

# Cupid's Weekly Round-Up: Creating a Healthy Lifestyle With Your Partner



By Maria Darbenzio

Leading a healthy lifestyle can keep you looking good and feeling even better. It's easier to stay on track when you have someone with you, taking the same steps as you are. We gathered these great articles from our partners to help you out on your journey:

**1. Get moving:** Being active is a great way to keep your body healthy. You and your partner will be great workout buddies and really motivate each other to do your best. There are a large number of mobile apps available to help track your progress. Check out this list of the top five free fitness apps. (GalTime.com)

**2. Set an example:** Children often look up to people who are older than them, thus influencing their attitudes about nutrition and fitness. To help your kids live a healthy lifestyle, you have to first show them that you're committed to being healthy. Plan physical activities for the whole family and make exercise a fun time to spend together. (GalTime.com)

**3. Practice moderation:** Even though you and your partner are dedicated to eating right, it's okay to revamp your date night with a bit of moderation. Try a new recipe, regardless of its calorie count, and let the good times commence. Consider this idea next time you're in the kitchen. (YourTango.com)

**4. Be inspired:** Take a look at other families that have

committed to a healthier lifestyle. Autumn Calabrese, a celebrity fitness trainer, knows that your schedule can get hectic. She recently launched her 21-day fix and explains how you can involve the whole family. (CelebrityBabyScoop.com)

**5. Have a positive mental attitude:** Being healthy doesn't only mean eating right and getting enough exercise. It also means that you have to stay in a positive frame of mind, especially when it comes to your relationship. Take some time to reflect on all of the good things about your love and tell your partner to do the same. We've included this list of funny movie marriage quotes to get you and your man laughing. (YourTango.com)

**How do you keep both yourself and your relationship healthy?  
Let us know in the comments below!**