

# Biggest Loser's Sam Poueu Proposes to Fellow Contestant Stephanie Anderson



It's official! Former *Biggest Loser* contestant Stephanie Anderson plans on saying "I do" to fellow contestant Sam Poueu, according to [Us Weekly](#). Poueu popped the question at NBC's *Biggest Loser* ranch in California. "I wanted to go back to the ranch, because that's where it all started," said Poueu. The two, who collectively lost 241 pounds on the show, are now ready to build a life together, and they want their *Biggest Loser* family to be there when it happens. "They know what we've been through," says Stephanie Anderson. Though the groom's brother will be his best man, his cousin and partner on the series, Koli Palu, will be a groomsman. Between the announcement and the wedding decisions, the couple has been too caught up in all the excitement to set a date!

**What are ways to decide who will be at your wedding?**

## **Cupid's Advice:**

Like Sam Poueu and Stephanie Anderson, engaged couples have to face the difficult decision of who to have at their wedding. Cupid has some tips:

**1. You couldn't imagine it without them:** The first thing you should consider when deciding on guests is what the wedding would be missing without them. Consider looking at wedding photos 10 years down the line. If you want to see them in the memories, invite them to the wedding.

**2. You've known them for a long time:** Next, you should think about the people who have been present in your life the

longest. Usually these are the people who will still be in your life long after the wedding!

**3. You attended their wedding:** If you still have room for more guests, invite those who invited you! If you were special enough to be in their wedding, return the favor!