

# Expecting 'Bachelor' Couple Jesse Csincsak and Ann Lueders Go Hiking



Former *Bachelor* winner Jesse Csincsak and his pregnant wife, Ann Lueders, still find ways to stay active and healthy together, [People](#) reports. Lueders, who used to jog daily pre-pregnancy, has swapped her jogging sneakers for hiking boots as her and her husband take their two Siberian huskies on two mile walks. Now in her third trimester, Lueders and Csincsak have toned down the level of exercise in their lifestyle, but they haven't cut it out all together.

**What are some fun ways couples can exercise together?**

## **Cupid's Advice:**

Studies have shown that couples who exercise together, stay together. Being fit and healthy isn't just good for you, but for your relationship as well:

**1. Walk it out:** Take a tip from the *Bachelor* couple, and get moving. Walk, jog or hike. Whether it's with the dogs, around your neighborhood or a trip to the state park, the quality time you spend together is irreplaceable.

**2. Make goals:** Set goals together, and watch each other accomplish them. The support and dedication to make each other succeed will create a stronger bond.

**3. Challenge each other:** Sign up for your city's 2011 marathon, and train together. There's nothing more important than a support system. Teaming up with your partner and getting through a challenging event together, can only help strengthen your relationship if you face bigger obstacles down the road.