

# 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.

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**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 it’s 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!

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**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!**

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## 10 Celebs Who Made It Through Tough Times





By [Courtney Omernick](#)

When you think about the glamorous life of a celebrity, it can be hard to imagine that, in many times, they didn't always have it as easy as they do now. Believe it or not, tabloids weren't publishing the latest celebrity news on some of these people when they were growing up.

## **Below is our list of 10 celebrities who've made it through challenging times.**

**1. J.K Rowling:** Before her success with the Harry Potter series, Rowling was divorced and on government aid. She was so poor that when sending her book to publishers, she manually typed out each version because she couldn't afford her own computer, or to photocopy the book. It was rejected dozens of times before becoming a best seller.

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## Lifetime

**2. Jim Carrey:** At 14, Carrey's father lost his job, and the family lived in a van on their relative's lawn. Carrey worked an 8 hour factory job after school to help make ends meet. He worked on his comedy routine, starting at age 15, and never quit. In 1995, he made over 10 million dollars when he starred in his first major gig, *Dumb and Dumber*.

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**3. Emily Blunt:** Growing up, Blunt had a speech impediment that kept her from talking to others. In high school, a teacher encouraged her to try theater. From there, she was able to completely get rid of her speech impediment and move on to being the actress she is today.

**4. Charlize Theron:** At 15, Theron witnessed her mother kill her father in self-defense. Instead of letting that incident stifle her talent, she went on to make a name for herself. She is the first South African actress to win an Academy Award.

**5. Jay-Z:** Coming from a rough, Brooklyn neighborhood, no record label would sign Jay-Z as a rapper. So, Jay-Z went on to make his own successful record label. His net worth is estimated around \$500 million.

**6. Oprah Winfrey:** As a child, Oprah was repeatedly sexually abused by her own family members and gave birth at 14 to a baby boy that died two weeks later. Winfrey went on to excel in high school and college and became the icon that she is today.

**7. Shania Twain:** Shania started singing in bars at the age of 8 to make extra cash for her family. When she was 21, her mother and stepfather were killed in a car accident, and she raised her siblings until they all graduated high school. Then, she decided to pursue her dreams.

**8. Sarah Jessica Parker:** The actress is one of eight children and took up singing and dancing to help create a better income for her family. At age 11, her family took a trip to New York so Sarah could audition for a Broadway play. She got the role and went on to make millions in her career.

**9. Richard Branson:** Richard is dyslexic and struggled for years in school. So, he used his personality to get him where he is today. He is the fourth richest person in the UK.

**10. Bill Gates:** Even the richest person in the world wasn't always rich. Bill's first business failed miserably, and the product he tried to sell didn't even work! However, that didn't stop him from trying again.

**What other celebrities have made it through tough times? Comment below!**

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## **Six Celebrity Couples We Wish Existed**





By Elle Rose Williams

When surrounded by a celebrity culture and constantly looking at the world's most beautiful or talented elite, it's hard not to start wishing that two of your favourite celebrities were dating. No matter how perfect some couples seem, deep in our hearts we always know they could do better. Whether we think they'd make a great match or just want to see the children, here are five celebrity couples we wish existed:

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**1. Lady Gaga and Tim Burton:** The quirky duo that is Lady Gaga and Tim Burton could be the ultimate power couple, with Gaga ruling the world of music and Burton ruling the world of film. Their united interest in the bizarre and huge cult followings could be great starting points. With your own relationship, it can be a great idea to make sure you have common ground in this same way.

**2. Ryan Gosling and Rachel McAdams:** Although Ryan Gosling and



Rachel McAdams used to be a couple, they're now separated. However, any girl who grew up with the ultimate romantic epic *The Notebook* would think these two should be reunited one day. It can be the same in our own relationships too: when we have such a long history with someone, it's easy to picture ourselves with them.

**3. Jennifer Aniston and David Schwimmer:** *Friends* might have ended eight years ago, but after ten years of portraying the ups and downs of Ross and Rachel, it's hard to see Jennifer Aniston and David Schwimmer as anything else. Considering Aniston's consistent bad luck in relationships, it'd be amazing for her and Schwimmer to get together and to finally see her settled and happy. With our own relationships, we like to see ourselves with someone who'll look after us and someone who will be with us through the rough times and the good times too, which Ross and Rachel always personified.

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**4. Madonna and Richard Branson:** Another important part of being a couple is balancing your attributes. This would make Madonna and Richard Branson a fantastic power couple. Plus, it would be great to see Madonna settled down with a man her own age. There's a lot that Madonna could learn from Branson, and even Branson could benefit from Madonna's publicity stunts. They'd be a good balancing act for each other, and this is always a good way to seek out a potential partner.

**5. Charlie Chaplin and Gwen Stefani:** How amazing would it be if Charlie Chaplin and Gwen Stefani were a couple? Sure, the two are actually decades apart, but their quiriness and originality would make these two a brilliant celeb couple. We have a feeling their sense of humor would gel too. In your own relationship, humor is hugely important. As long as you can laugh together, the bad things will never seem as bad.

**6. Audrey Hepburn and Colin Farrell:** Audrey Hepburn and Colin Farrell are another couple that would be impossible, but still would be brilliant. We'd love to see the dynamic, cheeky Irishman be tamed by the ultimate lady of class and elegance. They'd be so different that they could actually be the perfect match. This can apply to real couples too, so look for someone who wants you to be the very best version of yourself.

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