## 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 <u>People</u>. 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 wellbeing. 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.