

Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship



By [Karley Kemble](#)

[Reese Witherspoon](#) usually keeps her personal life out of the public eye, but in the latest [celebrity news](#), the actress is opening up about her past. In an interview with *O Magazine*, Witherspoon sat down with Oprah Winfrey and Mindy Kaling in a [celebrity interview](#) to talk about their new movie, *A Wrinkle in Time*, reports [EOnline.com](#). The women also talked about the current state of Hollywood, the #MeToo and Time's Up movements, and Witherspoon briefly delved into her past abusive relationship. When she finally ended the relationship, Witherspoon said, "It changed who I was on a cellular level, the fact that I stood up for myself. It's part of the reason I can stand up and say, 'Yes, I'm ambitious.' Because someone tried to take that from me." We certainly admire her courage and bravery in such a sad situation.

In this celebrity news, Reese Witherspoon opens up about an abusive relationship. What are some things you can do if you find yourself in an abusive situation?

Cupid's Advice:

Abusive situations are very serious and can be challenging to leave. If you or somebody you know is struggling with any sort of abuse, here are three things to do:

1. Acknowledge: Victims usually blame themselves or minimize the reality of the situation. Abuse isn't always broken bones or black and blue bruises. It takes form of sexual assault, verbal intimidation and threats, too. Acknowledging that your situation is an abusive one does not define who you are, it is a step closer to getting out of it.

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2. Talk: Once you open up to somebody about your relationship, overcoming it becomes easier. Whether you confide in a family member, friend, or anonymous hotline, you are taking a huge step in your path. Don't be afraid to talk about what you're going through. The National Domestic Violence Hotline has amazing, trained people to talk to 24 hours a day, so call them anytime: 1-800-799-7233.

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3. Use a safe computer: It's important to keep your well-being at the front-lines. Computer usage is easily monitored, so you want to ensure your abuser has no access to your searches. The National Domestic Violence Hotline's website has some very informative information about how to reduce your "tech footprint" to reduce the chance of your abuser finding your cries for help. Deleting your history, cache, and cookies are all starters, though the website has more detailed tips for your benefit.

Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick is to find easy ways to stay healthy without the struggle – isn't that the dream? There are simple healthy habits that even fit celebrities take on.

When it comes to staying or becoming healthy, there are things you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:

1. Get enough sleep: Eight hours should be your aim. Getting enough sleep is not just about not being tired. Sleep offers so much more than that! It helps you think clearly and improves your productivity, while also reducing stress and improving your mood. You are less likely to get sick as well, and can lower your risk for heart disease and diabetes. So, make the time!

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Workout

2. Drink lots of water: It's extremely good for you! Up to 60% of the human body is water, so that goes without saying that it's important to stay hydrated. Hydration has major effects on brain function, energy levels, and physical activities. Water is also good for many other things including healthy skin. Many celebrities drink water religiously, among those are [Kylie Jenner](#), [Kim Kardashian](#), [Jennifer Aniston](#), and Cameron Diaz. And you can tell that it works!

3. Get a massage to boost immunity: Who doesn't love massages? What a wonderful and pleasurable way to stay healthy! Studies have found that a 45-minute massage can cause an increase in white blood cells that fight bacteria and viruses. And of course massages reduce stress and muscle aches – and feel amazing! *Books massage*

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4. Small workouts: including stretching. Walk as much as you can, take the stairs, and take time to stretch throughout the day. If you want to kick it up a notch without a full blown workout, then try jumping jacks and/or jumping rope. Simple, right? Consistency is key. After a while of being consistent with small workouts, your body will get used to it and then you can up your standards and up your game!

5. Meditate: Probably everyone has heard of the relaxing and stress-reducing effects of meditating. It just chills you out! But wait, there's more: studies have shown that people who practice yoga or meditation long-term had much more "disease-fighting genes" present! Mind over matter, right? Take at least 10 minutes of your day to clear your mind and take deep breaths. You will see the changes pretty soon! Celebrities like Oprah Winfrey, [Angelina Jolie](#), and Eva Mendes are among many who meditate.

Related Link: [5 Couple Exercises That Are Worth the Sweat](#)

Not everything has to be super hard, like we assume celebrity fitness to be. Make these five fitness tips into habits, and watch how they affect your health. It's game time!

What are some easy fitness tips you swear by? Share below!

Top Five Ski Destinations for Celebrity Couples



 By Abbi CompheL and [Whitney Johnson](#)

As evidenced by the popularity of ski resorts like Park City, Utah and Telluride, Colorado, [celebrity couples](#) love sneaking away for a snowy romantic vacation – and what's not to love? Afternoons spent on the slopes of a majestic mountain and evenings spent snuggling up by a fire or exploring the local nightlife make for a perfect wintery holiday.

When temperatures drop and snow begins to fall, there is sure to be an influx of Hollywood couples at the following ski destinations:

1. Aspen, Colorado: The slopes of Ajax Mountain or Snowmass are often teeming with celebrity duos – although it may be hard to spot these famous faces when they're covered in scarves and snow goggles. Celebrity couple Goldie Hawn and Kurt Russell keep a house here, often inviting children Oliver

and [Kate Hudson](#) and their families to join them.

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2. Park City, Utah: Although this winter wonderland is a popular destination for tourists and celebrities alike, the rich and famous come out in droves during the Sundance Film Festival. Married celebrity couple Justin Timberlake and [Jessica Biel](#) have been long-time snowboarders and enjoyed a snowy getaway here early on in their relationship. Although these two are now celebrity exes, Gwen Stefani and Gavin Rossdale, who played a concert during the Deer Valley Celebrity Skifest in 2011, took their oldest son Kingston to Deer Valley in Park City for a day of family fun on the slopes.

3. Whistler, British Columbia, Canada: Whistler, known as the host of some of the 2010 Olympic Winter Games, is as popular for its nightlife as for its 7,000 acres of ski-worthy terrain. Seal proposed to Heidi Klum here in 2004, while Paris Hilton and boy-toy of the past Doug Reinhardt took advantage of the skiing, snowboarding and sledding during a snow-filled vacation in 2009.

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4. Telluride, Colorado: This snowy spot is a favorite playground of the rich and famous, perhaps because of its particularly remote location. Oprah Winfrey recently sold her "log cabin" here, and before their [celebrity divorce](#), Tom Cruise and Katie Holmes would steal away for a romantic getaway to their home away from home in Mountain Village, a sister town connected to Telluride by a free gondola.

5. Chamonix, France: Located in the French Alps, Chamonix, known as the birth place of skiing, is one of the most popular ski resorts in Europe. In addition to the unbeatable snow and challenging trails of Mont Blanc, the city is known for its apres-ski offerings as well: great French food and a cozy

village atmosphere. David and Victoria Beckham often choose this spot for a family vacation.

What is your favorite snowy spot for a romantic getaway? Share your thoughts below.