your Mother* star and celebrity mom Alyson Hannigan has been spotted out with her daughter Satyana sporting these leggings many times, and Sarah Jessica Parker and Matthew Broderick's adorable twin girls have also been seen in these Luna originals during some of their rare public appearances.

What do you think of these celebrity fashion trends for kids? Are they too cute for words, or just not your cup of tea? Let us know in the comments!

Famous Restaurants: Hottest Happy Hours in NYC



By [Noelle Downey](#)

Whether you're prepping for a Tinder date and you're not sure where to go or you're in desperate need of a night out with friends for a few drinks, happy hour is a great way to have a ton of fun and keep your bill at the end of the night under

budget. However, especially if you're in a busy city like NYC, the amount of restaurants that offer happy hours can feel overwhelming. So, to make your next night out on the town in the Big Apple feel a little less hectic, here are five of the hottest happy hours in NYC that will win you over with their low-priced drinks and great food in a New York minute.

There's nothing happier than happy hour, so get ready to put all of these top five famous restaurants at the top of your list for your next night out on the town!

1. Dutch Kills: This Long Island City restaurant is a great place to head when you're looking for a cocktail and a great happy hour deal. From 4-7 PM on Sunday through Thursday you can choose from a list of hand-selected cocktails to sip for just eight dollars apiece. This is the perfect place to head for a night out with the girls because it's busy and bustling; get there early or you'll find the bar packed and the seating arrangements strictly standing room only!

2. Mess Hall: If you're looking for an NYC location with a little more of a rustic vibe, look no further than the Mess Hall, a pub in Harlem that focuses on the natural side of things, with taxidermied animals styled next to romantic string lights for a mix of woodsy and sexy. Every day from 4-8 PM the Mess Hall happy hour features wine, beer and shots for just six dollars and certain drafts for just five dollars. Sip a sensational drink for a reasonable price and enjoy the décor and a fun night out at this Harlem location.

Related Link: [Famous Restaurants: NYC's Most Popular Hidden Restaurants](#)

3. Shorty's: Want to head out for some fun drinks and laughs, but also craving a large, delicious meal? Never fear, Shorty's Upper East Side location has just what you're looking for with not one but *two* daily happy hours Monday through Friday from 4-6 PM and 10 PM to closing. Chug a beer for only five dollars or sip a well drink for six while also enjoying one of Shorty's specialty cheesesteaks for a hearty and satisfying dinner that will leave you ready to take the city night life by storm.

4. Fresh Salt: If you're strolling across Brooklyn Bridge on a hot [date night](#) and feel the need for a little nightcap, look no further than Fresh Salt, a short walk away. Although the sign may look a bit weathered, this famous restaurant offers classic ambience and great deals, with a happy hour from 4-8 PM daily that offers six dollar glasses of delicious wine and five dollar draft beers and well drinks. Keep things fresh at Fresh Salt whether you're visiting with a potential new love interest, a friend from work, or all your BFF's.

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

5. Bubby's: If you're craving more variety when it comes to happy hour drinks and are also feeling the need for some great burgers or jerk chicken, try Bubby's, a great hotspot with colorful chairs outside and a fun and funky feel on the inside. Happy hour comes every Monday through Friday from 4-7 PM and features a variety of lower-priced drinks, including alcoholic punch, 50/50 martinis and sparkling wines, all for just seven dollars apiece. Sip a drink and enjoy the relaxed and fun environment at this famous NY restaurant bustling with all the energy of the big city.

Will you be visiting any of these establishments the next time you want to enjoy a drink during happy hour? What are some of your favorite drinks when you're out with your friends? Let us know in the comments!

Popular Restaurants: Best Bagels in NYC



By [Noelle Downey](#)

Whether you're looking for a snack to tide you over until your next meal, a delicious breakfast, or a salty and savory sandwich for lunch, NYC bagels are famous for fulfilling New Yorker's cravings and keeping them on their feet as they rush through their busy and fulfilling lives in the big city. The best bagel shops in NYC are therefore hotly contested, but whether you're looking for a brunch experience, an authentic hole-in-the-wall vibe, or an internet sensation come to life, we here at Cupid's Pulse have complied a list of the most

famous restaurants to visit when you're craving a bagel in the Big Apple.

Everyone loves a good bagel, particularly in New York City! Here are the most popular restaurants where you can head to experience an authentic and vital New York bagel experience.

1. The Bagel Store: With a tagline on their website that claims that their special rainbow bagels "broke the internet," this quirky little bagel shop in Brooklyn boasts one of the premier spots for tourists to swing by and taste a delicious and colorful version of a classic NYC food staple. Have your bagel with a funky rainbow twist or a splash of glitter for an Instagram-worthy snack or keep it classic with their take on age-old standbys like the everything or sesame seed bagels. Not in NYC? Don't worry, this popular restaurant ships their famous rainbow bagels worldwide! But hurry up and place your order – there's a waitlist for these famous treats!

2. H&H Midtown Bagels East: If you're a bagels fanatic or an NYC native, you're probably aware of the famous NY restaurant spot for tasty bagels, H&H, that closed its doors in 2011. While H&H Midtown Bagels East isn't officially affiliated with its bagel-selling predecessor, it's definitely the answer to the question thousands of New Yorkers had on the tip of their tongue when H&H closed for business: "Where will we get our bagels now?" H&H Midtown Bagels East has a whopping 20 different varieties of bagels, all of them created with a recipe that's a clear homage to the original H&H, which lends itself to the perfect bite that's both

nostalgic and revitalized. Mix and match with their 15 different spreads and try each combination until you find your favorites at this newly classic bagel shop.

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

3. Bagel Hole: If you're looking for something classic with an authentic "hole in the wall" NYC feel, look no further than Bagel Hole, a bagel shop that sells old-fashioned favorites that are wildly popular with true New Yorkers. With a carefully crafted recipe that uses malt instead of an overpowering sugar, these bagels are made fresh every day with a remarkably unique and inviting taste. Smear your tasty snack with some of their featured fillings, like tuna salad, housemade lox, or a variety of flavored cream cheeses that will have your mouth watering for more.

4. Sadelle's: Are bagels your favorite part of any complete brunch? Than stop by Sadelle's and enjoy their shining dining room, complete with three-tiered fish towers offered for the table and a vintage bistro flair that will make you feel right at home. Their old favorites are made to taste like brand new concoctions with traditional bagels made with a fun twist. Enjoy their mixed up their flavor profiles that keep you guessing as you munch and crunch at this famous NYC restaurant that's perfect to visit for a bit of bagel-y goodness.

Related Link: [Famous Restaurants: NYC's Most Popular Hidden Restaurants](#)

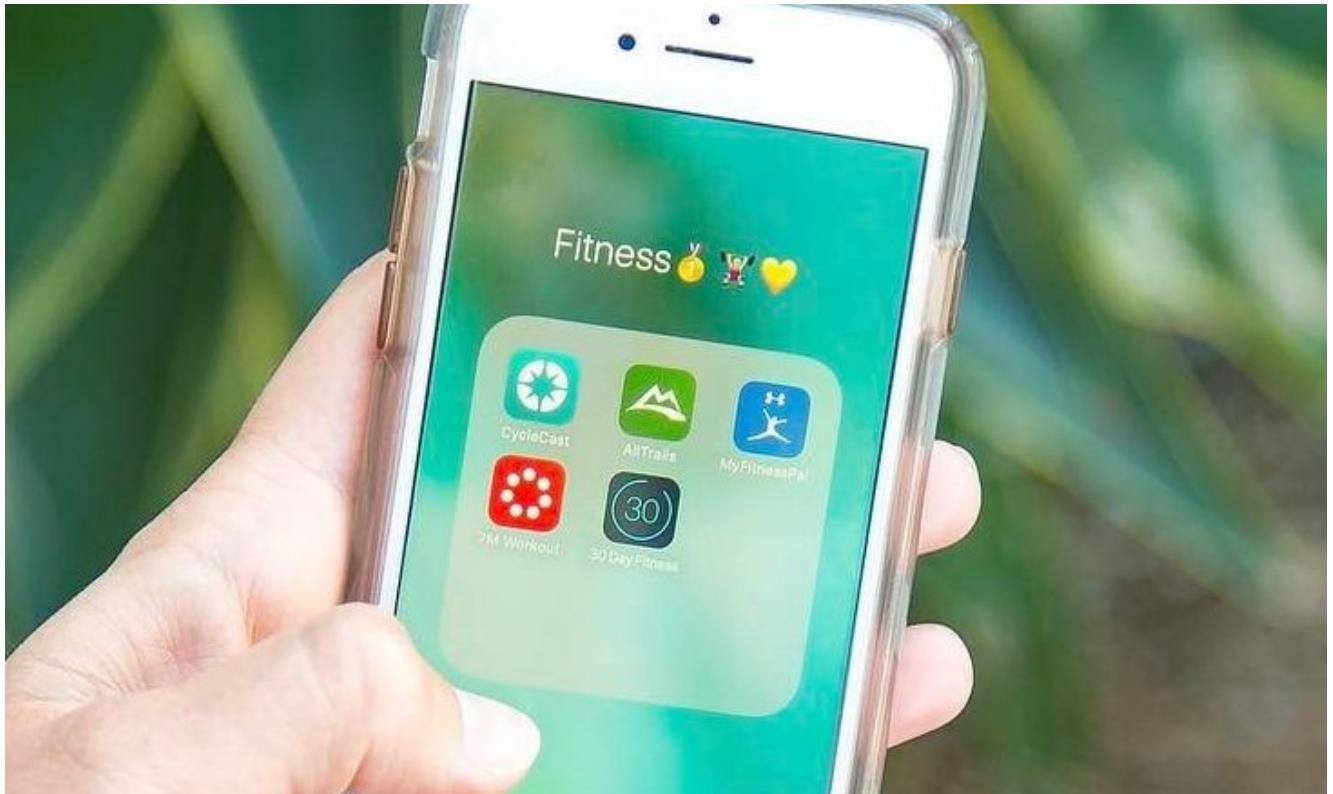
5. Bagel Pub: For a healthier take on your old favorite, visit the Bagel Pub for a fun experience that couples as a cheerful reminder that even foods that are really good for you can also taste great. This Park Slope bagel shop features friendly staff and a variety of bagels served with some delicious (and healthy!) fillings. Try their Garden Omelet, a delicious bagel and egg sandwich served with fresh ingredients like kale,

feta, onions, and peppers. If you're looking to looking to go a little more traditional, never fear! They also have a variety of fish and cream cheese options to adorn their sweet and tender bagels, perfect for both a breakfast snack and a hearty and healthy lunch.

Will you be giving any of these locations a try the next time you have a free minute in the Big Apple? Let us know in the comments!

Author Interview: Christina Hobbs & Lauren Billings Dish on Relationship Advice & Their Newest Book 'Dating You / Hating You'





By [Noelle Downey](#)

Best friends and *New York Times* bestselling authors Christina Hobbs and Lauren Billings (who collaborate under the shared pen name Christina Lauren) have quite literally written the book on romance! Their newest novel *Dating You / Hating You* (DYHY) follows the story of two star-crossed lovers, Evie and Carter, who find themselves locked in a heated battle of the sexes after their Hollywood agencies combine and force them to compete for the same job. With the glamorous backdrop of Hollywood life and celebrity style, these squabbling love birds must finesse the tricky situation of chasing their dreams without chasing each other away. Recently, Hobbs and Billings spoke with CupidsPulse.com on their excitement over this new project, which hits shelves today, June 6th, their best [relationship advice](#), and how they found success as BFFs. Check out our exclusive [author interview](#) below!

Exclusive Author Interview with

Christina Hobbs and Lauren Billings

In *DYHY*, Hollywood culture plays a huge role since your main characters are both agents. How did you research the celebrity lifestyle? Did you get the chance to meet any celebrities while you were writing this book?

We have had interactions with various Hollywood folks, including celebrities and industry people, but our focus on the research was on the agent side. We had a lot of fun talking to agents and managers about things they had seen and experienced. Interestingly (at least to us!), a lot of the shenanigans that Carter and Evie stoop to in the book are based on true stories.

Speaking of Carter and Evie, they vie for the same job in *DYHY*, which obviously disrupts their flirtation. What are your tips to our readers who may also be struggling to handle the demands of work life and romance? How would you advise them to find a healthy balance between the two?

Beyond the premise of this book, it can be really hard to find that balance—whether you're single, in a relationship, or have kids. When we were first writing, we were working full-time jobs and raising small kids and trying to fit the writing into every crack of time we had. What we found is that nothing in our life was getting 100 percent of our attention. We ended up leaving our jobs to write full-time, and it allowed us to have much more energy for the relationships at home.

It's okay to set priorities and—this is especially important for young women to hear—it really is okay to make your career your priority if you're doing something you love. That said, it's also okay to feel like the rat race isn't for you. Bottom line is, only you know how things rank in your emotional heart. No one else can tell you how you should be balancing your career with your love life, not even a couple of romance

authors.

Related Link: [Relationship Advice: 6 Ways to Keep Work & Life Demands in Balance](#)

In your opinion, do you think that men and women are often pitted against one another in the workplace? How did your own professional experiences in the past influence your writing of this book?

It may not be the case that men and women are necessarily “pitted” against each other, but sexual politics are alive and well in the workplace. We’ve seen this ourselves in various ways, from the women being more visible in assistant roles to egregious pay disparity to casual sexism in the form of “sweetie,” “hon,” and “kiddo” spoken from men to women, even sometimes to women who are their superiors in the reporting structure.

Luckily, we’ve both worked with very progressive people—both men and women—who made a point to address any overt workplace disparity. But, for better or for worse, given that it’s hard to miss it even in this day and age, it made that aspect of writing this book very easy because we didn’t have to dig very deep to find the thread of that subplot.

Do you have any tips for our readers on how to foster the kind of amazing and collaborative relationship that the two of you have found in your friendship, especially if demands like school, work, or kids tend to keep them apart?

There are a million reasons why this collaboration is so enduring—and still so happy—but at the end of the day, the most important component is our chemistry. Lo is the neurotic, spreadsheet-loving, deadline-driven one. Christina brings the levity. As our editor has said on multiple occasions, “The world needs Laurens, but it also needs Christinas.” It’s true. If we were all Laurens, we’d be wrestling for control until it turned into a bloodbath. If we were all Christinas, we’d drown

in a pool of boy bands and glitter. Having both makes this possible.

The other thing is, when we began writing together back in 2009, we said at the very outset that *the books will not become more important than the friendship*. That has been a very, very important motto and one we have treated reverently. To maintain a deep friendship, it has to be put front and center.

Christina Lauren Shares Best Relationship Advice and Favorite Date Nights

Shifting gears, since you're both clearly romance experts, I have to ask: How would you advise our readers to keep things sexy and fun with a partner, even after years have gone by and kids and other commitments come into the picture?

Communication, communication, communication. The more open we are, the better our marriages are in all respects—in and out of the bedroom. We find that when things are more distant in our marriages, it's because we aren't speaking to our spouses as lovers and partners; we are only interacting as parents.

Related Link: [Parenting Tips: How to Feel Sexy After Motherhood](#)

Do either of you have a favorite date night? Do you ever double date?

We can't routinely double date because we live in separate states (!!), but when we are together, we have a lot of fun, just the four of us. Our husbands get along really well, and when we travel, they often take off and do their own thing together—sometimes stumbling back tipsy and hilarious.

Favorite [date nights](#) are usually spent discovering new restaurants in the area, catching a movie we couldn't see with the kids, or—probably most common—going to a concert together!

As two people who have written so much great romance, I'm sure you get asked all the time what your best relationship advice is. I'm curious, though: What's the best piece of advice you've ever been given?

If you're in a relationship, the best love advice we've ever received was what someone said at Lo's wedding, "Always assume good intentions." That means, if you're in a loving, stable relationship, the basic assumption should be that your partner has your best interests in mind. If you see the relationship through that lens, you are less likely to see strife or hurt where there is none.

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

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

Other than *DYHY*, we have two more books out this year. *Autoboyography* is out September 12th; it's the story of Tanner Scott, a bisexual teen who moves from the Bay Area in California to Provo, Utah and falls in love with the son of the local Mormon bishop. We love how this book came out; it's been something we've been working on for many years, and we are so proud of the finished product!

Then, in December (formerly October), we have *Roomies*, which is a little bit Greencard-meets-Once. It's the story of Holland Bakker, a twenty-something woman in NYC who is watching her MFA gather dust in the corner while she works front-of-the-house for the hottest musical on Broadway. Holland has an infatuation with an Irish guitar-playing busker at the subway near her house and offers to marry him to help him stay in the country...and land him a position in the ensemble for the show. It's a strangers-to-married story that

has been *the most fun* to write!

2018 holds LOTS MORE for us, but we haven't announced those projects yet, so for now we'll just have to say: we.cannot.wait.for.2018.

You can purchase Dating You / Hating You on [Amazon](#). For more from Christina and Lauren, visit their [website](#) or follow them on Twitter [@ChristinaLauren](#).

Celebrity Wedding: 'Bachelor' Alum Britt Nilsson Is Engaged





By [Noelle Downey](#)

Bring out the champagne because it's time to celebrate! According to [UsMagazine.com](#), Bachelor alum [Britt Nilsson](#) is officially going to celebrate a [celebrity wedding](#) with boyfriend Jeremy Byrne! The [celebrity couple](#) started dating last year after Nilsson's split from Brady Toops, another alum of the hit reality TV show, *The Bachelor*, and shared news of their [celebrity engagement](#) via a series of Instagram posts of the ring and the couple laughing and kissing in excitement. Nilsson wrote in the caption, ""WE ARE ENGAGED!!!! I'm over the moon!!! The man of my dreams and the most godly, amazing, fun, life-giving, silly, intelligent, wonderful best friend I could ever ask for is my future husband!!!! I have been dreaming of this day forever!! Thank You Jesus!!! Wooo hooooo!!!!!! I had no idea it was coming and it was the best day of my life! I love you forever Jeremy Byrne!!!"

This controversial Bachelor alum

has said goodbye to the single life and hello to a celebrity wedding! What are some things to consider before getting engaged?

Cupid's Advice:

When it comes to getting engaged, it can be hard to know when you're ready as a couple! Cupid is here with the top three things you should consider before popping the questions or saying yes when your partner gets down on one knee:

1. Do you have the same goals?: Ideally in a long-term relationship you two would be looking for the same things and have a similar vision of the future. If you know for a fact that your ideas of the future differ greatly but you've never really sat down and worked that out, definitely take the effort before you move forward with an engagement. If you're both on the same page you can breathe a sigh of relief knowing that ring on your finger doesn't mean you have to give up your dreams or future plans.

Related Link: [Brady Toops Opens Up About Real Reasons for Celebrity Break-Up with 'The Bachelorette' Contender Britt Nilsson](#)

2. Are you ready for a forever commitment?: There's no doubt about it, a wedding and an engagement are a huge deal, but marriage itself is an even bigger one. Ask yourself honestly, am I ready for a lifetime commitment to one person? Analyze your answer and share it with your partner. Admit if you don't feel ready for that big step right at the moment or confess that you've thought it through and think that's a good next step to take in the future.

Related Link: ['The Bachelorette' Stars Britt Nilsson and Brady](#)

[Toops Go Public with PDA](#)

3. Do you both want to get married?: This one seems like a no-brainer, but you'd be amazed how many people feel pressured into proposing or to saying yes to an offer of marriage just because they never sat down and talked about their feelings toward marriage in general, and also specifically for them at some point in the future. It's perfectly possible that for either you or your partner, getting married just isn't a priority, and if that's the case, you need to have a mature discussion about it where you communicate your wants and needs effectively.

Have you ever thought of getting engaged to your partner? What did you consider beforehand? Let us know in the comments!

**Celebrity News: Chris
Cornell's Wife Pens
Heartbreaking Letter Before
Funeral**





By [Noelle Downey](#)

In [celebrity news](#), wife of late singer Chris Cornell wrote a truly beautiful, if saddening, epistle in honor of her husband. According to [UsMagazine.com](#), Vicky Karayiannis, Cornell's wife, wrote an open letter that was posted to Billboard.com following the musician's suicide by hanging on May 17th. "To my sweet Christopher, you were the best father, husband and son-in-law. Your patience, empathy and love always showed through," she confessed. "I'm sorry, my sweet love, that I did not see what happened to you that night. I'm sorry you were alone, and I know that was not you, my sweet Christopher. Your children know that too, so you can rest in peace," Karayiannis reassured. She went on to write of her [Hollywood relationship](#), saying Cornell was her "soulmate" and that while she is "broken" she will stand up for him always. The letter closed, "I love you more than anyone has ever loved anyone in the history of loving and more than anyone ever will. Always and forever, your Vicky." Karayiannis has stated that she believes Cornell, a recovering drug addict, may have taken too much Ativan, which caused him to not be in his right mind. "What happened is inexplicable," Karayiannis

admitted, “and I am hopeful that further medical reports will provide additional details.” The [celebrity couple](#) have two [celebrity children](#) together, Toni and Christopher, as well as daughter Lillian from Cornell’s previous marriage.

This celebrity news has us down in the dumps. What are some ways to cope with the loss of your partner?

Cupid’s Advice:

Dealing with the loss of a partner is always difficult, but here are the top three ways to get you through this difficult time:

1. Find someone to talk to: There’s no shame in finding a therapist to talk to after the emotional fallout of the death of your partner. Remember that your partner would want you to deal with this in a healthy way, so prioritize taking care of yourself. Visit a counselor and let your feelings out, even if they confuse or embarrass or anger you. Grief is experienced in a host of different ways, and by talking it out and committing to dealing with that grief, you open yourself up to eventual healing and acceptance.

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

2. Reach out to your support system: If you’re struggling after the death of a partner, or any loved one, reach out to those around you that care about you and are still here. Tell them you’re not doing well and allow them to take care of you for a portion of time until you’re back on your feet. Admitting that you need help during a difficult period of your life can be difficult, and can even make you feel weak, but in actuality this proves your strength as a person who can

recognize their limitations and ask for help when they need it.

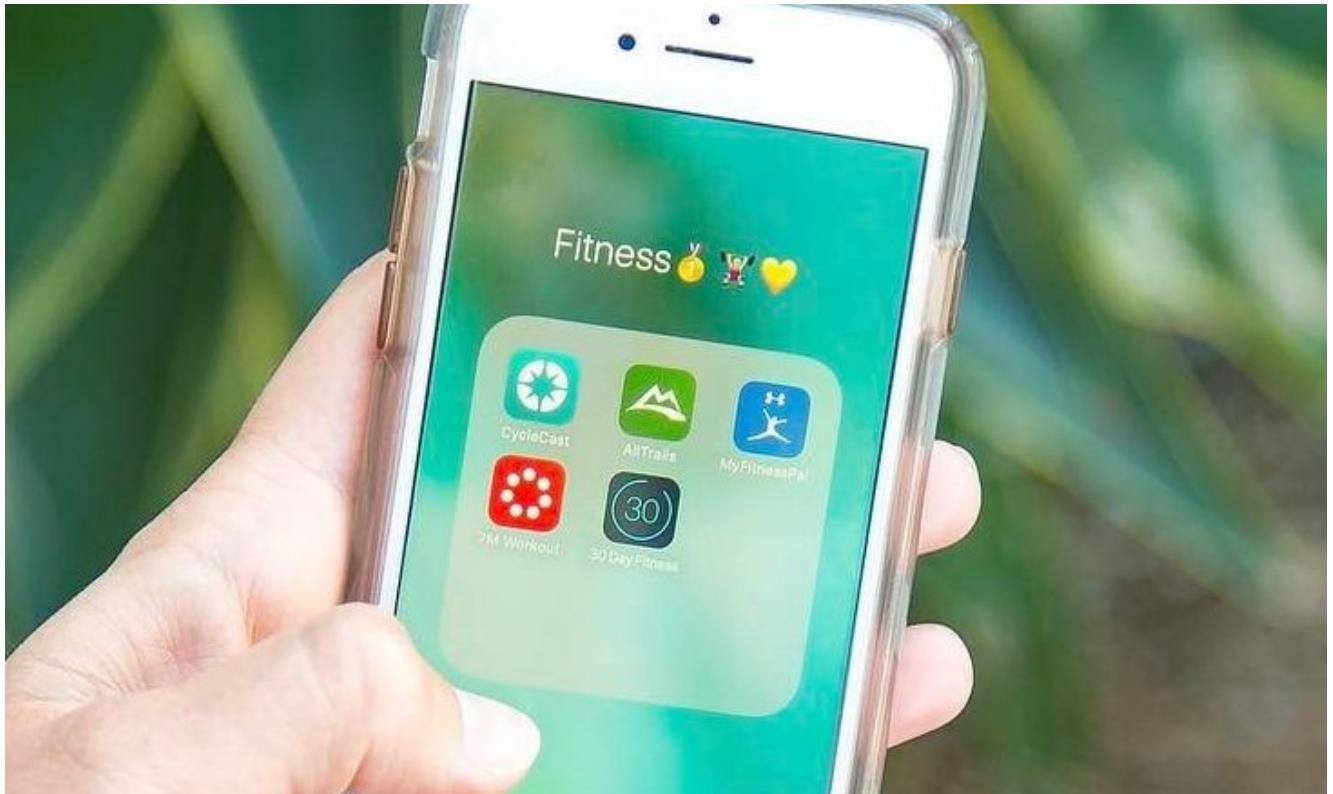
Related Link: [Julie Andrews' Relationship Advice: How to Survive the Death of a Loved One](#)

3. Seek closure: Whether that means making a charitable donation to your partner's favorite non-profit every month in their memory or going through all your photos together one last time before deciding which ones to put away for now and which ones to leave up, or even taking off your wedding ring for the first time since the funeral, take steps to seek and find closure continuously, however that looks for you as an individual. Many think closure is a final state you achieve, when in reality closure is a state of being you can consciously pursue. Often finding closure is a journey, so it's important to give yourself the grace to take that journey however you need to.

Have you ever lost a partner? How did you deal with that? Let us know in the comments.

Celebrity News: 'Bachelorette' Rachel Lindsay Meets Her Men in Season Premiere





By [Noelle Downey](#)

In [celebrity news](#), [UsMagazine.com](#) has reported that *The Bachelorette* has kicked off its new season with a premier episode where Rachel Lindsay met her suitors and focused on finding love and being herself. The night's events included a cringe-inducing penguin costume worn by bachelor Matt, a full marching band brought by bachelor Blake E., and a surprise kiss from bachelor Bryan, a chiropractor. Lindsay commented later, "I was not ready for it, did not want to kiss anybody tonight, but boy did I love it!" Lindsay started the night with 30 guys, but she cut eight in the rose ceremony at the end of the episode. 21 more cuts to go until she finds her ultimate love!

This celebrity news has us excited for a new season of *The Bachelorette*! What are some unique

ways to meet a new partner?

Cupid's Advice:

There's no doubt that meeting your love on a reality TV show qualifies as "unique," but we don't all have that opportunity. In this [relationship advice](#), here are some out-of-the-box ways to meet your new partner:

1. Work happy hours: If you have to hang with colleagues after seeing them all day every day, you might as well use it as an opportunity to meet your next crush! Even if you know you aren't into dating a coworker, you never know who they might invite to tag along.

Related Link: [Celebrity News: First Black 'Bachelorette' Rachel Lindsay Hopes People 'Rally Behind' Her](#)

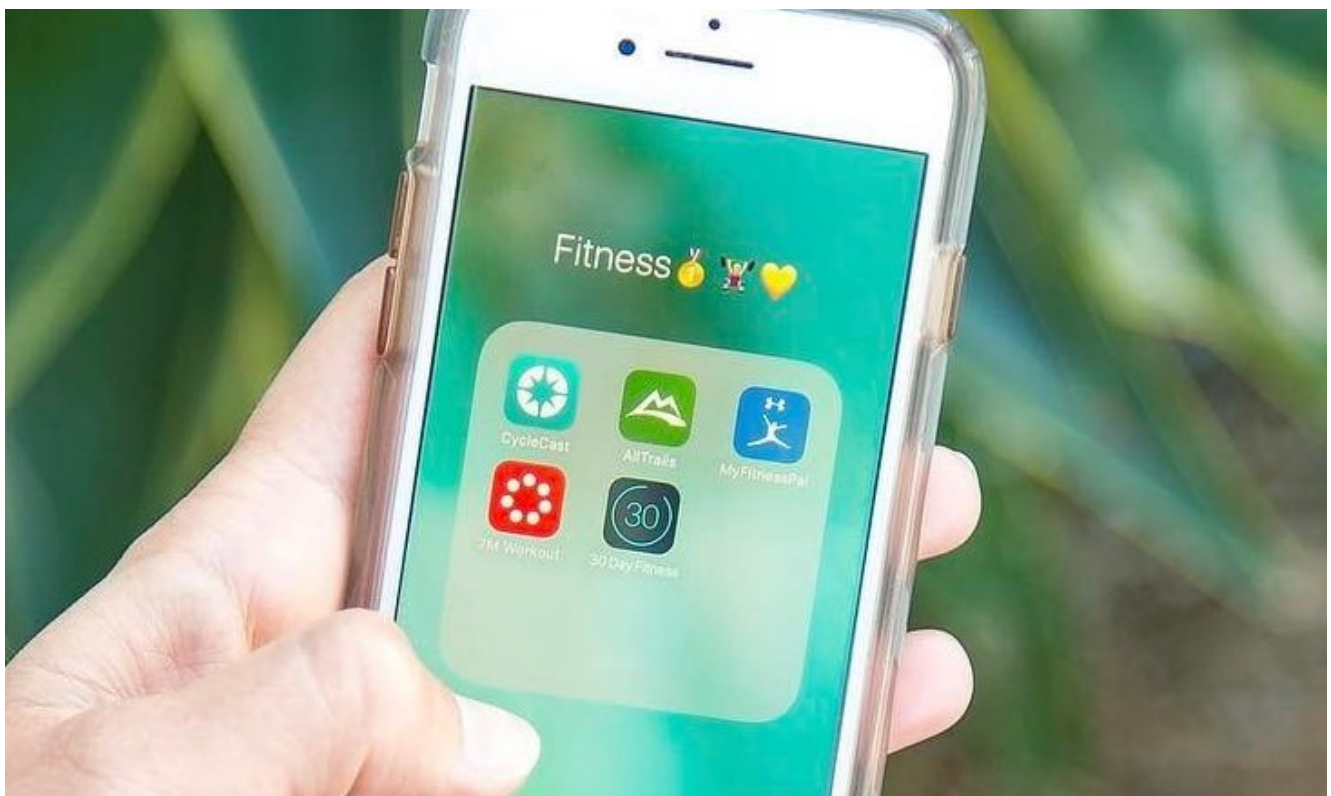
2. Public transportation: If you live in a city and you have the option to drive or take public transit, choose the latter. You'll have quite a bit of time to "waste" while riding to work, and you never know who might sit next to you. Seize every opportunity to talk to an attractive guy or gal!

Related Link: [Celebrity News: New 'Bachelorette' Rachel Lindsay Goes on Group Date with NBA Star](#)

3. Volunteer: Not only will you be helping the community, but you'll be with other volunteers who enjoy doing the same thing and may have the same values that you do. Consider volunteering at an animal shelter or a nursing home. There are so many ways to get out there and help, while potentially colliding with love.

What are some other unique ways to meet your next love interest? Share your thoughts below.

New Celebrity Couple? Nicki Minaj Responds to Nas Dating Rumors on 'Ellen DeGeneres Show'



By [Noelle Downey](#)

It's possible there's a new [celebrity couple](#) in Hollywood, and Cupid is here with all the hot gossip on this [celebrity news](#). According to [UsMagazine.com](#), Nicki Minaj played it cool when speaking to talk show host Ellen DeGeneres on whether or not she and rapper Nas were dating or not. When pressed, Minaj

admitted, "He's so dope." Upon further discussion it was revealed that while Minaj thought Nas was "kind of cute" and she admitted they had had some sleepovers, she also asserted, "I'm just chilling right now. I'm celibate. I wanted to go a year without dating men. I might make an exception to the rule for him 'cause he's so dope." The [Hollywood relationship](#) was first noted when Minaj shared an Instagram post of the two cuddling at a restaurant. A source claims, "They were laughing a lot. They looked very cute together. No PDA, but they looked like a couple."

There may be a new celebrity couple, but Nicki Minaj is being coy about it. What are some benefits to waiting to tell your friends and family about your new relationship?

Cupid's Advice:

When it comes to keeping a relationship private, Cupid is here with three benefits to not telling your friends and family when you enter a new relationship:

1. You can enjoy the honeymoon phase in peace: When you first start dating someone there's a period where it's all just total bliss and discovery. You're newly together and getting to know all the things that you love about the person in a new and more intimate way. You probably have stars in your eyes and your heart is constantly fluttering. There's something to be said for riding that high as long as possible and staying in your fantasy world where it's just you and your partner at the beginning. It can be nice to feel like your secret romance is just between you two, and remember, you can always reveal

your relationship, but you'll never be able to get this sweet private time back.

Related Link: [Celebrity Couple Predictions: Kendall Jenner, Nicki Minaj and Minka Kelly](#)

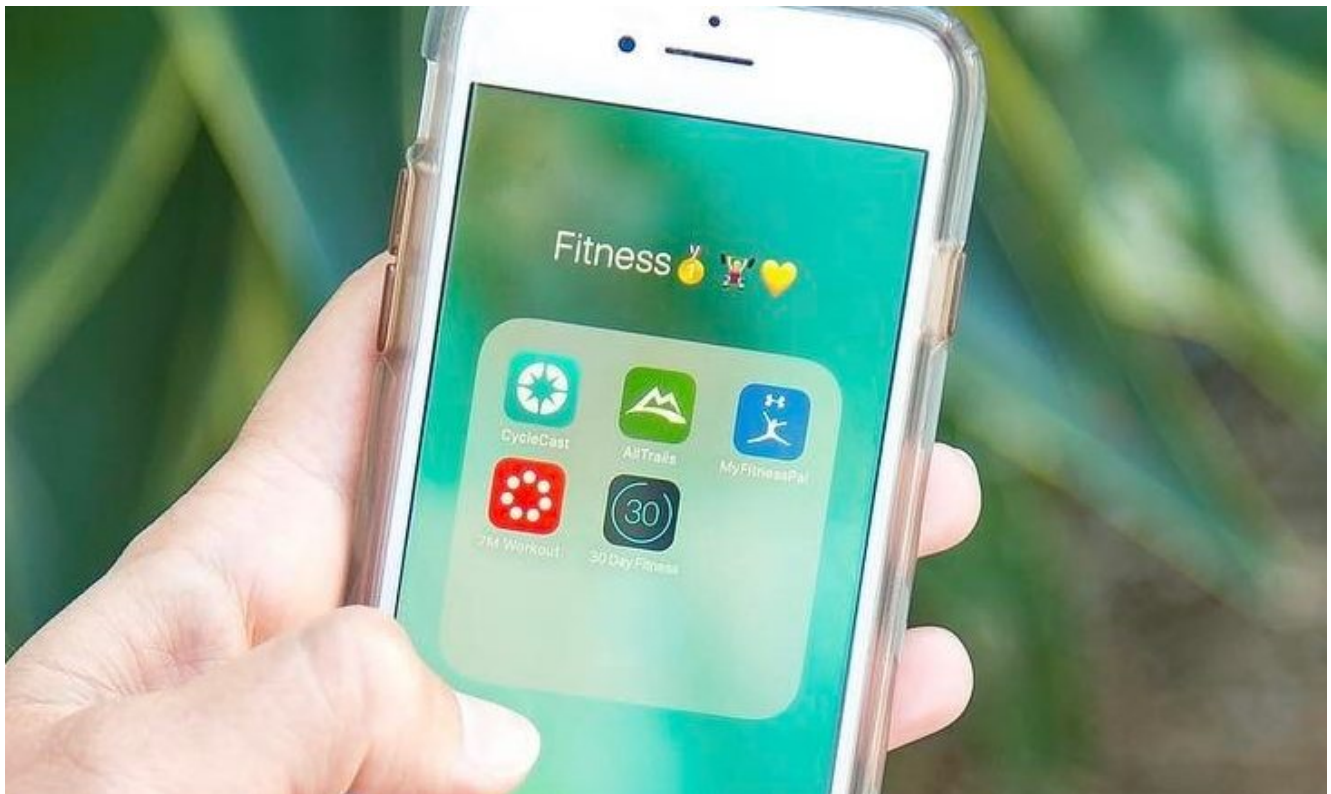
2. You can avoid family drama: It's an unfortunate but true fact, many families pass judgment on the people that their family members bring home. If you're sure there's some silly reason that your parents and/or siblings will find fault with your significant other, then there's no need to draw your partner into that mess before you're ready. It's important to note that every one has a different relationship with their family, and if yours is tumultuous, there's no contract that says you have to reveal the details of your personal life to them. If your relationship is healthier without them meddling in it or casting judgment, then take refuge in privacy and avoid any unnecessary family drama.

Related Link: [Nicki Minaj Blasts Her Ex-Boyfriend on Twitter](#)

3. You can sneak around: Many couples find it romantic or even sexy when they're keeping a relationship a secret, even if it's for no real, high-stakes reason. Meeting up at hotels, sneaking kisses behind your friend's backs, holding hands under the table, there's something exciting about turning your newfound relationship into a covert operation. While most likely eventually this magic will fade and you'll start wanting the more traditional openness of a relationship, if it's still fun or you and your partner to sneak around, then by all means, indulge yourselves!

Have you ever decided to keep a relationship secret? How did it go? Let us know in the comments!

Fitness Trend: Wearable Technology



By [Noelle Downey](#)

With warm weather here it's time to party on the beach and play in the surf and sand. But what if you're feeling like your beach body isn't quite bikini-ready? There's a new [fitness trend](#) that could help you get outdoors for a sensational summertime in the sun *and* motivate you to start sculpting some killer abs too. With stars like [Ryan Reynolds](#)

and [Gwyneth Paltrow](#) jumping on the bandwagon, it's official, the newest celebrity trend when it comes to fitness is wearable technology. From Fit Bit to Garmin, this trend is everywhere, and we here at Cupid's Pulse have the the top five celebrity-approved ways to catch up on this trendy tech breakthrough for summer fitness fun.

Looking for a great way to stay fit and fab this summer? Check out these awesome pieces of tech to stay on the fitness trend and on track to a red-carpet worthy body this summer!

1. Flaunt your abs with [Fitbit](#): While Fitbit is far from the only good option out there when it comes to wearable tech, it's definitely one of the most popular in the mainstream fitness world, probably partly because of the variety of models available. Tons of stars have been spotted with this handy piece of tech on their wrist as they work out. [Britney Spears](#) gets in some steps with an eye-catching pink Fitbit to match her workout ensemble, while Ryan Reynolds works on his killer abs with the Fitbit Flex, and [Kelly Ripa](#) struts her stuff with a Fitbit of her own tracking her every move toward a red-carpet worthy figure. Even former president Barack Obama has been spotted with a Fitbit Surge on his wrist during his daily runs. Whatever model you choose, this piece of tech wonder will do everything from track your steps and heart rate to monitor your sleep, with some models even synching directly to your smart phone to store and compare the data.

2. Push to the limit with the [Pebble SmartWatch](#): If you're looking for something a little less mainstream and slightly

more upscale, try the Pebble SmartWatch for a fitness tracker that looks like a fashion statement in the form of a swanky watch. TV talk show host and comedian Stephen Colbert has been spotted multiple times with this great piece of wearable tech on his wrist. If you're looking for something that doesn't necessarily proclaim, "I'm working out right now," but you're still interested in tracking your fitness data, try Pebble SmartWatch, which tracks your calories burned and distance covered and gives you personalized fitness encouragements when you need them. All of this is caught up in a sleek, celebrity style design that looks fashionable and stellar, and if you're not busy hitting the gym, you can discreetly set it to display the time and still get compliments on your gorgeous accessory.

Related Link: [Fitness Advice: Is Fitness Turning Entirely Digital?](#)

3. Burn calories with the [Nike + Fuelband](#): If you're looking for something a little more simple that's still celebrity-approved, try the Nike + Fuelband, a simple band around your wrist that tracks calories burned and steps taken while allowing you to set daily goals for yourself on a single simple screen. This chunky and funky band certainly isn't as sleek as some of its competitors, but it also does exactly what it needs to do to help you set a better fitness schedule, without all the fuss of a more high-tech gadget. And it certainly has a great celebrity endorsement from Serena Williams, who's been spotted on the court during many of her victorious championship tennis games with this trendy fitness gadget on her wrist.

4. Take a step forward with [Jawbone UP](#): If you're not feeling Fitbit but want a combination of Fitbits variety of models and the sleekness of the Pebble SmartWatch, look no further than Jawbone UP, which offers four different models with a variety of abilities, from the basic model that provides a smart coach, activity tracking, calories burned, and sleep tracking to the more advanced models that provide all of this as well

as automatic sleep detection and data on heart health. This sleek and shiny band offers choices to those who decide to purchase from this brand, as well as a variety of colors and styles. Famous actress and health guru Gwyneth Paltrow has been seen wearing the Jawbone UP on many occasions! See if the Jawbone UP could be for you too!

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

5. Get in shape with [Garmin VivoSmart](#): For a fitness monitoring tool that's approved by fitness icon and Virgin-founder Richard Branson, look no further than the Garmin VivoSmart. Garmin may not feature the fanciest models on the market when it comes to wearable tech, but it's also one of the most affordable, and you get a fairly good bang for your buck when it comes to using this handy fitness tool. Just like Richard Branson, you can strap this on and learn about your sleep and steps with one of their colorful and water-resistant models, or you can spring for one of the newer releases and get all day stress monitoring, rep counting, and more!

Have you ever used any wearable tech when it comes to fitness? What do you think of this trend? Will you be springing for one of these fitness tools soon? Let us know in the comments!

**New Celebrity Couple?
Kourtney Kardashian Cuddles
with Younes Bendjima in**

France



By [Noelle Downey](#)

Is there a new [celebrity couple](#) on the horizon? According to [UsMagazine.com](#), [Kourtney Kardashian](#) was recently spotted getting cozy with hot model Younes Bendjima on what appeared to be a [romantic getaway](#) at Hotel du Cap-Eden-Roc in Antibes, France. Bendjima wrapped his arms around Kardashian from behind in a sweet embrace on the terrace of the hotel in an adorable photo snapped by press. However, although there are rumors that the pair have been spending time together since December, a source claims that Bendjima and Kardashian are keeping it casual. "Kourtney and Younes are not serious," the source explained, "they are hooking up." Whatever the label on their [celebrity relationship](#), however, it's been enough to stir up some trouble when it comes to Kardashian's [celebrity](#)

[ex](#), Scott Disick. When photos of Kardashian and Bendjima surfaced, a source claims Disick felt some real pain. “Scott is jealous of Kourtney’s relationship,” the source affirmed. Before this sweet cuddle in France, Kardashian and Bendjima were most recently spotted enjoying their [Hollywood relationship](#) in LA in early May.

This celebrity couple says they aren’t defining their relationship. What are some reasons to wait on labeling your relationship?

Cupid’s Advice:

If you’re unsure whether or not you should put a label on your relationship, here are the top three ways to know it may not be time to take that big step:

1. When you’re not looking for a commitment: If you’re more interested in a fun fling than a long term relationship, consider holding off on defining your relationship. Once labels are involved, talks of exclusivity and boundaries in your relationship are inevitable. If you’re looking to keep your flirtation fun but free, then don’t burden either you or the person you’re dating with a label the neither of you want. Keep things casual and tell your friends or any nosy family members that for right now, you two are just hanging out and enjoying each other’s company, with no pressure on either side to make it something more.

Related Link: [Celebrity Couple News: Kourtney Kardashian is Hooking Up with Sexy Model Younes Bendjima](#)

2. When you want different things: If you ever feel as though your partner is pressuring you into a label that you’re not ready for, step back and call a time out on any further talks

about your relationship's identity. Don't allow yourself to be pressured into making a choice you're not ready to make, and if your partner is absolutely adamant that you need a label in order to continue your relationship, then it might be time to say goodbye before either one of you gets hurt. You should never have to apologize for not wanting to be in a relationship with someone, so if you're not ready, you're just not ready. Don't force it.

Related Link: [Celebrity News: Scott Disick Reveals He Once Proposed to Kourtney Kardashian](#)

3. When you don't have time: There's no doubt about it, relationships take a lot of work and effort. If you just don't know how you'd fit in the demands of a relationship into the stress and business of your daily life, then it may not be a good idea to try for anything beyond a casual fling. To be in a healthy relationship, both partners need to be giving of themselves equally, and if you're not in a position where you can make room in your life for the needs and desires of another person, then hold off on the labels until you're in the right time of your life for that big step.

Have you ever had a relationship without labels? How did it go? Let us know in the comments!

**Celebrity Wedding: Pippa
Middleton Marries James
Matthew in Front of Royal**

Attendees



By [Noelle Downey](#)

Ring the bells and throw some rice, according to [UsMagazine.com](#), Pippa Middleton and James Matthew have officially celebrated their [celebrity wedding](#)! Middleton and Matthew married at St. Mark's Church in Englefield, Berkshire, with a reception held at the nearby luxury 18-acre estate owned by Middleton's parents. The [celebrity couple](#), who announced their [celebrity engagement](#) in July of 2016, looked stunning, with Matthew in a tailored suit and Middleton dazzling in a lacy wedding dress, an original creation by famed stylist Giles Deacon. Pippa Middleton's famous sister, Kate Middleton, attended with her royal husband, Prince William, and two [celebrity children](#), George and Charlotte, who served as page boy and flower girl in the ceremony. Kate wore

a gorgeous Alexander McQueen ensemble in a dusty rose color, a throwback to her own wedding when Pippa wore another dress by the same designer while walking down the aisle as a bridesmaid. Other celebrity guests included Kate and Pippa's brother, James Middleton, and [famous celebrity couple](#), Prince Harry and Meghan Markle.

This celebrity wedding was highly anticipated. What are some ways to add personal touches to your wedding?

Cupid's Advice:

Planning the details of a wedding can be stressful, here are the top three tips on how to add a perfect personal touch to your special day:

1. Create photo center pieces: If you're looking for a sweet way to remind your guests of all you and your partner have been through leading up to the big day, feature a photo of you and your sweetheart in the centerpieces at every table and have each table guess as a group what special moment this photo is referencing. For the most fun, pick a variety of precious photos from different milestones in your relationship, like the day you met, your first date, the day you moved in together, the day you said I love you, etc. This is a great way to get your guests talking and reminiscing about their favorite memories of you as a couple and get to know each other in the process too!

Related Link: [Celebrity Wedding: Meghan Markle Arrives in London for Pippa Middleton's Wedding](#)

2. Toast each other: Many weddings feature toasts from the maid of honor or best man, but it's rare that the bride or

groom step up to the mic themselves. For a tear-jerking moment where all eyes are on you, take some time during your reception to share a special toast dedicated to your partner, and let your significant other and new spouse do the same for you as well. While you'll have already made some beautiful promises to each other in the vows, this is the perfect time to share a funny story about when you knew they were "the one" or explain all the beautiful things you know are waiting in the future for you two!

Related Link: [How Kate Middleton Has Been Helping Pippa Middleton Plan Her Celebrity Wedding](#)

3. Ask for advice: Set up a decorative chalkboard and let your guests write their favorite pieces of advice for a happy and healthy marriage. When they're done, you can hang it up in your apartment or take a picture to always remind you of all the wonderful ways your friends and family reminded you to take care of and love each other unconditionally. This is a great opportunity not only to learn the best tricks and tips for a happy marriage from couples you love, but it's also a wonderful way to get some funny advice or crazy doodles from your single friends.

Do you have any plans to make your wedding extra special? Let us know in the comments!

Date Idea: Star in Your Own Romantic Comedy



By [Noelle Downey](#)

Looking for fun [date night](#) ideas for the weekend? Even if your love life might not be quite as glamorous as a Hollywood romantic comedy, that doesn't mean you can't live out your favorite movie-style date!

Take a cue from some of your, or your partner's, favorite rom coms and reenact a date idea from the movie.

1. 500 Days of Summer: Do you have a more realistic take on love? Then *(500) Days of Summer* is for you. Head to IKEA or a similar home goods store and play house in the set-up

kitchens, living rooms and bedrooms. Be as silly as possible! It worked for Joseph Gordon-Levitt and Zoe Deschanel in the movie, so why couldn't it set off sparks for you, too?

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

2. How to Lose a Guy in Ten Days: Are you and your mate the competitive type? Start off like Matthew McConaughey and Kate Hudson in *How to Lose a Guy in Ten Days* and go out for lobster! It's an interactive food, but leaves room for talking, too. They play a game of questions in the movie, but feel free to take a different leaf from the movie's script and challenge each other with different bets. See who holds up their end and who cracks under the rom com pressure with this fun [weekend date idea](#).

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

3. It Happened One Night: Or, if you're into the more classic love stories, there's nothing like a road trip to live out your *It Happened One Night* dreams. Claudette Colbert and Clark Gable bicker all down the road, but after one night at a roadside inn, the two can't help but fall in love. Hopefully your travels will be less bumpy than theirs, but either way, it's a great way to get some quality time and laughs in with your loved one.

Have a favorite rom-com date of your own? Comment below and share with our other readers!

Date Idea: Look Into Your Future



By [Noelle Downey](#)

Need an idea for a fun group [date night](#) out with friends or your new fall fling? October is the month of spooky ghouls and goblins, and with Halloween approaching, there's no better time to explore the more mystical side of life...and death!

Looking to cuddle up and share a scream-filled night of fun this fall for a hauntingly good [weekend](#)

date idea? Try these wonderful ways to get in touch with your spooky side!

1. Visit a psychic, and see what your future holds: This can be fun with friends or a date, and even if you don't believe in hocus pocus, you can still get a laugh. Try giving false signals or even just maintaining a serious face throughout the reading, as many fake psychics play off of your body language and reactions. See if you have the real deal in your presence.

Related Link: [Date Idea: Plan a Picnic with Your Love](#)

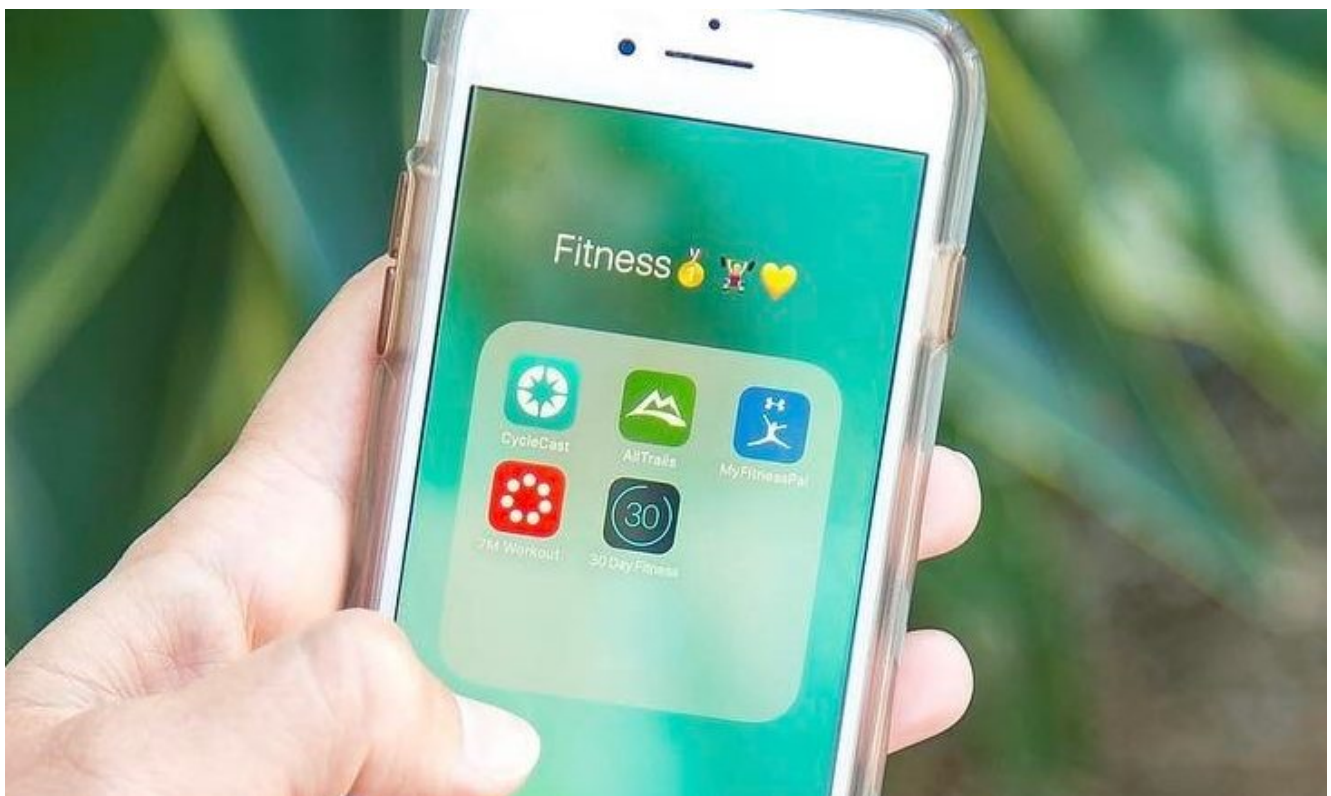
2. Get your tarot cards read: This is an ancient art, and can be done for couples as well as singles. See where your expectations lie, according to the cards. Maybe you'll find out a fling might be more than that very soon. Even palm readers can be a hoot! Again, if you believe in this sort of thing, then this date is obviously right up your alley, but it's still fun even if you're not a true believer.

Related Link: [Date Idea: Fall in Love in New York](#)

3. Watch a scary flick: Finish the night off by heading home to watch *Ghost*, a classic romantic movie filled with supernatural influences. More into the undead then ghostly figures? Try *Warm Bodies*, a film that combines a cute and quirky love story with plenty of gory and spooky zombie action.

Have a cool supernatural experience of your own? Comment below and share with our other readers.

Celebrity Wedding: Meghan Markle Arrives in London for Pippa Middleton's Wedding



By [Noelle Downey](#)

It looks like things are getting really serious in Prince Harry and Meghan Markle's [celebrity relationship](#)! According to [EOnline.com](#), Markle recently arrived in London and made an appearance at Kensington Palace just days before she and Prince Harry are set to attend Pippa Middleton's [celebrity wedding](#) together. This is big news for the [celebrity couple](#), as Markle has never attended an event with Prince Harry's family before, or been photographed meeting them. Could it be this is Markle and Prince Harry's "meet the parents" moment when it comes their [Hollywood relationship](#)? It's hard to say,

but either way, attending a wedding together, particularly one as high-profile as this with the rest of the royal family in attendance, is a major deal, especially given how private the pair has been up to this point. Although their relationship was confirmed last November, the two only made their first public appearance together this month, when Markle was spotted cheering Prince Harry on at a his charity polo match, and later stealing a discreet kiss in the parking lot.

This celebrity wedding marks Meghan Markle's first public interaction with Prince Harry's family. What are some ways to know you're ready to involve your family in your relationship?

Cupid's Advice:

There's no doubt about it, taking your partner to meet your family can be stressful! Here are the top three ways to know you and your sweetie are ready for that big step:

1. You feel secure in the relationship: You don't want to bring someone home who you're pretty sure won't be in your life by next month. If you're introducing your special someone to your parents and siblings, make sure that's just what they are; special. If you're secure in your relationship you can be sure that no matter how it goes with your family that your S.O. will do their best to be well-liked by people who are so important to you and that your family will recognize how amazing and special your partner is.

Related Link: [Celebrity Couple News: Prince Harry & Meghan Markle Are 'Doing So Well'](#)

2. Marriage is a possibility: If you feel like the one you're dating might just be *the* one, then you should definitely consider introducing them to your family. Even if such a big commitment could be months or years down the road for you two lovebirds, establishing a relationship with your family as a couple will only make your bond stronger and help your family adjust to the idea of an eventual addition to their inner circle.

Related Link: [Celebrity News: Source Says Prince Harry Is 'More Serious' About Meghan Markle 'Than He Ever Has Been' Before](#)

3. You've met their family: If you've already met your significant other's family, why not introduce them to your own? While taking your partner to meet your family can be scary and hard, especially if you have a complicated relationship with them, it may put a damper on your relationship if your partner feels they've been open and shared their family life with you and you haven't reciprocated. Show your partner that you trust and appreciate them by taking down your walls and allowing them to see behind the scenes of your life and upbringing.

Have you ever introduced a partner to your family? How did it go? Let us know in the comments!

Celebrity

Break-Up:

'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell



By [Noelle Downey](#)

Bachelor star Ben Higgins is opening up about his [celebrity break-up](#) from Lauren Bushnell. According to [EOnline.com](#), Higgins is letting it all out when it comes to the end of his [celebrity relationship](#) on his upcoming podcast with fellow reality TV star, Ashley Iaconetti. In the first episode, Higgins claimed, "Lauren will always be one of my best friends. I learned a lot about myself; I think she learned a lot about herself. It's tough." Higgins went on to share that his heartbreak over [celebrity ex](#) Bushnell is still "very fresh" because he truly thought that, "[she] was the one."

However, Higgins is also the first to acknowledge that the [Hollywood relationship](#) had real problems. “Mutually Lauren and I saw that life was getting more difficult,” Higgins admitted, “I would say the joy that we felt toward our relationship at the beginning was—for some reason—slipping away.” He confessed there was “no real saving or redemption to be done” and that ultimately he felt that their split was “for the best.” Regardless, Higgins has hope for both of them, even if it’s as individuals, instead of a [celebrity couple](#) and stated, “I am a better man today because of Lauren and because of our relationship.”

This celebrity break-up proves that when a relationship becomes more work than pleasure, it’s time to let go. What are some ways to know your relationship has run its course?

Cupid’s Advice:

It can be tough to know when a relationship is really over, but here are the top three ways that you can be sure:

1. When you no longer see a future together: A good way to figure out if what you’re experiencing is a rough patch or really the end is to analyze whether or not you can still imagine a future with your partner. Can you picture a time when realistically things get better and you as a couple move past whatever it is that’s causing stress on your relationship? Or is this conflict destined to be a part of your relationship forever? Your answer can help you determine whether or not it’s time to move forward or move on.

Related Link: [Celebrity Break-Up: 'Bachelor' Stars Lauren Bushnell & Ben Higgins Split](#)

2. When the love is gone: If you genuinely feel as if you've fallen out of love with your partner, then it's time to move on. If the thought of leaving provides you with more relief than you won't have to fake it any more than sadness, you can be sure that ending the relationship is the best thing for both of you. Don't try to force love or affection after a certain point. If you're not feeling it, you're just not. Let go.

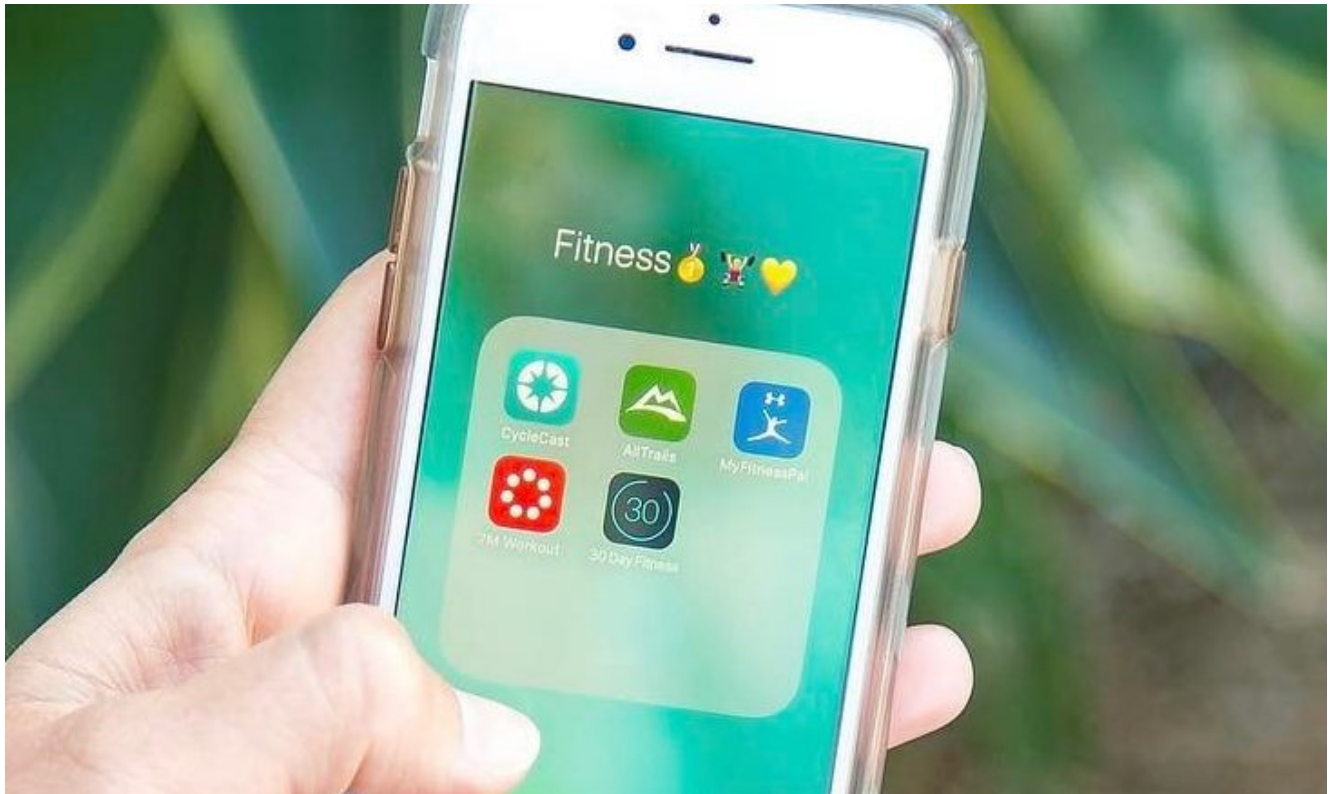
Related Link: ['The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'](#)

3. When you feel trapped constantly: If your relationship has been reduced to nothing but a ball and chain around your ankle, think long and hard about whether or not you want it to continue. If you feel that the only thing your partner does is hold you back, consider the fact that you both might be able to go farther without each other. Sometimes the most loving thing you can do for another person is set them free knowing that both of you will actually be better off without one another, even if at first the split is painful.

Have you ever called it quits in a relationship? How did you know it was time? Let us know in the comments!

**New Celebrity Couple?
Katharine McPhee & David**

Foster Spark Romance Rumors



By [Noelle Downey](#)

Craving some new romantic gossip when it comes to [Hollywood relationships](#)? Hold onto your hats, because there may just be a new [celebrity couple](#) in the works as we speak. According to [EOnline.com](#), Katharine McPhee and David Foster were spotted on a potential [date night](#) getting cozy at a private table for two. A source claims, "David and Katharine were very intimate during their dinner," the source spilled. "David was seen grabbing Katharine's face and kissing her cheek several times. Katharine was doing the same to David's face and they were acting as if they were a couple." The couple shared a delicious feast of sushi and two bottles of red wine. Not only that, the source also shared by the end of the dinner, "Katharine sat on David's side of the table and cuddled him

with a blanket.”

There may be a new celebrity couple in town! What are some creative ways to make your crush notice you?

Cupid's Advice:

If you're trying to get that new cutie you've got your eye on to notice you exist, Cupid is here to help:

1. Find common ground: If you're looking to make a connection with a crush, but you're virtually strangers, find some common ground with them that you're sure you share. This doesn't have to be something super complicated or personal, in fact it's way better if it isn't. Focus on surface-level commonalities at first, even if there one's that seem obvious, like the fact that you work at the same place or go to the same school. Think about what you have in common – classes, bosses, friends, hobbies – and go from there. The next time you see them at a party or on break at work, walk up and introduce yourself and find a fun conversational tidbit to break the ice that relies on your joint experiences. Remember, if you go blank and are stuck in a pinch, virtually every one loves to talk about themselves!

Related Link: [David Foster Talks Life After Celebrity Divorce from Yolanda Hadid](#)

2. Create an inside joke: Once you have common ground with the person you're crushing on and are friendly with them, find an inside joke that you two can share. This can be based on something funny that happens in the office or a professor you both love to hate at school. This will bond you two together further and also be a great lead-in for more flirty teasing. Don't be afraid to move from friendly and funny to actually

flirty pretty soon though; after all you want to make sure your crush understands you want to be their partner, not just their buddy!

Related Link: [Katharine McPhee Calls It Quits on Affair with Michael Morris](#)

3. Give them a compliment: If you've developed a fun, flirty teasing relationship, don't get so wrapped up in giving your crush a hard time that you forget that you're trying to sweep them off their feet. Throw in a compliment every so often to remind them that you genuinely like and admire them. Remember to keep it light but also personal, something that not every one would notice or that you think they'd really appreciate hearing. And when they blushingly accept the compliment? Give them a smile and a long, soft look to take things from merely flirty to truly romantic.

Have you ever tried to seduce a crush? What tactics did you use to woo them? Let us know in the comments!

Celebrity News: Katie Holmes & Jamie Foxx Take Romantic Trip to Paris





By [Noelle Downey](#)

Despite their efforts to be super discreet, [famous celebrity couple Katie Holmes](#) and Jamie Foxx made [celebrity news](#) recently by taking a [romantic getaway](#) to Paris. According to [EOnline.com](#), Foxx had recently wrapped on filming his starring role as Little John in the new Robin Hood film, and Holmes joined him to celebrate. A source claims that while the pair were “were very discreet and made sure to always enter and exit the hotel and the car separately,” Foxx had “a big smile on his face as they returned to their hotel and snuck in through a private entrance.” Although [Tom Cruise](#), [celebrity ex](#) of Holmes, was also filming in Paris at the time, Holmes and Foxx easily avoided any awkwardness by being content to enjoy some alone time in their hotel rather than hit the streets. “Katie and Jamie stayed inside their hotel,” the source coyly confessed, “...and [they] didn’t leave.”

This celebrity news has us rooting

for this mysterious couple. What are some ways to keep your relationship away from prying eyes?

Cupid's Advice:

In today's world, keeping a relationship on the down low can be a bit tricky. Here are the top tips for keeping things between you and your significant other private:

1. Stay away from social media: If you're looking to keep your relationship private and away from prying eyes, the first step is to make sure your social media is in line with that goal. If you're constantly snapping romantic pics of your partner and posting them on the web, people are going to put two and two together. Still want the experience of sharing your special moments, but want to control who gets to see those posts? Make sure your privacy settings on apps like Facebook and Instagram are set in such a way that you can limit who gets to take a peek into your private life.

Related Link: [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

2. Practice polite shutdowns: We've all come face to face with a nosy person in our lifetime who is way too interested in the intimate minutiae of our private lives. If someone is trying to press you for more information than you're willing to give about your romantic relationship or anything else, practice kindly but firmly indicating that that information is private and you'd like to change the topic. For instance, try something non-confrontational but clear at first like, "Thanks for your interest, but honestly I usually like to keep those details private. Would you mind if we talked about something else?" And if the person keeps pressing? There's no harm in simply saying, "Like I said, that's not really something I

want to discuss right now,” and extracting yourself from the conversation.

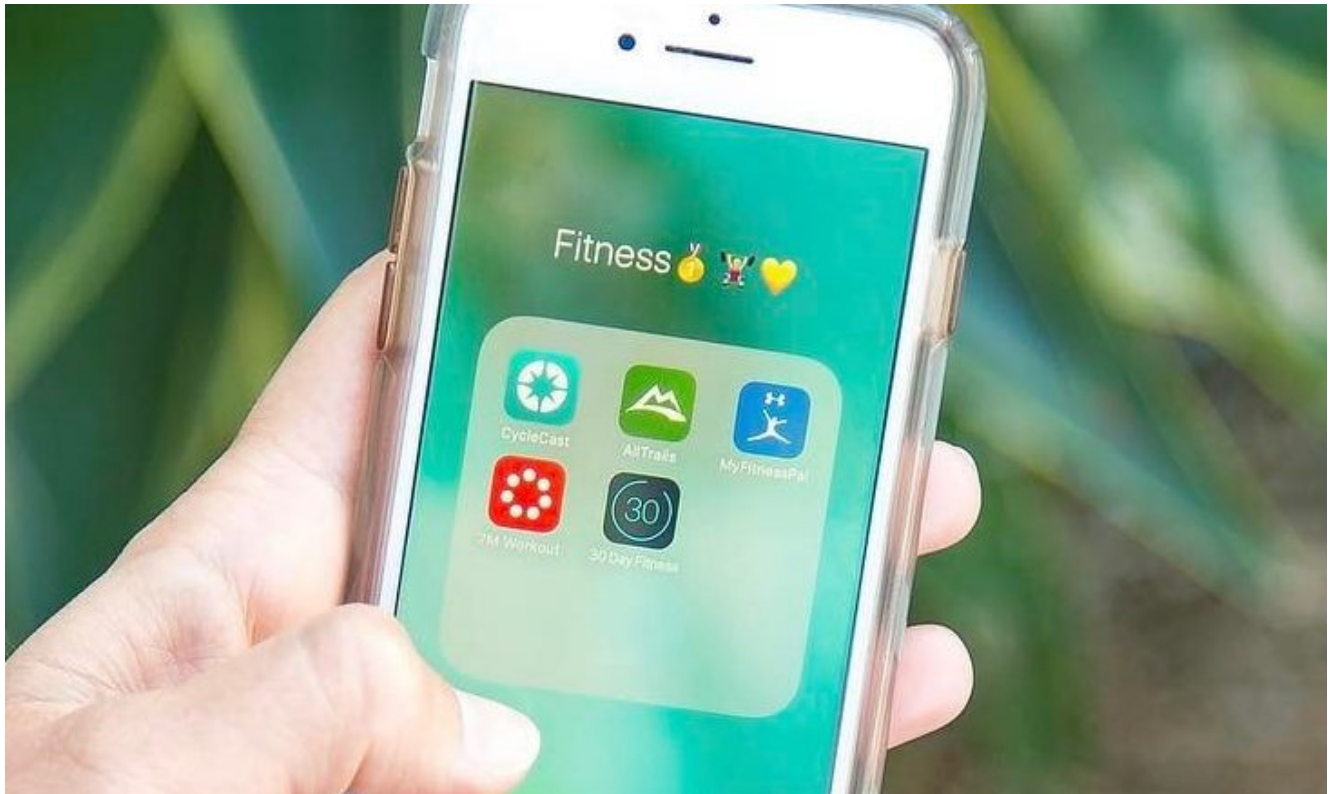
Related Link: [Katie Holmes Wears Disguise to Secretly Meet Celebrity Love Jamie Foxx](#)

3. Choose your friends wisely: If you’re trying to keep your relationship more private, be mindful of the people with whom you share the details of your life with. If you have a friend who loves spreading the latest gossip and posting photos of people without their knowledge or permission, then you might want to think twice about sharing news of your relationship with them. Focus on finding the people in your life who will respect your wishes to keep things quiet and make sure before you go on a double date or take your significant other to meet your friends that you’re sure everyone there is willing to help you keep your relationship private.

Have you ever tried to keep a relationship quiet and low-key? How did it go? Did you keep it private or did the news get out? Let us know in the comments!

Celebrity	Break-Up:
‘Bachelor’	Stars Lauren

Bushnell & Ben Higgins Split



By [Noelle Downey](#)

In breaking [celebrity news](#), there's an item that may have reality TV lovers less than enthused; *The Bachelor* alums Lauren Bushnell and Ben Higgins have officially called it quits. According to [UsMagazine.com](#), the former [celebrity couple](#) celebrated their [celebrity engagement](#) during the finale of season 20 of *The Bachelor* and announced their [celebrity break-up](#) months later on May 15, 2017. "It is with heavy hearts that we announce our decision to go our separate ways," Bushnell and Higgins confessed in a statement to the press, "We feel fortunate for the time we had together, and will remain friends with much love and respect for one another. We wish nothing but the best for each other, and ask for your support and understanding at this time." Although the

romance of their [Hollywood relationship](#) was well-documented on *The Bachelor* and on their follow-up show, *Ben & Lauren: Happily Ever After?* audiences also witnessed some tumultuous signs of trouble in the couple's [celebrity relationship](#), especially when it was revealed that Higgins had also confessed his love to contestant Joelle Fletcher during the run of the show. Bushnell acknowledged this did not sit well with her in several celebrity interviews, sharing, "I did carry some resentment toward him. I will never understand. I will never be the Bachelor."

This *Bachelor* couple has decided on a celebrity break-up. What are some ways to know you've done all you can to salvage your relationship?

Cupid's Advice:

When it comes to working out a rocky relationship, things can get tricky, and sometimes it's just time to call it quits. Here are Cupid's top tips on how to know when it's time to throw in the towel:

1. When you've tried talking it out... and failed: If you've sat down together, maybe even with a third party like a therapist, and honestly tried to work out your problems with little to no progress, that's a serious sign that you may have reached the final hours of your relationship. Of course, working through your problems takes time and effort, but if you feel like you've really committed to spending time working on the problem and nothing has been changing or getting better, it may be time to take a step back and take a long, hard look at whether or not this is a relationship you feel you should stay in.

Related Link: [‘The Bachelor’ Celebrity Couple Lauren Bushnell & Ben Higgins’ Relationship ‘Ain’t Perfect’](#)

2. When they’re in love with someone else: If you feel as if your partner has some serious feelings for someone other than yourself and they’re distracting them from being in a committed relationship with you, that’s a serious problem. If your partner is in love with someone else (assuming you’re in a monogamous relationship) that’s a major deterrent to the success of your relationship. It may be time to acknowledge that it’s time to let go and let you both move on to something even better than what you have right now.

Related Link: [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

3. When all that’s left is fighting: Every couple has rough patches and seasons of their life together when they argue more than others. But if it seems that you two are constantly locked in a battle for the upper hand, and can’t even spend any amount of time together without a big fight blowing up, it’s time to call it quits. Let each other go, and let yourselves find someone else who you won’t be in constant conflict with.

Have you ever been in a relationship that went down the tubes? What was the final straw? Let us know in the comments!