

Dating Advice: How to Avoid Holiday Weight Gain!



Suzanne Oshima

Founder of Single in Stilettos
Matchmaker & Dating Coach at
Dream Bachelor & Bachelorette

Tracy Campoli

Lifestyle & Wellness Coach
TracyCampoli.com

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert and fitness guru Tracy Campoli to offer their best [dating advice](#) for those trying to maintain their weight during the holidays. Learn how you can stay fit this Valentine's Day with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. **Start off right.** Eat a healthy breakfast, it's the best way

to start off the day. You'll feel good throughout the day if you eat something nutritious. This way you'll crave healthier food for the rest of the day.

Related Link: [Dating Advice: How To Handle a Bad Date?](#)

2. Calm down. Don't freak out if you notice you've gained some weight. You're busy and stressed enough, you don't have to worry about your body too. Take a moment to meditate, and don't be afraid to reject unhealthy food.

Related Link: [Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!](#)

3. Mark calendars. Write down the time you want to dedicate towards working out. Putting it down on paper will make you accountable. Be realistic with your fitness goals also, you're not going to work out extra during a busy holiday schedule.

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