

# Reality TV Stars Kirk and Laura Knight Talk About Staying in Shape and the Possibility of Parenthood



By Kirk and Laura Knight

**Kirk:** Oh my gosh, what an awakening this week! After looking through our wedding photos, my wife so cleverly picked out a picture that happened to show me at my heaviest weight. This was her subtle hint to tell me about my weight gain -- and I'm glad she did. Since Laura and I began our [relationship and love](#), I have gained forty pounds. It seems like the traveling, eating out, and drinking have finally caught up with me. So I immediately needed to go into workout mode.

# Celebrity Couple Kirk and Laura Knight Work on Getting Healthy

**Laura:** I am a certified pilates instructor and felt that Kirk would greatly benefit from taking my classes. He needed to get his body moving, and I was hopeful that he would embrace this type of exercise since I was coaching him through the sessions. Next on the agenda was getting him to start eating healthy. As you saw on this week's episode of the reality TV show *Newlyweds: The First Year*, I set up a "food intervention" with our good friend and personal trainer Biani. The goal is to bring a little more awareness to what Kirk was eating and help him make some healthy alternative food choices.

**Related Link:** [Kirk and Laura Knight Prepare For Tonight's Premiere of Bravo's Reality TV Show 'Newlyweds'](#)

**K:** Being so out of shape really made it difficult to get through the pilates class. I'm even more out of shape than I thought – this is going to take a lot of work! During the intervention, I was trying to make light of the situation by stealing some candy and requesting that the girls cook with their shirts off. In order to get healthy, I think I'm going to have to take this more seriously!

## Reality TV Stars Talk About Becoming Parents

**K:** On top of all the pressure I feel to lose weight and get into shape, Laura is really ready to start a family and have a baby. She brought up the "baby" discussion over dinner, and I just feel like I need a little more time. We have a very free life filled with traveling and having fun, and I know that a baby will change all of that. So I want to make sure that we are both on the same page. To add to the current pressure, we attended a family party where everybody in attendance had only

one goal: to make sure that we are planning on having a baby.

**Related Link:** [Kirk Knight of Bravo's 'Newlyweds' Details His Hawaiian Honeymoon and Reveals Possible Baby Plans](#)

**L:** Kirk and I have spoken many times about starting a family, but it seems that we are a little off on our time frames. Hopefully, we can get on the same page soon because I want to be a mommy...

*What's up next for this celebrity couple? Tune in to the realty TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!*