

Renee Zellweger & Bradley Cooper Get Fit Together



Exercise for two?

We'll take it! Renee Zellweger and Bradley Cooper recently signed up for short-term memberships at The Aquatics Fitness Club in Cooper's hometown (Abington, Pa.), the [New York Post](#) reported last week.

What are some easy ways you can stay fit with your partner?

Cupid's Advice:

Trying to balance work, home, and exercise can be a workout all on its own. Read on for Cupid's easy ways to spend quality time with your lover while also getting in a workout:

1. Plan for it: Sit down each week with your planners in front of you and find free time during your lunch break to take a bike ride through the park together. If the weather's being uncooperative, find a place where you can exercise in a fun and unique way, such as trying your luck at indoor rock

climbing.

2. Make it a date: If you only have early or late hours free to work out together, check your area for 24 Hour Fitness Centers or similar businesses that offer round-the-clock fitness, or extended hours for night owls.

3. Take the plunge: Water sports are great for enjoying time together by providing closeness you just can't get from lifting weights! Venture outside the local pool and find places that offer outdoor water sports.

Zac Efron's Night Out at the Strip Club



Actor Zac Efron

spent a guy's night out at a local strip club in New York City, [People](#) reported last week. The *High School Musical* star told Jimmy Kimmel that the experience didn't live up to his expectations. "So I envisioned myself on a nice couch, stunna shades, with like T-Pain and Usher, you know, making it rain money," he said on the show. "And it just wasn't like that." But don't worry: before heading out, the 22-year-old called girlfriend Vanessa Hudgens to ask for permission.

What are some possible responses you can give your boyfriend if he asks permission to go to a strip club?

Cupid's Advice:

Even Efron agrees that there is no way to ask the strip club question without a mutual feeling of awkwardness. Let Cupid give you some pointers on dealing with this uncomfortable question:

1. Yes: This is probably the easiest answer. If he's asking for permission, it may benefit you to assume his intentions aren't bad, or that he is at least willing to admit to his bad intentions.

2. Yes, and honey... I love you: This answer may be the smartest answer. Just because he wants to indulge in this activity doesn't mean he loves you any less. The "I love you" at the end will hopefully keep you on his mind all night.

3. No: If no is your answer, you may be argued with. If you feel this answer is necessary to keep your dignity in tact, don't give in to his request.

Ali Larter Pregnant!



Heroes star Ali

Larter and husband Hayes MacArthur are expecting their first child, [People](#) reported this week. The couple married last August, but the actress admitted to telling MacArthur she wanted to marry him after only three weeks of dating. She also told [Cosmopolitan](#) in 2007 that she was looking forward to having children. Their child will be born this winter.

How soon is too soon to have a baby after marriage?

Cupid's Advice:

Plenty of people want to jump straight from marriage to children. The exact time frame depends on the couple, but there are certain things you should consider before making that decision:

1. Dating game: Couples who get married shortly after they start dating should take some serious time to have a relationship with each other before they have one with a

child.

2. Age matters: For couples who marry young, as well as those who wait until later in life, should consider age when thinking about children. Talk to your doctor and get a professional opinion.

3. Talk it out: The biggest key is to know what you both want, both in terms of when to have the child, and how to raise it after its born. Do this before trying to have a baby – it's not something you want to have disagreements about when you've already brought a life into the world.

Bristol Palin Wants More Kids... Someday



It appears that being a one-time-mommy just won't do for Bristol Palin. But don't worry – the recently engaged mother of 18-month-old son Tripp isn't planning on expanding her family anytime soon. "I'm going to wait a while, definitely," the 19-year-old told [People](#). "I'm not going to rush into having another kid." Bristol hopes that she and fiancé Levi Johnston, 20, can provide Tripp with "a brother or sister, eventually."

When will you know if you're ready to enlarge your family?

Cupid's Advice:

Thinking about giving your child a brother or sister in the future? Examine these areas of your current family life to see if you and your clan are ready to expand:

- 1. Talk to your little one:** No matter how young they may be, discussing the prospect of a new baby brother or sister with your child is a good way to get them used to the idea, while also reminding them that they will always be loved and cared for, regardless of future family size.
- 2. Budget:** Kids are priceless, but raising them is not. Before you become a mom or dad for the second time around, get familiar with your spending patterns. Analyze your financial decisions and commitments with your last child, and consider whether or not you could make it work again. Check out MoneyNing's guide to [Planning and Budgeting For a New Baby](#).
- 3. How much time is on your side?:** Baby planning and pregnancy can be time consuming, but nothing is more of a commitment than maintaining a family. If you or your spouse are already inundated with career-related responsibilities, or have trouble making time for each other or your current child, then you may need to hold off on adding another baby to your household right now. Take time to fully develop your current family dynamics so that you can all be well-adjusted and

welcoming of any future little ones!

Christina Milian & The Dream Announce Separation



On Monday, a rep for The Dream confirmed the separation of the producer from wife, singer Christina Milian, to [US Weekly](#). The confirmation of the split came shortly after the website released photos of The Dream playing on the beach with a mystery woman. The couple married this past September, and have a daughter, Violet, who is 5-months-old.

How can you maintain the honeymoon stage through the first year of marriage?

Cupid's Advice:

The first year of marriage can be the hardest, especially once the actual honeymoon is over. Even if it's rough, you can make it through as a couple and a family by keeping the spark alive, and keeping things special.

1. Survive PHD (or 'post-honeymoon depression'): It isn't easy to come back to the real world after spending a vacation in paradise with just you and your mate. Ease back into your routine, and remind yourselves that just because the trip has ended, doesn't mean the passion has to fizzle, too.

2. Pick a date night: You are getting settled into your new life together, which often means doing a lot of tedious errand running and paper filing. Schedule dates together once a week. Get out of the house and be a couple on the town.

3. Celebrate the small things: Once you're married, everything can become a 'first' again – make each of those firsts count. Have friends over when you are completely moved into your new place. Start a new tradition for your first holiday season as a married couple. In short, start making new memories together.

Larry King & Shawn Southwick Call Off Divorce





Television legend Larry King and wife Shawn Southwick collectively filed to dismiss their divorce papers, [TMZ](#) reported last Thursday. The couple had mutually filed for divorce on April 14, citing irreconcilable differences. [The Huffington Post](#) reported that in his announcement to step down from his television show, King said he was looking forward to spending more time with his wife and children.

Can you come back from a divorce?

Cupid's Advice:

Filing for divorce is a huge step that should not be taken lightly, especially when both parties feel it is necessary, as in King and Southwick's case. However, Cupid has some advice for couples who wish to give their marriage a second chance in making it work.

1. Put each other first: Though not everyone can leave their job for their family, King made a conscious decision to to announce his desire to make his marriage and family a priority. In order to give love another try, both people need to put that chance first in their lives.

2. Spice things up: When revitalizing a marriage, take some

risk. Try something new on your date night... or revisit an old haunt to relive good memories. Remember what your relationship was like in the beginning, whether you're creating new sparks or reigniting old passions.

3. Don't hold a grudge: Obviously, something drove you to the brink of divorce, and those issues need to be addressed. More importantly, don't hold past actions against each other in the future. Take advantage of the fresh start.

Love Conquers Anger for Barry Williams & Elizabeth Kennedy



Former *Brady Bunch* star, Barry Williams (Greg Brady) has chosen to let go of past drama with Elizabeth Kennedy and give love another chance, [RadarOnline](#) reported Tuesday. Previous

reports of a restraining order against Kennedy for her alleged knife-wielding, death threats, and illegal ATM withdrawals totaling \$29K, don't seem to hinder the actor's resolve to reunite with his ex.

What can you do to repair a damaged relationship?

Cupid's Advice:

After a relationship has been through physical violence, emotional trauma, and overwhelming feelings of insecurity, it can be a rough road back to happiness. If a couple truly wants to recover from a rocky past, there are several methods to get started.

- 1. Get counseling:** Find the source of anger, whether it's on your side, your partner's side, or both. Learn how to manage it. Talk with a professional if you can't resolve the problems on your own.
 - 2. Regain trust:** All successful partnerships have a common thread: belief in each other. If you've lost it, you'll need to build it up again. Remember to keep trust as an ideal to continually strive for in your relationship.
 - 3. Recommit to each other:** You must be ready to work through your troubles together in order to recreate your happy place. Find common ground for a new starting point, and see where it goes.
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Date Idea: Cook a Romantic Dinner



Need a fun date idea for this weekend? Cupid's got you covered with some amazing [dating advice](#)! There's never been a better time to get creative in the kitchen. Cooking is a skill that can relieve stress and bring people together. Not to mention, it's a useful talent at any event, any time of year. No matter how you choose to perfect your skills, you're bound to benefit greatly; taking a class will allow you to truly master the recipe, and cooking at home will ensure plenty of leftovers. You can take classes as a couple or in a group. No matter how you decide to go about it, you're sure to turn up the heat with this weekend date idea.

Related Link: [Prince William and Kate Middleton Take Cooking Class](#)

Dating Advice for Culinary Enthusiasts

Look at local colleges or culinary institutes for classes. Some restaurants even offer them right in their own kitchens. Consider your favorite spot in town, and see if they offer what you're looking for. You'll be sure to utilize the skills in the future if you're learning to create your longtime favorite dish. If you're interested in learning how to pair meals with drinks, you can find a class that covers it all! Need help? It's ultra-easy these days to research affordable classes online.

If you want to stay in, there are plenty of ways to work your magic around the stove. Check out the recipes for couples on [Cooks.com](#), or just look up ideas for your favorite ingredient. Remember to go grocery shopping for everything ahead of time, and take into account any significant preparation time. You also want to be sure to create a romantic ambiance, so that all your hard work can be truly appreciated. Reality TV star [Khloe Kardashian](#) is an expert on setting a pristine kitchen scene, so be sure to check out some of her tutorials in order to make sure the night is just right.

Related Link: [‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”](#)

In the NYC area? Check out the [New York City Travel Guide](#) for neighborhood restaurants that offer cooking classes and wine tastings for couples.

Have a romantic recipe or hot spot you'd recommend? Comment below and share your dating advice with our other readers!

Cameron Diaz Says Goodbye to Bad Boys



After years of having her relationships in the public eye, Cameron Diaz plays it coy about her current love life in the August issue of *Harper's Bazaar*. She also remains mum about her relationship with Alex Rodriguez of the New York Yankees. However, one thing the actress *is* upfront about is that she is done dating bad boys. "Who doesn't like the bad boy, until you grow up and realize bad boys are not the way to go?" Diaz said to the magazine. "I'm done with that."

What's the best way to get over your bad boy crush?

Cupid's Advice:

More often than not, good girls are the ones who end up with bad boys. If you find yourself in this type of relationship, Cupid is here to help break your bad boy habit.

1. Recognize the problem: Try to understand why you keep running back to this type of guy. Psychotherapist Caroline Presno advises on Yahoo! Personals to write a list of the bad things your partner has done to you. Put the list up on the wall next to a picture of him to associate his face with his actions.

2. It's not your job to save him: Many women think they can rescue a bad boy. Unfortunately, it most likely won't happen. Furthermore, continuing on this path might only hurt you in the end.

3. Build your self-esteem: Chances are, you continue to run after the wrong type of guy because you aren't happy with yourself. According to relationship writer, Allan Tan, a woman "usually does not like herself and that lack of self-respect causes her to settle for a man that is less than what she deserves."

Rihanna & Matt Kemp: A Home Run or Strike Out?





Although singer Rihanna and Los Angeles Dodger Matt Kemp's relationship seems to be smooth sailing, Kemp's performance on the field has taken a nosedive. In fact, Dodger's manager Joe Torre benched the outfielder before Sunday's game against the New York Yankees. "We really haven't given him a rest that often, so he's never had a chance to really regroup," Torre told the [Los Angeles Times](#). [People](#) wonders whether Rihanna has cursed Kemp's game, similar to Jessica Simpson to quarterback, Tony Romo. Only time will tell.

How do you prevent your lover from keeping you distracted from your work?

Cupid's Advice:

While a little distraction from your job can be a good thing, it doesn't help if it's contributing to poor performance. See what Cupid has to say about preventing disturbances from coming between you and your mate:

- 1. Focus:** Just because you've added someone new to your life doesn't mean that you should forget about everything else. Manage your time between your partner and your life outside of him or her to prevent fallout in both.
- 2. Speak up:** If you can't find enough time to share between your professional life and your love life, talk to your

significant other and ask for some breathing room. Your workload shouldn't suffer because of personal issues.

3. Be honest with yourself: Dating can be quite time consuming in the beginning. Unless you can balance a serious commitment to another person, as well as keep up with your daily routine, you shouldn't add a relationship to your life just yet.

Is Jesse James' Move to Texas an Attempt to Win Sandra Bullock Back?



They may be broken up, but Jesse James won't stay too far from Sandra Bullock. The TV personality told [TMZ](#) last weekend that

he will move into his Texas house so his ex-wife can stay closely involved in his kid's lives. James said his three children – from different women – want to remain close to the actress. Regarding the future of his relationship with Bullock, with whom he is estranged from due to his infidelity, James told TMZ, "Whatever happens, happens." The move will take place after he returns to the U.S. after filming a special in Israel for the History Channel on a kibbutz.

Is there ever a good way to reconnect with an ex?

Cupid's Advice:

Assuming that James is looking to re-develop his relationship with Bullock, here are a few pointers he might find handy:

- 1. Make sure reconciliation is mutual:** In order to successfully make peace after a break, both parties must be willing to work on re-building their bond. Forcing someone to love you will only push him or her away further.
- 2. Accept responsibility:** There is no excuse for bad behavior. Don't try to turn the tables and blame it on your partner. Accept and admit to your error.
- 3. Time:** Allow your partner the time and space they need to think about the relationship on their own. Time may not heal all pains, but it helps.

Julie Spira Discusses 'The

Perils of Cyber-Dating'



By [Krissy Dolor](#)

More than 40 million singles are dating online. With around 2,500 online dating sites to choose from, how can you navigate your way safely and find love on the Internet? Julie Spira's tell-all memoir, [The Perils of Cyber-Dating: Confessions of a Hopeful Romantic Looking for Love Online](#), can help. You'll follow her on her 15-year journey – which included 250 online dates – as she navigated the web in hopes to find an Internet mate to replace someone she thought was the love of her life. Through her romances, heartbreaks, and personal rules of “netiquette,” Spira shares invaluable first-hand knowledge on the best ways to date online.

Cupid's Advice:

Online dating has its own set of rules. Remember to be safe and savvy when on the web. Cupid caught up with the Spira via

e-mail this week. Here's what the author had to say:

You were one of the first people to delve into the world of online dating. Were you scared? What were other people's reactions?

At the time I created my first online dating profile in 1994, I wasn't scared at all. I fully embraced the Internet both personally and professionally. But, since online dating was not mainstream at that point, I told very few people that I was meeting my dates from online dating sites. I told some close friends who I thought could benefit from online dating and helped them with their online dating profiles.

What's different about cyberdating (as compared to traditional dating), and how can people adapt to it?

The main difference between cyberdating and traditional dating is that you are meeting someone that you haven't met before in real life and you are getting to know them from behind their computer screen. Online dating, Internet dating, and cyberdating are all terms used for those using online dating sites, chat rooms, video dating, and social dating sites. This also includes social networking sites such as Facebook and MySpace. In order to completely embrace online dating, one needs to be comfortable using their computer. It's also important to be very organized as you may receive hundreds of emails in the first day or two. In order to be successful, if you create a system that helps keep all of the replies and emails sent, you'll be able to communicate with your dates with their background information. If you are already using Facebook to communicate with friends, it's the next logical step.

What have you seen change about the online dating world since you started?

When I first started dating online, Match.com hadn't been launched yet. There were very few sites to pick from. It was

a much simpler process without all the Web 2.0 bells and whistles. You weren't seeing video dating and text messaging wasn't an option in the U.S.

What is your relationship to online dating now?

As an online dating coach, I help singles create their irresistible online dating profiles and work with them to search the best possible matches. I also help them decide which sites to join and teach them how to craft and email introduction and response that will grab the attention of those profiles they select.

What are your top 5 netiquette rules for cyberdating?

My Rules of Netiquette from my book, [*The Perils of Cyber-Dating: Confessions of a Hopeful Romantic Looking for Love Online*](#), include:

- 1. The Google Rule:** If you Google your date before you meet them, don't let them know on the first date. You'd be surprised how some people actually print out the Google results and start questioning their date about specific entries. It's not appropriate first date material and no one wants to feel like they are on a job interview or under the microscope.
- 2. The Food and Beverage Rule:** If you ask a date out for coffee, be prepared to order a beverage for her and yourself. I have heard stories many times where either someone arrives with their own water, or simply does not order a coffee or tea for their date. You should assume that a coffee date includes a drink, and a dinner date includes some form of food.
- 3. The Ex Rule:** Don't talk about your ex-wife or husband, ex girlfriend or boyfriend, or spend time talking about the past. You'd be surprised that some talk about their spousal support, or a relationship that didn't work out on the first date. Keep it light and leave the baggage at home.
- 4. The Send Button Rule:** My mother always says, "If you don't have anything nice to say about someone, don't say anything at all." Too often someone gets mad and drafts an email and pushes the send button. When in doubt, send it to yourself.

You might feel differently in the morning. Once you push the send button, you can't take it back.

5. The Break Up Rule: Never break up with a significant other in an email or a text message. It's just common courtesy to have a conversation and preferably in person. Do you really want to go down in history as the one who frequently dumps their dates in an email or text? Sure, celebrities are ending relationships in text messages and on Twitter these days. But is it right?

Most importantly, be authentic. Authenticity is really in style now. With over 400 million members on Facebook, it's easy for someone to see if your photo on your online dating profile does not match the recent birthday or vacation pictures on Facebook. We know that many singles lie about their age in their online dating profiles to fit into a search, but the truth will come out when you meet in real life. You start out on a bad foot if you are lying about your age, weight, and height. Enjoy the process and look at cyberdating as a way to increase your social and business networks in the event it doesn't turn into a romantic relationship.

Are Amanda Seyfried & Dominic Cooper Together Again?





Last May, [Perez Hilton](#) online reported that Amanda Seyfried (*Letters to Juliet*) and Dominic Cooper (who co-starred with Seyfried in *Mamma Mia!*) were taking a break after Cooper did some major partying Lindsay Lohan. Now, it seems that they are at least casually, dating again.

What causes couples to take ‘breaks’ in their relationships?

Cupid’s Advice:

Relationships tend falter after a certain point, but when you ask the two involved, both have trouble indicating one thing: why. Cupid has some reasons why, as well as tips to help break the cycle:

- 1. Lack of maturity:** Neither party is ready to handle the immense responsibility of commitment. Rethink where you want your relationship to go, and take it from there.
- 2. Fear of change:** Things seem to be going great without a label – why shake things up? If you think this anxiety is holding you back, sit down and communicate your feelings. This may be something the other person is struggling with as well.
- 3. Baggage:** Regardless of how “over” it either of you may be

about prior relationships, past baggage can sometimes resurface and get in the way. To remove your previous hang-ups, be open with your partner. Working through your concerns can make your bond stronger.

Are Kate Hudson & Matthew Bellamy Dating?



Does Kate have a new mate? [People](#) reported that Kate Hudson and Matthew Bellamy (frontman of the rock group Muse) dined with Renee Zellweger and Bradley Cooper in Paris over the weekend and were seen together all over the city of love. While there isn't any confirmation that these two are an item, a witness told *People* that they "seemed very much a couple." This wouldn't be Hudson's first rocker; she was married to Chris Robinson (of the Black Crowes) until 2006. Their son Ryder is 6 years

old. **What are the tell-tale signs that two people are an item?**

Cupid's Advice:

Hudson and Bellamy may or may not be dating, but here are Cupid's indicators to gauge whether you have become an item with someone:

1. You become exclusive: If you find that you and your partner are only interested in dating each other, it could be a sign of a budding relationship.

2. Frequent contact: If you feel comfortable picking up the phone, texting, emailing, or reaching out to the other person, it's likely that you've become a couple.

3. Introductions: Have you combined activities together with friends? Maybe you've all gone to dinner, a party or special event together. This is a good indication you both feel comfortable enough to let your inner circle see you as a couple.