

# Look Like a Victoria's Secret Model with These Celebrity Workouts



By [Melissa Lee](#)

The Victoria's Secret Angels are known for their absolutely *killer* bodies. We're in the dark days of summer, and if you're still working on that beach-ready bod, it may be helpful to try out some of the VS Angel's workouts. Although they haven't shared all their fitness secrets with the public, we might as well take advantage of the tips they have revealed – plus, you may be so confident that you'll even feel like an Angel yourself!

# Check out these celebrity workouts guaranteed to tone your body!

**1. Running:** A basic one, but running actually has so many benefits. Running has been scientifically proven to help improve your health, prevent disease, lose weight, relieve stress, and boost your confidence. With all these perks, *why wouldn't* you want to start running?

**2. Rock Climbing:** This activity helps build muscle and endurance, in addition to building lower body strength and lean muscle mass. Plus, it's not your typical every day exercise, so it's a great way to get a good workout in while having some fun.

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

**3. Planking:** Planks are an amazing upper-body strength workout with a bunch of variations that tone different parts of your body. Along with toning your core, planks can also work your glutes and hamstrings, and improve both your balance and posture.

**4. Hiking:** Hiking is a powerful cardio workout complete with a great view! Some benefits of hiking include strengthening and toning muscles (similar to running), as well as improving endurance and stamina. Hiking can also tone your quadriceps, hamstrings, calves, glutes, abs, and hip muscles.

**Related Link:** [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

**5. Yoga:** There are endless pros to yoga, both physical and mental. Yoga can increase your flexibility, muscle strength, respiration, and energy. Additionally, it can help maintain a balanced metabolism, along with improving athletic

performance.

What are some of your favorite workouts? Share your tips below.

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## Kate Upton Responds to Victoria's Secret Snub



The modeling industry is full of critics, but the cover girl for *Sport's Illustrated Swimsuit's 2012*, Kate Upton, showed she can handle the competition and criticism with as much beauty as she exudes in her photos. Recently, Victoria's

Secret casting director, Sophia Neophitou, said Upton would never walk down the catwalk for the famous lingerie company.

According to [UsMagazine.com](http://UsMagazine.com), Neophitou said that Upton was “like a Page 3 girl,” and added, “She’s like a footballer’s wife, with the too-blond hair and that kind of face that anyone with enough money can go out and buy.” Even though the comments were harsh, Neophitou’s words didn’t seem to phase the model, and she politely responded to the slams by saying, “I’m doing fine in my career, I don’t need to walk down their runway so it’s all good. She can think that, and I can think whatever I want about her.”

**What are some positive ways to deal with negative comments?**

### **Cupid’s Advice:**

Being able to take criticism and negative comments gracefully without getting caught up in drama is a great trait to possess. Cupid has some tips to help you be the bigger person in a bad situation:

**1. Confidence:** Anyone who’s trying to break you down with negative comments doesn’t deserve to see you act vulnerably, so stay confident. Stand up for yourself without criticizing the other person, and you’ll win the battle.

**2. Class:** Perhaps the worst thing you can do is to give in to the teasing, and join in by firing back with more negativity. Nothing good can come out of it, and you’ll leave feeling defeated and frustrated. Instead, ignore their comments or use the criticism constructively to better yourself.

**3. Turn the tables:** No matter what age you are, you’re going to come across bullies. If someone starts bothering on you, calmly and curiously ask them, “Why do you feel the need to pick on me? What did I do to you?” Often, they’re not going to have a justified reason, and it has a lot to do with their own insecurities.



How do you handle negative comments and criticism? Share your comments below.

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## Rumor: Is Adam Levine and Anne V's Relationship On the Rocks?



If the reported relationship woes are true, then Adam Levine will have to find someone else to serenade. [UsMagazine.com](http://UsMagazine.com) reports that the Maroon 5 frontman and Victoria's Secret model Anne V's relationship may be over after two years. A source says that the duo got into a fight,

and she dumped him. The source also said that the reason behind the arguing is that V doesn't think "he treats her well." To add to that case, Levine did not have his date with him at the Golden Globes. Despite this, Levine's rep struck down the rumor as "100 percent not true."

**What do you do if your partner doesn't treat you well?**

**Cupid's Advice:**

Nobody should be with someone who treats them unfairly. Cupid has a few tips on what to do if you feel this way:

**1. Have a 'sit down':** You and your partner need to be able to sit down and talk your issues out. The only way to see the relationship work is if you can talk everything out without being over emotional.

**2. Stay calm:** Blowing up is the last thing you want to do. You'll end up saying things you regret, and you can't take those things back. Remain calm and rational if at all possible.

**3. Keep your distance:** If all else fails, then walk away. This should be the last resort, but in the end you deserve to be happy and with someone who treats you well.

**What did you do when your partner started treating you poorly? Share your experiences below.**

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**Find Out Victoria's Secret**

# Angel Adriana Lima's Valentine's Day Wish



Winning a supermodel's heart this Valentine's Day may be easier than it looks. As Victoria's Secret Angel Adriana Lima told [People](#), roses seem to be the key. "If my husband sends them to me at home, I'll be very happy. There's nothing better than to receive flowers from someone you love," said Lima. Other supermodels said they desired gifts with a personal touch such as hand-written notes on Valentine's Day.

**What are some ways to show your partner you care on Valentine's Day?**

**Cupid's Advice:**

Showing that special someone you care on Valentine's Day or

any other day of the year doesn't have to be expensive or over the top. It seems to be the little things that make the biggest impressions. Cupid has some tips:

**1. Tell them how you feel:** If you love someone, you can't say it enough. There are so many ways to say "I love you," such as via social media or the old fashioned way with a handwritten note.

**2. Send a gift:** Make your partner feel special by sending them a small gift such as flowers to their home or office.

**3. Go out with eat:** Show your partner you care and want to spend time with them over a special meal. Stay home and cook or make reservations at a classy restaurant.

**What are you dreaming of getting from your partner this Valentine's Day? Share your wishes below.**

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# **Victoria's Secret Model Doutzen Kroes Marries Sunnery James**







Over the weekend, surrounded by 30 of their closest friends and family members, Victoria's Secret model Doutzen Kroes and producer and DJ, Sunnery James were wed. According to [The Hollywood Gossip](#), the couple were married "in a small, private ceremony in her Dutch hometown of Eastermar." Pregnancy didn't stop Doutzen Kroes from donning a dress created by Spanish designer Pronovias or taking a honeymoon "on an island just north of Madagascar." They better enjoy their vacation, too; their baby boy is expected in January.

### **How can you plan a wedding with a baby on the way?**

Cupid's Advice:

A pregnant bride doesn't have to sacrifice her wedding dreams. Cupid's got some things to consider:

**1. White wedding:** Be sure to take into account your growing belly and schedule dress fittings more frequently as the special day nears. When it comes to shoes, try a low, chunky heel for the ceremony and consider bringing an alternative shoe for the reception. There's no reason you shouldn't be

joining everyone on the dance floor!

**2. Wining and dining:** Planning the reception menu for your guests doesn't mean you have to throw prenatal care out the window. Consider choosing healthy foods and nonalcoholic alternatives to champagne. And stay hydrated with water and slices of lemon, limes, or strawberries.

**3. The Honeymooners:** Don't be afraid to jet set to the romantic destination you and your partner have had in mind, if your pregnancy is in its early stages. With pregnancies nearing the end, it's best not to stray too far! This doesn't mean your getaway plans are ruined; there are plenty of places to stay in the USA.