

# Celebrity Getaway: Kourtney Kardashian & Younes Bendjima Vacation in Turks & Caicos



By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple Kourtney Kardashian](#) and Younes Bendjima went on a fun couples vacation. The [celebrity getaway](#) in Turks and Caicos consisted of a nice bike ride, hanging out by the ocean, and taking in all the scenery the beautiful celebrity destination has to offer, according to [UsMagazine.com](#). Kardashian posted photos of the couples' romantic getaway on her Instagram Story and Snapchat on Saturday for all to see.

# Celebrity getaways don't have to be just for the famous. What are some getaway ideas for you and your partner?

## Cupid's Advice:

Going away with your significant other is important because ideally, you want to have as much quality time and fun together as possible. Cupid has some ideas on romantic places to go that are celebrity couple-approved (besides Turks and Caicos of course):

1. **Paris, France:** Celebrity couple [Jennifer Lopez](#) and Alex Rodriguez went to France and enjoyed some of what the romantic country has to offer. One of France's best places to go is Paris! There are many things to do, one being enjoying a nice dinner by the Eiffel Tower. Click [here](#) for a list of romantic places in Paris.

**Related Link:** [Celebrity Travel: Top 5 European Hotspots](#)

2. **Prague, Czech Republic:** Former celebrity couple [Brad Pitt](#) and [Angelina Jolie](#) have visited the romantic city. It's one of most romantic places in the world after all! The city can make you fall in love all over again. Enjoy a candlelit dinner, go check out the castles, gardens, and monuments too. There is tons to do. Click [here](#) for a list of the most romantic places to go to in Prague.

**Related Link:** [Top 5 Celebrity-Approved Couple Vacation Spots](#)

3. **Santorini, Greece:** Shakira and her husband Gerard Piqué have been spotted here. Hanging out with your significant other, taking in the view of the stunning Aegean Sea is definitely one of the most romantic things you can ever do.

Taking a couples vacation here is sure to take your breath away. The scenery is to die for. Click [here](#) for a little guide.

Which vacation spot are you eager to go to? Share below!

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## Celebrity Fitness Secrets: Funky Exercise Fads



By Christine Rudolph

While it may seem as though celebrities keep their exercise routines mum, occasionally we're able to snatch their [fitness](#)

[secrets](#). While some stick to the standard gym routines, machines, and weights, others have some very interesting ways of getting fit. Leave it to celebrities to find super interesting workouts that help achieve perfectly toned bodies! If you're looking to workout like a celebrity and achieve a fit [celebrity body](#), then some of these exercises might be for you.

## Bored of your routine gym workouts? Check out some of these celebrity fitness secrets that will change the way you workout!

**1. CrossFit:** CrossFit has taken the fitness world by storm over the years, and is one of the most rigorous workouts out there! This super popular workout combines a multitude of exercises such as cardio, weights, and kettleballs in a short 45-minute timespan. Quality trumps quantity; your results aren't determined by how much time you spend in the gym, rather, by how hard you work out. [Jessica Biel](#) is a huge fan of this regimen – and judging by her perfectly chiseled body, she certainly isn't intimidated by its intensity!

**Related Link:** [Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It](#)

**2. Piloxing:** As you may have guessed, Piloxing is a high-energy combination of Pilates and boxing. Celebrities such as Vanessa Hudgens, [Hilary Duff](#), and Ashley Tisdale are all fans of this recently popularized fitness routine. The workout is focused on building the core and muscle toning, which ultimately helps build strength and endurance. Piloxing is also a huge calorie burner – you can burn 900 calories in just an hour!

**Related Link:** [Fitness: 5 Amazing Workout Tips from the Best Celebrity Trainers](#)

**3. Barry's Bootcamp:** If you've ever wondered how [Kim Kardashian](#) has achieved her post-baby slim downs, her fitness secret is Barry's Bootcamp. Each class utilizes a combination of resistance training with elastic bands, kettle bells, and body bars, as well as cardio. Barry's Bootcamp has been voted "The Best Celebrity Workout" by many fitness magazines and other publications, so you're guaranteed to have a solid workout with each class session!

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

**4. Belly Dancing:** Belly dancing is a super fun workout that has been around for quite some time! In the celebrity realm, it has become pretty popular among A-Listers like Shakira and [Beyoncé](#). The sultry dances target the abs and sculpts the hip area. Bonus: you'll learn to move muscle groups in your body that you never knew existed, too!

**5. Hula hooping:** Would you have ever guessed that one of your favorite childhood past times would come back into popularity as an adult? Hula hooping tones your entire body! Zooey Deschanel has embraced hula hooping fitness classes, because they target everything from your core, to your arms and legs. The best part is that it doesn't feel like a workout at all! If you're intimidated by exercise, this one's for you!

*Christine Rudolph is a passionate lifestyle blogger who loves to write about current trends. She is a featured author at various authoritative blogs. Currently, she is associated as a blogger for [Hourglass Express](#), providers of quality waist trainers, belly bands, and other weight loss products. For all updates, follow her [@RudolphBlogger](#) and become friends with her on [Facebook](#).*



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# Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs



By [Melissa Lee](#)

Celebrities constantly look perfectly in shape, but it's no surprise in this day in age – especially because it seems as though every star has their personal nutritionalist and private trainer. If you're looking to get in shape, looking to your favorite celebs might not be the worst idea. Stars are constantly trying out the newest fad diets and exercise classes, so why not try out some of these celeb-approved diet

tips?

**If you're frustrated with your current diet, never fear – Cupid has some diet tips that have been tested by your favorite celebs guaranteed to help you during your weight loss journey!**

**1. Bridal-body boot camp:** Pippa Middleton, who is newly married to longtime sweetheart James Matthews, took getting ready for her wedding day very seriously. She trained five days a week, focusing on Pilates and cardio, and even eliminated alcohol from her diet.

**2. Girl squad boot camp:** Former First Lady Michelle Obama recently shared on Instagram that she hosts boot camp weekends for her and her close girlfriends. The girl squad doesn't care about their varying levels of fitness, but rather enjoyed doing the workouts together. Obama revealed that elbow planks, crunches, leg raises, and lunges are only some of the exercises they do together.

**Related Link:** [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

**3. Box it out:** Hailey Baldwin's body is no joke, and boxing may be the reasoning behind her killer abs! Baldwin shared a video of her intense workout at Rumble Boxing in NYC, where she showed off her moves, including jabs, ducks, crosses, and uppercuts. Boxing is a high-intensity workout that's guaranteed to leave you sore the next day, but also help build up your strength – sign us up!

**4. Healthy lifestyle, healthy mind:** Ayesha Curry, wife to basketball star Steph Curry, went into detail about her weight loss journey and how she was able to lose 20 pounds without going on a diet. She revealed that she is not one to completely alter her lifestyle, but rather indulge in moderation – something her nutritionalist advised her to do. “I think the key to a happy, healthy lifestyle is being happy and healthy in your mind.” Despite this, Curry *did* workout like crazy and is a huge SoulCycle fan.

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

**5. Vary your workouts:** Shakira is practically known for her amazing hips, and she shared her secret to staying fit even when you have a thousand things going on – varying your workouts! Shakira tries her best to stay active as frequently as possible, but she doesn’t do the same workouts all the time. By switching it up, she’s using different parts of her body and slowly toning them, enabling her to have a killer body.

**What are your favorite diet tips? Share your thoughts below.**

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## **Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC**







By [Noelle Downey](#)

With summer about to be in full swing, it's officially time to start thinking about how amazing you're going to look in your favorite bikini at the beach this year. If you want to shave off a few pounds to look your best while you play in the surf and sand this summer, never fear! There are tons of places you can head to work out and look stunning in time for the hottest summer months, especially if you live in celeb-studded NYC. Tons of celebrities will be joining you on your quest to get fit this year, and if you head to any of these premier fitness locales, you just might run into them!

**Celebrity Fitness: Check out these celeb-approved ways to stay fit in NYC and see if any of these fitness trends could help you get a**

# celebrity style body and look!

**1. Ballet Beautiful:** For a somewhat non-traditional workout, visit Ballet Beautiful, a celeb-approved hotspot for getting fit with ballet exercises and cardio that's client specialized to any particular needs you might have or problem areas you might want to address. Owner Mary Helen Bowers is used to VIP clients, including Victoria's Secret Angels Miranda Kerr and Lily Aldridge, and Bowers also personally trained Natalie Portman for her Oscar-winning performance in dark horror flick, Black Swan. With two convenient locations in SOHO and the Upper East Side, visit this special studio and pick a workout from anywhere between fifteen minutes to three hours to see what all the stars are raving about when it comes to this fun fitness opportunity.

**2. ModelFit:** For a fantastic workout that leads to an absolutely stellar body, try ModelFit, a hugely popular fitness boutique in Manhattan frequented by such big-name stars as [Taylor Swift](#), Karlie Kloss and [Chrissy Teigen](#). Owner and fitness expert Justin Gelband focuses on toning your muscles through cardio, so expect a lot of fun activities like kickboxing and yoga to shake up your fitness routine. And don't be surprised if you spot even more Victoria's Secret Angels – ModelFit is incredibly popular with the modeling crowd, so much so that Gelband is referred to as “the supermodel trainer.”

**Related Link:** [Celebrity Diet: Get a Red-Carpet Ready Body and a Healthy Mind By Eating These Super Foods](#)

**3. Rumble Boxing:** Looking for something to break you into even more of a sweat? Why not try Rumble Boxing, a hardcore workout that allows you to jump from lifting weights to hitting a punching bag in minutes. Rumble Boxing is still an up-and-coming fitness destination for the rich and famous, but professional models are often seen blowing off steam and

burning calories in this premier establishment, including Canadian-born supermodel Lexi Wood and fitness training icon and former football player Devon Levesque. Visit this awesome workout facility to burn some calories and get your body beach-ready this summer!

**4. AKT InMotion:** If Ballet Beautiful sounds fun but you're looking for a different kind of dance for your workout, look no farther than AKT InMotion, a high-energy dance studio from owner Anna Kaiser, who is responsible for the fantastic physiques of such stars as Shakira and [Kelly Ripa](#). Keep on your toes with this fantastic workout that combines the fun of a night out dancing with your girlfriends with the calorie burn you'll need to feel great about your body this summer. Grab a group of friends and hit up this celeb-approved NYC fitness hotspot for a fun hour of intense dancing that will leave you feeling invigorated and full of adrenaline.

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

**5. Dogpound:** If you're looking for a workout that has a high level of intensity but an equally high level of results, than Dogpound might just be for you. This insane fitness hotspot is a beloved favorite of a ton of Victoria's Secret Angels, including Ashley Graham and [Leonardo DiCaprio's celebrity ex](#), Toni Gaarn. Move across the room burning calories and flipping tires or step into the ring for a boxing match for some intense fitness that will leave you breathless and with a great bikini-worthy body. Feel great about your tenacity in the ring and your core strength as you step up to the challenges at this amazing and hardcore NYC fitness stop.

**Are you planning to visit any of these celeb-approved fitness hotspots in NYC? What are your favorite ways to get fit? Let us know in the comments!**

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# Shakira Cheers on Celebrity Love Gerard Pique at Soccer Match



By Jenna Bagcal

In celebrity news from [UsMagazine.com](http://UsMagazine.com), former Voice coach Shakira cheered on her [celebrity love](#) Gerard Pique at his soccer match against Valencia FC. On April 18, Shakira and her celebrity kids attended the FC Barcelona game to support the soccer superstar. The happy couple were also seen engaging in a little sideline PDA. The Columbia singer shared in an interview with *Latina Magazine* that in the future, she would

love to have “eight or nine kids” with the soccer centre-back.

## **It's a family affair for Shakira, her sons and her celebrity love! What are some ways to know whether your partner values family?**

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

A partner who is family oriented and has good family values is not just important for a famous couple like Shakira and her celebrity love. Finding a partner who has similar family values to yourself will help you have a successful and long lasting relationship. Here are three of Cupid's tips to know whether your significant other values family:

**1. They call or video chat their parents and/or siblings:** Even though you partner may not live with their family anymore, they still take the time out of their day to give them a quick phone call to say “hi” or ask them about their day. Whether it's once a week or a few times a month, this thoughtful action reinforces the importance your significant other puts on their family.

**Related Link:** [Shakira Expecting Second Child](#)

**2. They talk about having children of their own:** A good signifier that your partner values family is that they talk about having little ones of their own in the future. Also, observing how they act around other people's children will give you a feel for how they will be with your kids.

**Related Link:** [Shakira Says She'd Love to Have Eight or Nine Kids with Gerard Pique](#)

**3. They attend important family events:** We all know that



sometimes life becomes very busy and filled with responsibilities and other commitments. However, a person who values their family will not put them on the back burner when it comes to major family events and milestones. Whether their cousin is getting married or having a baby shower, a family oriented partner will make sure that they attend the event.

**What is the importance of a partner who values his or her family? Share your thoughts with us!**

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## Shakira Expecting Second Child



By Kaley Allard

It's true! Pop star and dancer Shakira is pregnant with her second child with Gerard Pique. The news of Sharkira's pregnancy broke during an interview with *Cosmopolitan en Español*, and was confirmed by [People](#). We wish the happy couple the best of luck with their next bundle of joy!

**How do you know when it's time to expand your family?**

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

Deciding whether or not you should expand your family is a very difficult decision, there are many things to consider before adding a bouncing baby to your family. Here are the three top things to consider before having another baby:

**1. Financially sound?:** Before you and your partner considering adding another child to your troop, first decide whether or not you can afford another baby. Babies bring a lot of joy into a family, but they also bring a lot of dirty diapers and other expenses.

**Related:** [Shakira Welcomes a Baby Boy](#)

**2. Number of Kids:** It may have been awhile since you and your partner had a baby around the house, but you should look at the number of children you already have. Is a 4 person household the perfect size for you, or should stick to having only 1 child.

**Related:** [David Arquette Says Having a Second Child Is 'Less Scary'](#)

**3. Future plans:** Another important thing to discuss with your partner is what goals you had for your family and as individuals. Was another baby in the works, or do you need to focus on your careers, or your relationship. Discussing goals is an important discussion to have before expanding your

family.

What were areas of conversation before you and your partner had another child? Please share below!

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## Shakira Says She'd Love to Have Eight or Nine Kids with Gerard Pique



By Sanetra Richards

Could we be expecting a *Gerard and Shakira Plus Eight* reality

show anytime soon? According to [UsMagazine.com](http://UsMagazine.com), the *Voice* judge shared in a recent interview with *Latina* that she “would love to have” lots of children with her longtime boyfriend Gerard Pique, if time permits. “If it weren’t because of my music projects, I would be pregnant already,” said the songstress and mother of 13-month-old Milan “I would love to have eight or nine kids with Gerard – my own futbol team.”

**How do you compromise with your partner on how many children to have?**

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

The talk between you and your partner about building a family can be a scary and exciting conversation. It is important to discuss the maximum number of children to have and when to have them. There is a lot to think about, but Cupid has some things for you to consider before making the even bigger step:

**1. Timing:** You and your partner should ask each other if it is the right time to expand your family. Be sure to take in mind if you all are at the right and most comfortable place in your relationship or marriage. If problems have been occurring since the birth of baby number one, do not ignore the possibility of them increasing if another baby is added. Also, think about daily schedules and if the two of you will be able to maintain a balanced household.

**Related:** [Shakira Welcomes a Baby Boy](#)

**2. Finances:** Big families come along with bigger expenses. Perhaps you have been noticing a dent in your pocket or a decline in your bank account – it may not be the best idea to bring in another bundle of joy just yet. A suggestion would be to continue saving until there is an adequate amount that could support another child. Both of you need to discuss income and the ability to provide the basic necessities, plus more, to those future four or five children.

**Related:** [David Arquette Says Having a Second Child Is 'Less Scary'](#)

**3. Agreement:** There should be a mutual understanding between you and your partner on the size of family wanted. Try to have this conversation early on to avoid any conflict at a later date. If your partner has stood firm on only wanting two children, do not pressure him/her into doubling that number. Negotiate on three instead.

**What are ways to compromise with your partner on the number of children to have? Share your suggestions below.**

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## Celebrities Who Lose Baby Weight Fast







By April Littleton

We're all envious of the women we see on the front cover of magazines who seem to lose all of their baby weight as soon as they deliver their child. Some of us blame Photoshop because there's no way these celebrities can drop those pounds so quickly. While other readers credit the rapid weight loss to plastic surgery. This method might be used among some of the famous stars we know, but some of them still enjoy getting their bodies back in the right way:

**1. Jenna Dewan-Tatum:** Just six weeks after giving birth to her first daughter Everly last May, the *Witches of East End* star was back to work – in a size zero. “I wasn’t one of those girls who’s obsessed with losing weight, but that was a pretty good motivator. I thought, I’ve got to fit in the clothes I wore before!” she said in an interview. Dewan-Tatum managed to lose her baby weight so quickly due to the strict diet and regiment she stuck to while pregnant. “I think a lot of women find out they’re pregnant and are like, ‘Let’s go crazy and eat ice cream every day!’ To me, it was, ‘I’m growing a human being, and I want to give this little soul the best nutrition

I can," she said.

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**2. Jessica Alba:** This Hollywood actress used unconventional methods to loss weight after giving birth to daughters Honor Marie Warren (born 2008) and Haven Garner Warren (born 2011). "I wore a double corset day and night for three months," Alba told *Net-a-Porter*. "It was sweaty, but worth it," she added.

**3. Gwyneth Paltrow:** The *Iron Man 2* actress is also known for her commitment to physical fitness. After giving birth to daughter Apple (born 2004) and son Moses (born 2006), Paltrow worked out for two hours a day with celebrity trainer, Tracy Anderson. "It was not easy and, when I started it, it was by far the hardest thing I have ever done – but I really was seeing results so it motivated me to just work through it," she said, according to the Press Association.

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**4. Beyonce:** The *Drunk in Love* singer gained 57 pounds while pregnant with daughter Blue Ivy Carter. Three months later, she was back on stage looking her best. Beyonce told *Shape* magazine that she lost the weight by refraining from eating red meat and pasta. She also stayed active while she was training for her tour.

**5. Gwen Stefani:** This singer has the perfect body before and after pregnancy. Stefani is a mother to two boys, Kingston and Zuma. "I worked out with my trainer throughout my whole pregnancy until about two weeks before," she said about her rapid weight loss. Stefani also revealed she's expecting a third son sometime this year.

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**6. Shakira:** The Colombian singer lost all of her baby eight just three months after giving birth to son Milan. Shakira said she took Zumba classes five days a week, participated in yoga exercises and calisthenics. The *Hips Don't Lie* singer also ate eight small meals a day consisted of 1,600 to 2,000 calories.

What other celebrities should be included in this list?  
Comment below.

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## Celebrity News: 10 Hot Latin Celebrities



By Jennifer Harrington

It's no secret that the influence of Latino celebrities is growing every day (Latino celebrities have 600 million followers on Facebook and Twitter!). And with a new South American pope in office, Cinco de Mayo quickly approaching, and frequent news coverage of the growing Latino population in the United States, we figured it was a good time to look at the hottest Latino/Latina celebrities. Here's Cupid's opinion of who is sizzling!

### **Jennifer Lopez**

Jennifer was born in New York City to Puerto Rican parents, and she's been a staple in the entertainment world for years – as a dancer, actress, entrepreneur, fashion designer, singer, and *American Idol* judge. When J-Lo joined *American Idol* as a judge, it was seen as an important move because the show is very popular with Hispanic audiences, and she brought a kinder, more positive attitude to the show. While she's moved on from the popular show, there's no question she will continue to remain a staple in pop culture.

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### **Alex Rodriguez**

Like Jennifer Lopez, Alex was born in New York City. He was raised in a Dominican family and currently plays baseball for his hometown team, the New York Yankees (although he grew up a Mets fan!). In addition to making plays on the baseball diamond, Alex has also been linked romantically to several major celebrities, including Kate Hudson, Cameron Diaz, and Madonna.

### **Eva Longoria**

Eva is a Mexican-American, and best known for her roles on *The*

*Young and the Restless* and *Desperate Housewives*. Her role as the saucy Gabrielle Solis on *Desperate Housewives* may have ended when the series wrapped last year, but Eva remains in the spotlight. Most notably, she was actively involved in President Barack Obama's re-election campaign in 2012, and she even spoke at the Democratic National Convention!

### **Mario Lopez**

Mario is a close friend of Eva's, and like Eva, he is of Mexican descent. Mario is best known for his role as A.C. Slater on *Saved by the Bell*, and in recent years, he's remained in the limelight with an appearance on *Dancing with the Stars* and as host of the daily entertainment program, *Extra*. Recently, it was announced that Mario's family with dancer Courtney Mazza is expanding; the couple is expecting their second child in the fall.

### **Sofia Vergara**

Sofia is a Colombian-born actress, television hostess, and model – and if you watch television, it's hard to miss her. A star of ABC's hit TV show *Modern Family*, Sofia is also featured in advertisements for Diet Pepsi and Cover Girl cosmetics. Sofia has also made a splash within the Latino community because many wonder if she takes the Latino stereotype too far with her portrayal of loud and boisterous Gloria on *Modern Family* and remarks she made in a 2012 interview with *Esquire* magazine about common Latino stereotypes.

### **Enrique Iglesias**

Enrique was born in Spain, and his father was a well-known singer and entertainer. Enrique established himself as a singer in the late 1990s with songs such as "Bailamos" and "Hero". He has performed at the Super Bowl, and has been dating tennis star Anna Kournikova for the past decade. Enrique is extremely private about his relationship with Anna,



and has even remarked that marriage is not a priority for the couple as long as they are happy and committed to each other.

### **Penelope Cruz**

Penelope was born in Spain, and is well-known worldwide for her work as an actress. She first burst on the scene with films such as *Blow* and *Vanilla Sky* (this movie also sparked her three-year romance with co-star Tom Cruise; the couple allegedly broke up because she refused to embrace his Scientology beliefs). She's now married to Spanish actor Javier Bardem, and she is expecting the couple's second child later this year.

### **Antonio Banderas**

Antonio is also Spanish. He was in several high-profile movies in the 1990s, including *Evita*, *Interview with the Vampire*, *Philadelphia*, and *The Mask of Zorro*. He is married to fellow celebrity Melanie Griffith. Today, Antonio does voice work for movies such as *Shrek* and focuses on parenting his daughter, Stella. He's spoken out about the importance he places on fatherhood by saying that he takes Stella out on "daddy-daughter" date nights once a week.

### **Shakira**

Shakira is a Colombian singer-songwriter. She crossed over into the English market in 2001 (a native Spanish speaker, she's fluent in English and Portuguese, and can speak some Italian, French, and Catalan) with hits like "Whatever, Whenever" and "Hips Don't Lie". Shakira is featured on this season's installment of *The Voice* and recently welcomed her first child (son Milan) with her boyfriend, a Spanish football player.

### **Salma Hayek**

Like Eva and Mario, Salma is Mexican-American. She's known for

her roles in films like *Desperado*, *Dogma*, and *Frida* and the television show *Ugly Betty*. She is married to French billionaire François-Henri Pinault, and the couple has a young daughter. Her charitable work over the years has increased, and she focuses her efforts on raising awareness of violence against women and discrimination against immigrants.

**What do you think – who is your favorite Latin celebrity, and why? Share your comment below.**

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## Shakira Welcomes a Baby Boy



By [Nic Baird](#)

Shakira and Gerard Piqué announced the [birth of their son](#) Milan Piqué Mebarak, Jan. 22, on [Shakira's website](#), reports [People](#). The post explained the name Milan (pronounced MEE-lahn) means dear, loving, gracious, and eager. The [newborn](#) weighed 6 lbs., 6 oz, and the hospital reports both mother and child are in excellent health. "I'd like to ask you all to accompany me in your prayers on this very important day of my life," Shakira tweeted earlier in the day.

**What are some ways to choose a meaningful baby name with your partner?**

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

You don't need a line from Shakespeare to realize your child will be able to live with whatever name you throw their way. You and your [partner](#) should decide together on a name. The process of naming your baby is emotional, and deserves all the significance you give it:

**1. Name books:** Even if just for inspiration, or to explore the different cultural options, name books can be a helpful way to get started. It's a helpful way to remind yourself of promising name choices that might have slipped your mind. Discuss the ones you like with your significant other.

**2. Traditional choices:** Consider naming your [child](#) after a member of your family. It can be a meaningful way to symbolize the unity and [love](#) you all share. It can also be traditional to give your baby a name with religious significance. Just make sure it speaks to you and your partner personally.

**3. Mutual enthusiasm:** While most every name has some significance, meaning, or at least a history, you and your partner should pick a name you both enjoy above all else. Give every suggestion some thought, but don't make any hasty suggestions. If you both find ones that feels right, then that's good enough.

What are some ways to choose a baby name? Share your comments below!

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## Shakira Is Expecting



By Nicole Weintraub

Shakira Junior is on the way, according to [UsMagazine.com](http://UsMagazine.com). The singer recently announced that she and her boyfriend of a year and a half, Gerard Pique, are expecting their first child together. The couple confirmed their relationship back in March of 2011 after Shakira broke things off with her boyfriend of over 10 years, Antonio de la Rua. Shakira and Pique, a Barcelona soccer star, are excited for the newest

arrival to their family.

**What are some ways to tell your partner about an unexpected pregnancy?**

**Cupid's Advice:**

Pass the rolls – I'm pregnant! Here are some ways to tell your partner about an unexpected pregnancy:

**1. Prepare them:** Instead of just coming right out and spilling the secret, you might want to say something leading up to the big news. Give them a moment to prepare themselves so they are not completely floored by the news.

**2. Make it fun:** Be creative and have fun with it! Be sure to have a video camera ready to record their reaction since this will be a moment you will want to have on file for future use.

**3. Don't tell anyone before them:** Don't tell anyone else before your partner if you want to be the one to tell them. News travels fast and you don't want them to find out through someone else before you've had a chance to reach them.

**How did you tell your partner that you were pregnant? Share your stories with us.**

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# Shakira and Boyfriend of 11 Years Split







It looks like Shakira and her long-time boyfriend are the newest members of the celebrity breakup club. After 11 years of dating, the Colombian singer and Antonio de la Rue have decided to call it quits. "There was no big drama, it's just one of those things where they had been together a long time and realized they were more friends and business partners than lovers," said an insider. However, according to *UsMagazine.com*, there is hope for the two to reconcile in the future. "We view this period of separation as temporary and as a time of individual growth as we continue to be partners in our business and professional lives," Shakira wrote. "Our friendship and understanding of one another is unwavering and indestructible."

**What do you do if the romance in your relationship is dwindling?**

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

Sometimes when couples are together for a long time, they forget what made them love each other so much in the first place. Cupid has some ways to heat up a dwindling flame:

**1. Surprise them:** An unexpected vacation, date or even a gift is the perfect way to melt someone's heart. If your partner mentions something he loved at a store, leave it on the side of his bed the next morning ... just because.

**2. Try new things:** If your Friday nights are consistently TV and pizza, it's time to change it up a bit. Go to that restaurant you both always wanted to try! Who says you're all out of 'firsts'?

**3. Resort to old tricks:** Go back to your original courting days. Leave cute notes on the refrigerator, visit each other at work and go back to where you had your first date. Puppy love is the best kind of love!