

QuickieChick's Video Dating Tips: How to Avoid the 'Boyfriend 15'



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Avoiding 'Boyfriend 15'

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House addresses the issue that your girlfriends *never* bring up in conversation: those few extra pounds you have put on since spending time

with your new man. Whether you've already put the weight on, or afraid of gaining some in the future, our dating expert gives you advice on how to lose and avoid the dreaded 'Boyfriend 15'. Time to take notes, ladies!

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Tell us: How do you avoid gaining weight in a relationship?