

Find Out How Jennifer Aniston Got Bikini Ready For Vacation with Justin Theroux



By Ann Luther

Jennifer Aniston perfected her already famously tight body in preparation for her beach vacation to Bora Bora in celebration of fiancé, Justin Theroux's birthday and the couple's two-year engagement anniversary. Aniston's long-time yoga instructor, Mandy Ingber spoke of her starlet student saying, "we add a little more cardio to the yoga, but also what she puts into her body is essential. That really is 80 percent of it ... it's not a big deal if you have a bite of this or that if you are mostly eating well." According to UsMagazine.com, Aniston's self-discipline is what keeps her body in top condition.

How can being healthy and in shape help your relationship?

Cupid's Advice:

Taking care of your body can sometimes fall last on your to-do list. However, a clean and healthy lifestyle can benefit both you *and* your relationship. Check out how below:

1. The couple that sweats together stays together: Your partner is your perfect gym buddy. Exercising together will allow you to spend more time as a twosome while doing something beneficial for both of you. You can be each other's motivation and reward.

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2. A reminder that you've still got it: You're beautiful at any size and your guy should know that. However, firming your back side, shrinking your thighs, and toning your arms will demand your beau's attention. Plus, seeing your fellow impressed will make you feel amazing.

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3. Extend forever: Maybe you won't live forever; but, if you plan on spending your lives together, it would be nice to add a few more years. Maintaining good health will help you to live and therefore love longer. There's nothing more romantic than saying you want as much time as life can give you with one another.

Do you incorporate health in your relationship? Share with us in the comments below.