

Dating Advice: Don't Lose Weight to Find Love!



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Duana Welch to offer their [dating advice](#) on why you shouldn't lose weight to find love. Learn how you can be confident and find a partner with the following dating tips!

Dating Advice On Handling Weight And Relationships

1. Men prefer voluptuous silhouettes. This one may seem obvious, but it must be reiterated that men generally prefer women with a little cushion. It's a biological instinct

because men are searching for women who exhibit signs of fertility. As a result, narrow waists and wide hips are universally preferred body shapes. So if you're on the heavier side, go easy on yourself. There are countless men out there who love your body the way it is.

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2. Just be healthy. You don't need to have a perfect body, you just need to have a healthy one. Eat a balanced diet and try to work out regularly. Also make sure to wear flattering clothing, anything that doesn't make you feel good needs to get tossed in a donation bin. If you have to pick between your face or body, make sure to pick your face. It'll make up for any flawed body parts long-term.

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3. Find a man who accepts you. Be the best version of yourself always. There's no reason for you to change your physical appearance to please someone who may not even see a future with you. Men who only care about physical attributes are more concerned with immediate satisfaction, ie. one night stands. Men who are less judgmental are not only good for your self esteem, but they're more likely to commit.

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