

# Britney Spears Says She Has a 'Normal' Relationship With Jason Trawick



While most people are sitting around imagining the celebrity lifestyle as wild and crazy, Britney Spears is getting coffee with boyfriend Jason Trawick. According to [UsMagazine.com](http://UsMagazine.com), Spears told Ryan Seacrest that her and Trawick's life "isn't that crazy" on his KIIS-FM radio show this past Friday. "We're really normal," the 29-year-old pop sensation insisted. "We work out a lot. We love to work out. We do stuff together like that. We take walks." The couple has been together since early 2009 and continue to enjoy each other's company ... even when Trawick is 'kicking her butt' in cardio.

**What are some everyday things you can do with your partner?**

## **Cupid's Advice:**

Some people think you need to constantly 'one up' your previous date to keep a relationship interesting. On the contrary, Cupid thought of a few everyday activities that are just as special:

**1. Walk together:** Whether you walk to get in shape, to get to work or just to enjoy the weather, you can be doing so with your partner. It's a great way to just enjoy each other's company for an extended period of time, while relaxing and breathing fresh air.

**2. Eat together:** At the very least, share meals! There's no reason you can't dedicate at least one meal per day to your significant other. This will give you both a chance to compare days.

**3. Watch together:** Don't you just hate when everyone's talking about a movie or TV show that you haven't seen yet? Well, instead of looking at it as an experience you're missing out on, look at it as a suggestion for you and your beau's Friday night! It gives you something to talk about in addition to something to enjoy.