

# Workout Tips: 5 Exercise Videos Based On Today's Pop Hits



By [Ma](#)

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Many people enjoy listening to the radio or their Ipad while working out. Fitness instructor Cassey Ho has created a series of workout videos tailored to those who love today's pop music! Ho has exercises that will help you build muscle while also burning fat as well. You will break and sweat after trying some of her music based exercises!

## Today's workout tip involves

# watching these fitness videos for new workouts to add to your daily routine!

**1. One Direction's "What Makes You Bootyful" Butt Challenge:** This workout will making your butt firm if you complete this challenge every day! It may seem like an awkward position to be in at first, but you will feel and see results!

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

**2. Katy Perry's "Roar" Challenge for Abs & Inner Thighs:** Become a beast while working out to this exercise. This challenge will focus your core areas for getting stronger abs and inner thighs.

**Related Link:** [Look Like a Victoria's Secret Model with These Celebrity Workouts](#)

**3. Justin Bieber's "As Long as You Love Me" Love Handles Challenge:** Feel the burn with this Bieber fever challenge! This workout can help you stretch out while also targeting areas you been meaning to transform at the gym.

**Related Link:** [5 New Fitness Trends to Help You Get a Celebrity Body](#)

**4. Lady Gaga's "Applause" Arms Workout:** This sassy workout will have you clapping over your progress. Make sure to have weights for these arm toning movements.

**Related Link:** [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

**The Wanted's "Glad You Came" Calves Challenge:** This simple workout requires two shopping bags and your will to work your calves. Although this challenge is meant for your calves, you may feel a change in your arms too!

**Which workouts do you plan on trying? Let us know in the comments!**

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## **Celebrity Baby News: Louis Tomlinson Files for Shared Custody of Infant Son**



By

[Cortney Moore](#)

In custody battle [celebrity news](#), Louis Tomlinson, member of One Direction, is filing for more time with his [celebrity baby](#), Freddie Reign. Tomlinson ended his [celebrity relationship](#) with Briana Jungwirth in December of last year, but has remained a doting father since the split. According to [People.com](#), the 24-year-old singer has motioned for “50/50 physical and legal custody.” At this time, it is unclear if Tomlinson’s motion will be granted. However, an insider told *People* that the former couple are currently working to figure out long-term custody and child support plans for this in demand celebrity baby.

## **This celebrity baby news has us cringing a bit. What are some ways to make decisions about your children with your ex in a civil way?**

### **Cupid’s Advice:**

Sharing a child isn’t always easy, especially when you’re no longer with their mother or father. But shared custody shouldn’t be a miserable experience. Cupid is here to help you make your shared custody civil:

**1. Hold your tongue:** Even if you’re no longer fond of your ex, it won’t be helpful to speak badly about them in front of your children. You don’t want to confuse your children, so it’s best to hold your tongue if you can’t say anything nice.

**Related Link:** [Celebrity Baby: One Direction’s Louis Tomlinson Welcomes First Child](#)

**2. Schedule time:** Being realistic about the time you can dedicate to your children will help with figuring out custody.

Don't make grabs for extra time if you can't actually spend it with them. Your children shouldn't be neglected.

**Related Link:** [Simon Cowell Gives Louis Tomlinson Parenting Advice in Latest Celebrity News](#)

**3. Communicate:** A great way to keep the peace is by having a mutually agreed means of communication. Arguments can be prevented when there's understanding, and this way you'll know what your children are up to when they're visiting your ex and vice versa.

**Have experience with shared custody? Share your stories below in the comments.**

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## **Celebrity Baby: One Direction's Louis Tomlinson Welcomes First Child**





By

Jasmine Igwegbe

As we change diapers, diapers can also change us. In the [latest celebrity news](#), One Direction's Louis Tomlinson is expecting a [celebrity baby](#) with L.A.-based stylist Briana Jungwirth. Fatherhood for Tomlinson was, of course, unforeseen, but luckily he is thrilled about bringing a [celebrity baby](#) into the world, according to [UsMagazine.com](#). Both Tomlinson and Jungwirth are looking forward to partaking in this changing experience.

**This celebrity baby was a surprise, but a happy one! What are some ways to cope with a surprise pregnancy?**

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

While some sit down and plan to enter parenthood, others are unexpectedly invited with the help of a surprise pregnancy. Cupid has some advice on what to do if you are unexpectedly invited:

**1. Educate yourself:** It is important to be educated about pregnancy when giving birth. Being well informed makes those 9 months fly by with confidence and excitement. With today's technology constantly improving, the internet is one of the many ways to become educated. Make sure you make a list of everything you are concerned about or need more information on, and use the internet to help you with the answers. Obtain information, but don't take in so much that it becomes overwhelming.

**Related Link:** [Simon Cowell Gives Louis Tomlinson Parenting Advice in Latest Celebrity News](#)

**2. Get a support system:** An unforeseen pregnancy may be overwhelming. Talk to your partner, friends or family members to help nail down a plan. These conversations can give you insight into what you can do at tough times during pregnancy. Your support system can also help you prepare and reassure you that you are not making a bad decision.

**Related Link:** [3 Ways to Support Your Anxious Partner](#)

**3. Change your perspective:** The questions you ask yourself during pregnancy shape your experience. Instead of looking for who to blame for being pregnant, ensure that you are okay. Ask yourself how you can make the situation better for you and your baby. Find solutions instead of creating more conflicts.

**What do you believe are some ways to cope with a surprise pregnancy? Share with us below.**

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# Celebrity News: Is One Direction's New Song 'Perfect' About Celebrity Ex Taylor Swift?



By

Kyanah Murphy

It looks like [Taylor Swift](#) is getting another spoon of her own medicine. [Celebrity news](#) surrounding One Direction's new song "Perfect" is speculated to be about the "1989" pop-star and her celebrity ex, Harry Styles, according to [People.com](#). Of course One Direction isn't spilling on whether the song is entirely about the [former celebrity couple](#) Harry Styles and Taylor Swift or not. The boy band wants to leave it up to fan interpretation. Well, this seems to be the fan interpretation!

# **This celebrity news could be very telling! What are some ways to use music to express your emotions about a relationship?**

## **Cupid's Advice**

Odds are, this celebrity news is probably spot on as music really helps people convey their emotions. Celebrities are no exception. If you're curious to how music can help someone, Cupid is here to share some ways with you:

**1. Music can help you say what you feel:** Sometimes you can't express yourself properly just having a conversation with someone. That's where music can step in. A lot of the time music has a way of saying what you feel.

**Related Link:** [Gwen Stefani Drops New Music Video About Her Celebrity Divorce](#)

**2. Music can actually make you feel better:** When you listen to music, such as sad music, it will help express how you feel as well as make you feel better, according to [science](#).

**Related Link:** [Celebrity News: Source Says Miranda Lambert 'Doesn't Care' Who Blake Shelton Dates](#)

**3. Music can affect the mood:** Whether it's a ☹ mood or a positive mood, music can set the atmosphere. Upbeat music can make you feel happier, sad music may bright you down, or ☹ can put you in the mood.

**How have you used music to help areas of your relationship? Comment below.**

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# Former One Direction Member Zayn Malik Enjoys Celebrity Vacation with Fiancee Perrie Edwards



By

Maggie Manfredi

Zayn Malik isn't completely alone! According to [UsMagazine.com](http://UsMagazine.com), former One Direction member is taking his boy band exit in stride and vacationing with fiancée Perrie Edwards. On Monday, April 1, Malik posted a picture of their celebrity vacation on Instagram, which appears to be a very romantic getaway. Fans everywhere are still processing the

singer's recent departure and are interested to see what is to come from the internationally popular boy band, One Direction.

## **Celebrity vacation or not, it's nice to get away with your partner. Where are three ideal locations for your next romantic getaway?**

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

Sometimes you and your partner just need an escape together. Cupid has some hot spots for you and your partner to run off to:

**1. Newport, Rhode Island:** If you enjoy seafood, sailing and lighthouses this is the destination for you. A seaside getaway in a harbor town.

**Related Link:** [Are Taylor Swift and Harry Styles Dating?](#)

**2. Yellowstone National Park:** Become one with nature at this gorgeous national treasure. You can get cozy with your loved one in a cabin and explore waterfalls, forests and wildlife.

**Related Link:** [Britney Spears & Jason Trawick's Hawaiian Vacay](#)

**3. Have an adventure:** Show up to the airport and board the next plane to leave, or close your eyes and pick a spot on the map. When it comes to spending time with your partner you could be anywhere and still enjoy each other's company, so why not throw in some adventure.

**Is Zayn the next Justin Timberlake? What are your thoughts on his One Direction departure?**

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# Taylor Swift and Harry Styles Party After Victoria's Secret Fashion Show



By

[Katie Gray](#)

Singing superstar Taylor Swift and boy band One Direction star Harry Styles, were spotted together at a party in London after the Victoria's Secret Fashion Show. The duo have previously dated. At the event, they danced and partied the night away together. According to [People](#), "No word on whether this is a rekindling, but the pair have certainly been friendly in recent months. Swift has admitted Styles inspired some songs on her hit album *1989*, while the One Direction rocker has told

fans he feels 'lucky' T-Swift writes about him."

## **How do you know whether to reunite with an ex or not?**

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

**1. True love:** If you and the other person genuinely have romantic feelings for each other and truly care about one another, it may be a good idea to give them a second chance. Sometimes you will just always love someone and have a special place for them in your heart, but know that you can't actually be with them. If the love runs deep and is present, it could be worth rekindling. A lot of people have to split to find themselves and figure things out.

**Related:** [Should You Give Ex A Second Chance](#)

**2. Ended it too soon:** Things happen and sometimes relationships end too soon. Don't let one fight get blown out of proportion and end things prematurely. If you get along with the person the majority of the time, you could give them a second chance.

**Related:** [Is It Ever Appropriate To Date Your Friend's EX](#)

**3. Putting in effort:** If the person is trying really hard to win you back and putting in a lot of effort, you may want to give it a whirl again. Everybody makes mistakes. If your ex is being dedicated and supportive, it could be worth it to give them a second chance. If the reason for the split is something that they did, feel out if they are truly sorry and making the appropriate changes. The important thing is to work through the differences and determine how you both really feel.

**What are some ways that you've known whether to reunite with an ex or not? Share your stories below.**