

# Celebrity Couple: Scott Disick Upsets Kourtney Kardashian with Comments About Post-Baby Weight



By Meghan Fitzgerald

Scott Disick is up to his usual nonsense yet again. While the beautiful Kourtney Kardashian is shaping herself up for this summer's bikini season, boyfriend Disick, is attempting to speed up the process. On the latest episode of *Kourtney and Khloe Take Miami*, Kourtney stepped on the scale weighing a tiny amount of 115 pounds. [UsMagazine.com](http://UsMagazine.com) reported that Disick continued to say "Do you know what you're supposed to weigh for your average weight for your height?" [Los Angeles Times](http://LosAngelesTimes.com)

describes how Disick told Kourtney 93 pounds is the “dream” weight. She then broke down to tears, saying she wanted to do it the healthy way. Good for you Kourtney, stick up for yourself in this relationship!

## **What are some ways to stay in shape as a couple?**

### **Cupid’s Advice:**

Staying in shape as a couple is both a physical and a mental obstacle. It is essential to keep healthy, diet, and keep the communication strong as you continue on with your relationship. Although it may be challenging to stay in shape due to you and your mate’s schedules however, it is manageable. Cupid has some advice on how to do this:

**1. Yoga:** Yoga is a mental and physical activity. It obviously exercising your body, leaving you in shape, toned, and leaving happy. It also keeps your mind aligned. Keeping you in balance with the nature and your thoughts. Doing this activity together as a couple will keep you both synced together in the relationship. It also assures that the two of you will stay in shape both physically and mentally.

**2. Dieting:** Keeping your diet healthy obviously keeps you healthy. Not only does it keep your body in tuned however, you mind becomes clearer, more sharp and alert. By fueling your body with healthy items, you overall become healthy. Dieting is a great thing to do when you’re in a relationship, the two of you can keep watch on each other. Also, it gives you slight motivation on who can get fit the quickest, or whose losing the most weight. Go on and buy those veggies!

**3. Outdoors:** Going outdoors, whether it be hiking, fitness walking, or what not; it kicks your butt in shape. Hiking especially keeps your mind body, and spirit aligned. It tones your legs, your arms. It decreases your stress and anxiety, it strengthens your skill and ability. Fitness walking is more

for the average person. Hiking requires strong endurance, and motivation. Fitness walking can be kicked up with hills, pushing around a stroller if you have kids. Either way you and your partner are getting in shape!

**How do you and your couple stay in shape? Explain below!**