

# Brooke Burke Shares Love Life Secrets



What's the secret to keeping the romance alive in your relationship? According to Brooke Burke, exercising regularly is a big part of it, reports [People](#). The *Dancing with the Stars* host told *Shape* magazine, "First, you need to be healthy ... That means exercising to relieve stress and build energy." Even with four kids at home, the 39-year-old former model and her partner David Charvet, also 39, still make time for each other. "Sometimes we're so tired, it's just a glass of wine and a good night's sleep. But the point is that we're making a commitment to each other and saying, 'We love the kids, but we matter too.' "

**What can staying healthy do for your love life?**

**Cupid's Advice:**

Staying healthy is great for your physical and emotional well-being. Cupid has some ideas on how it can also improve your love life:

**1. Self-confidence:** When you eat right and work out, you feel better. The confidence you gain from being healthy will make you even more attractive to your partner.

**2. Energy:** If you constantly feel exhausted, try exercising to relieve stress and get an energy boost. Now use that extra energy to reignite the spark in your relationship!

**3. Group effort:** Work out with your partner, and cook healthy meals together. Not only are you more likely to stick to a healthy lifestyle that way, but it also provides a lot of great bonding time.