

# Product Review: Everyone Wants To Be An HourGlassAngel



*This post is sponsored by HourGlassAngel*

By [Nicole Caico](#)

If you've heard nothing about waist trainers, that's definitely a surprise! Whether you're a new mom like [Chrissy Teigen](#), or just a woman who desires an hourglass figure like [Khloe Kardashian](#), HourGlassAngel waist trainers are making headlines everywhere.

## Product Review Of The HourGlassAngel Waist Trainer

Waist training is one of the hottest new trends, and while

it's not a workout supplement, it can help increase fitness results. [HourGlassAngel.com](https://HourGlassAngel.com) sells two types of trainers: one to be worn during workouts and one to be worn daily, for several hours in a row. The waist trainers, or cinchers, come in a variety of colors and designs.

While many celebrities praise the results of the waist trainer, many women are weary because they don't know exactly how they work. "Waist training, by definition, is the practice of wearing a corset or waist cincher regularly to instantly slim your waist, while also supplementing a fitness goal of reducing your natural waist size," explains Ruben Soto, CEO of *HourGlassAngel.com*. "Some women choose to do it only when working out, because many styles like the [Amia Active Band](#) are designed to increase perspiration and maximize any physical activity. Others wear a waist trainer for long hours every day like the [Amia Classic Cincher](#). The more you wear it, the more dramatic the results." Soto also mentions that your waist trainer should feel "snug," but if it is painful or interferes with your breathing, it should be immediately taken off and exchanged for a different size. All trainers need to be worn consistently and paired with healthy diet and exercise to maintain results.

Whether you want to bounce back after having a baby, or just improve your shape overall, investing in an HourGlassAngel waist trainer can help you reach your goal.

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## Celebrity Interview: Celebrity Trainers Sebastien

# and Danielle Lagree Talk Famous Clients, Relationships & Love



By [Michelle Foti](#)

At the heart of the fitness revolution stands Sebastien Lagree, Lagree Fitness owner, developer and innovator seeking to push all limitations of fitness as the world knows it. And in the heart of the fitness mogul is the celebrity love story that has brought him his wife, soulmate and business partner, marrying both of their lives into one. In our exclusive [celebrity interview](#) with the famous couple, the pair dishes on celebrity clients and reveals how they balance their relationship and love with their booming careers.

# Celebrity Trainer Talks About Celebrity Clients and Gives Relationship Advice

Lagree has had a host of celebrity clients, ranging from Kim Kardashian to Sofia Vergara to the First Lady herself, Michelle Obama. “I have enjoyed working with all my celebrities,” Lagree says. “Some were more personable than others. For example, Sofia Vergara is very cool and she is very funny.” Luckily, the celebrity trainer hasn’t had to deal with any divas! “That would be the worst!” he says.

## Celebrity Interview: Famous Couple Talks Relationships and Love

It only took this famous couple five weeks from the moment they met to say “I do” and take on the world as Mr. and Mrs. Lagree. Other developments bearing the Lagree name took a bit more time to come into fruition, but once Lagree crafted the Lagree Fitness Method, a snowball of new innovations soon followed. Lagree’s Supraformer released last month, joins the ranks of the Proformer and Megaformer in the lineup that breeds physical, emotional, spiritual, sexual, mental and tactile awareness, according to Lagree. Entering 2016 it is the same Lagree, bigger plans. Lagree will even be opening his first fitness studio in Los Angeles, California this year as well, with wife Danielle heading the studio operations.

**Related Link:** [Ivanka Trump: “I Don’t Stress About Being Balanced”](#)

After duty calls, “Call of Duty” it is. In our celebrity interview, Danielle reveals that marriage always comes first in her book. The married couple always tries to fit in a game

of “Call of Duty” after a busy day working. Dinner dates, movies, hiking, traveling and spa days are activities the couple enjoys as well. But when stress relief is on the agenda, the couple dives down deep into the depths of the ocean with creatures that may frighten some. The couple that shark dives together stays together, right? Well, that may not be the only factor that contributes to a healthy relationship and love. Lagree says he and his wife communicate and help each other out a lot.

But for Danielle, the separation of home and work is key. “We both love the work we do,” Danielle says. “Working with your husband is quite different than the husband at home at night. When we get home we try not to talk about anything work related.” Lagree acknowledged that the beginning of relationships are especially difficult because all you want to do is spend time with your significant other. “Hopefully, your partner has the same goals and will want to spend their time the same way you do,” Lagree says.

**Related Link:** [Arielle Ford Gives Relationship Advice in New Book “Turn Your Mate Into Your Soulmate”](#)

Perhaps fitness can be an area of common interest! “I think that if both partners like to workout, it makes it a lot easier to stay fit and healthy,” Lagree says. “We have a lot of couples coming to the studio and workout together which I think is awesome.” In fact, Lagree has created fitness routines suited for both men and women with the interest of couples in mind. “Getting or staying fit and healthy can be enjoyed together and one does not have to choose between the two,” he added.

**Related Link:** [Relationship Advice: How Your Relationships And Love Affect Your New Year’s Resolutions](#)

The couple has a lot to look forward to in the year ahead including Lagree’s autobiography, a documentary, the new

workout and the studio. Amidst all of the craziness Danielle says, “You always need to find time to spend with the one you love.” Diving with the sharks or staying dry for a nice walk along the sand, it may not matter so much what you do, but who you are doing it with.

*You can keep up with Lagree Fitness by visiting their [website](#)!*

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## Product Review: Get Fit with Gaiam's New Versatile Spring Workout Attire!



*This post is sponsored by Gaiam.*



By Jenna Bagcal

The start of spring symbolizes new beginnings, whether they are in friendships, love, or your fitness routine. To get ready for summer and shed those extra pounds you might have gained over the long winter months, get fit with Gaiam's new versatile spring workout gear! In this product review, learn about the Curve Capris and the Hooded Petal Long Sleeve Tee, both of which are perfect to wear during your workout and long after you're finished at the gym. These stylish workout clothes are functional *and* fashionable, so you can plan a fitness [date idea](#) for you and your honey or wear them while running errands after spin class.

## **Get a Fresh Start With Your Fitness Routine, Thanks to This Gaiam Product Review**

In celebrity gossip magazines, stars are photographed going to the gym, grabbing lunch, or walking their dogs in cute and comfortable fitness clothes. Thanks to Gaiam, you can emulate your favorite A-listers with two of the company's products from their new line of spring apparel. Make sure you stay stylish and comfortable, whether you're working out or hanging out!

The first item in our product review is the Curve Capris, which fit on the body snugly while still allowing for a wide range of movement during exercise. These capris sell for \$60 and come in five fun colors, from true blue to a funky black gaia print. They feature SOFTech Fabric, a super soft, breathable, and quick-drying fabric that is perfect for warm spring and summer workouts. The mesh detailing and ruching in the fabric adds a fashionable touch to your everyday performance wear. Plus, the wide waistband on adds comfort as well as convenience, thanks to a small pocket inside to store

items like keys and chapstick.

Pair your comfy Curve Capris with Gaiam's Hooded Petal Long Sleeve Tee, which can be worn three different ways. This hoodie not only looks and feels great, but the convertibility adds variety to your workout gear and makes it feel like you have three different shirts in one! This \$46 long-sleeve tee comes in three colors and features the ultra-comfortable SOFTech Fabric. The slouchy hood can be worn over the head, off the shoulder, or as a cowl neck to make sure you stay chic during your workouts or while casually hanging out with your beau.

*Both of these products run from sizes small to extra large and can be purchased on [Gaiam.com](http://Gaiam.com).*

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## Gaiam Product Review: Stay Fit During Pregnancy with Desi Bartlett!







*This post is sponsored by Gaiam.*

By [Rebecca White](#)

Learning how to listen to your body is of the utmost importance, especially during pregnancy. While you're waiting for your bundle of joy to arrive, prenatal yoga will calm your mind, relax you, and build your endurance to prepare you for the journey of motherhood. To help pregnant women everywhere, Gaiam has teamed up with renowned yoga expert Desi Bartlett to create a new workout DVD called [Prenatal Yoga Workout with Desi Bartlett](#). With our product review, find out how you can stay calm throughout your pregnancy and learn some helpful love advice for you and your honey during this time!

## Product Review of Prenatal Yoga DVD

Prenatal yoga can be very beneficial for your relationship and love life by keeping you stress-free, fit, and centered. However, it will be even *more* beneficial for your baby as he grows in your belly. "Prenatal exercise, including prenatal yoga, is associated with more efficient oxygen exchange for

the baby as well as less clinical interventions during labor and delivery,” Bartlett shares. “It helps with easier labor and delivery as well as recovery time after birth. A sense of calm, security, and trust in our bodies allows mama to remember that her body was designed for this.”

Bartlett, who has over 20 years of experience and has worked with many celebrities, designed the prenatal yoga workout in two sequences so that women would be able to practice yoga in safe, effective segments while achieving inner tranquility. The first sequence is Strong Mama Yoga Workout, which is perfect for increasing strength and endurance, both of which are needed throughout pregnancy and labor. The second sequence is Cool Mama Sequence, which is a great way to maintain flexibility and connect to a deep sense of center and tranquility. Together, they take just over an hour to complete.

The DVD, which currently sells for \$14.98, includes modifications for all three trimesters and allows for adjustments based on energy levels. It also features a warm up and cool down session as well as a Mommy and Me workout for after the baby is born – a quick, six-minute workout designed for new moms to connect with their baby.

Bartlett leaves us with three pieces of advice for staying fit during pregnancy: Don’t forget to breathe; workout for five to ten minutes and see how you feel; and squat! “Enjoy your strength and work with it. If you are feeling more mellow, then allow for that, and take it down a little bit to accommodate your body’s needs that day,” she explains. “If there is a feeling of weakness, extreme fatigue, or nausea, it’s time to stop and consult your medical professional.”

Staying fit during pregnancy won’t just make your labor and delivery easier. It’ll help you bond with your baby and also ensure that you continue to feel sexy for your partner, improving your relationship and love life in amazing ways.

You'll be surrounded by good energy before you meet your newest addition!

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## 'Game of Crowns' Reality TV Star Lori-Ann Marchese Shares Love Advice: "You Can't Expect One Person to Do Absolutely Everything"



By Jenna Bagcal and [Whitney Johnson](#)

Thanks to the popular Bravo show *Game of Crowns*, fans have

been introduced to feisty personal trainer [Lori-Ann Marchese](#). She believes in the concept of fitness by women, for women and proudly shows off the results of her hard work. As viewers know though, there may be a change to her fitness routine if the series is picked up for a second season: “We’re definitely trying to have a baby,” she confirms. “We’re just having fun with it and hoping to get pregnant very soon.” In our [exclusive celebrity interview](#), Marchese shares her fitness expertise and also opens up about her relationship with husband John.

## ***Game of Crowns* Star Shares Workout Tips in Exclusive Celebrity Interview**

Her personal experience and belief system is what led her to open up Body Construct LLC, a training facility that focuses on the specific health needs of women. “Before I started Body Construct, I actually was training with male trainers, and I just didn’t like how they were training me. They were training me as if they were training themselves,” she explains. “I wanted to share my experience with women because I understand a woman’s body. If you want to look good, you have to eat right. You shouldn’t be taking away carbohydrates from your diet; that’s just not a healthy way of living. You’ll still lose weight and gain muscle with good exercise and by eating your fruits and vegetables.”

**Related Link:** [Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support from Their Partners Do Better Overall”](#)

When training her clients, Marchese believes in combining cardiovascular efforts with weights. “With exercise, I usually tell my clients to train three times a week. That’s going

to show results, and that's going to burn the most calories," she shares.

Of course, she knows that many women find it hard to go to the gym or find time to exercise while having a full-time job and a family, so she always keeps that in mind. "I give my clients an exercise program that's going to help them burn fat and help them burn it fast," she says in our exclusive celebrity interview. "You're pretty much out of breath for that hour in the studio, but that's all that you need!"

If you're like many women and hoping to get fit for bikini season, the beauty pageant queen has three simple tips to consider. First, if you have a hard time focusing and motivating yourself, get into a group training program. Second, eat very clean and fresh. "Stay on the outside of the grocery store. Everything on the inside isn't good for you because it's packaged," she advises.

And third, find something that motivates you. "Whether it's a new swimsuit, some short shorts, or a tank top, buy it and hang it in the front of your closet," she shares. "Try it on each week until it fits."

**Related Link:** [Date Idea: Warm Up By Exercising This Winter](#)

## **Bravo Reality TV Star Lori-Ann Marchese Gives Love Advice**

Given her fast-paced life, it's no surprise that Marchese finds it difficult to make time for her marriage, business, television show, *and* social life. Still, the reality TV star offers the following love advice: "You and your significant other have to find a middle somewhere. For me and John, I work a lot, and he works a lot, but whoever comes home first cooks that night. You can't expect one person to do absolutely everything – that's impossible."

Although both she and her husband are active, the fitness guru reveals that they don't usually work out together. "I think it can be motivating to work out with your partner, but for me, when I exercise with my husband, he distracts me. All I want to do is sit on his lap, poke him, or make fun of him!" she says with a laugh.

With that thought in mind, she believes that the best workout partner to have is someone who motivates you *without* being a distraction. "If you want to stay focused, you need to exercise with a partner who has the same goals," she shares. "Try to go to the gym or on a run with a girlfriend. That way, you're both there to work out and do your thing."

Although they may not head to the gym together, Marchese is incredibly thankful for her husband's support in other aspects of her life. "He's there for me every step of the way. He's my biggest fan, my everything," she gushes. "He's the one who keeps me going."

**Related Link:** [Exclusive Celebrity Interview: 'Revenge' Star James Tupper Opens Up About His Love Life and Playing David Clarke](#)

So what's next for the reality TV star? To help her fans achieve their fitness goals, Marchese recently came out with a line of meal replacement shakes. She is also developing a Body Construct workout video system. "It's going to include four workout DVDs and also have nutrition plans, grocery lists, and an evaluation. Somebody can buy the system, and they'll have everything they need," she explains.

*You can keep up with Lori-Ann on Twitter @LoriAnnMarchese. Learn more at [bodyconstructfit.com](http://bodyconstructfit.com).*

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# Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen





Learn how yoga can benefit your relationship & love in this Gaiam product review. Rachel Brathen shares love advice through two new yoga programs. Photo courtesy of Gaiam.

*This post is sponsored by Gaiam.*

By Jenna Bagcal

One of the first steps of being able to love someone else is to learn how to love yourself. Yoga instructor, motivational speaker, and *Yoga Girl* author, Rachel Brathen, illustrates the importance of this love advice through her yoga programs. As she shares on her website, “My practice is all about self-love. I want people to come to their mat to be happy and to laugh.” In partnership with Gaiam, the fitness guru is offering two digital-only yoga collections: *Find Your Purpose* and *Release & Let Go!* With our product review, find out how you can become the best version of yourself in your everyday life as well as in your [relationship and love](#).

# Product Review of Rachel Brathen's Digital Yoga Collections

The first of the two collections is called *Find Your Purpose* and is meant to “leave you feeling empowered, energized, and self-aware.” The skills gained from this yoga collection can put you on the path to loving yourself while simultaneously benefiting your relationship and love life. There are five 20-minute Vinsaya flow practices that are included in this collection, including the *Everything is Ok* flow, which is a calm and nurturing start for your day, or the *Rise & Shine* flow to give you that much-needed burst of energy in the morning.

The second collection from Brathen is called *Release & Let Go!* This program, which also features five 20-minute flows, is designed to target areas in your body where you hold a lot of tension. The yogi encourages you to “listen to what your body is telling you” with *The Shoulder Unfolder*, which targets the shoulders, neck, and upper back. Or you can work up a sweat with the *Twist & Shout*, a series that stretches your body to leave you feeling refreshed. Releasing this stress is an important part of loving yourself and becoming a better you for your significant other.

Both of Brathen's programs are available to purchase on [Gaiam.com](https://www.gaiam.com) for \$25 each or \$40 for both. They are available to use on a variety of platforms, including iOS, Roku, Chromecast, Mac, and PC. Since they're digital, you can practice yoga anywhere! So put on your cutest workout clothes, grab your yoga mat, and head to your sweetie's apartment to bond with him while doing these flows.

For more information about these two yoga programs, check out [Gaiam.com](https://www.gaiam.com). Stay tuned for our interview with Rachel about her new book *Yoga Girl!*

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# Product Review: Check Out Gaiam's New Athletic Yoga Collection for Men – Just in Time for Valentine's Day!



*This post is sponsored by Gaiam.*

By Shannon Seibert

With Valentine's Day quickly approaching, it's time to figure out what to get your man for the special holiday. If he seems to have everything he needs, why not get him a gift that will benefit both of you? With Gaiam's new Athletic yoga collection

for men, you can improve his health *and* reduce his stress, paving the way for him to be an even better partner. Take a deep breath and help your man find his chi, thanks to our product review of the Athletic maxTowel and Athletic dynaMat.

## Product Review: Gaiam's Athletic maxTowel and dynaMat

First, check out the [Athletic maxTowel](#) (\$29.98). It's designed to provide the maximum absorbency and the largest coverage to take care of even the biggest of muscles. Towel Dry Tech absorbs twice as much as standard cotton towels and dries in half the time, making sweat vanish almost immediately. This technology makes the towel optimal for any yoga setting. From intense 100 degree hot yoga to a more traditional setting, the Athletic maxTowel is able to absorb even the sweatiest of workouts. That way, your relationship and love won't be negatively affected by your significant other's new workout routine!

At 30 inches wide and 84 inches long, this enormous towel can probably hold both of you on your yoga date, providing the perfect excuse to get even closer to each other. This popular product can even be taken down to the beach or to your local park for a romantic session of sunrise yoga.

Next, take a look at the [Athletic dynaMat](#) (\$39.98). This reversible yoga mat is designed to be wider and thicker than most traditional mats, making it perfect for men. The extra space and support will help him feel at ease as he attempts to master even the most challenging poses. It'll even give him the stability he needs to sneak a glance at you in your tight yoga pants!

"The Athletic maxTowel and Athletic dynaMat are the perfect gift for that yoga-loving man in your life," says Executive

Editor [Lori Bizzoco](#) after her product review. “The oversized towel is soft and plush, and the mat has great support and thickness without being too big and bulky. They’re both a great Valentine’s Day present for that guy who has it all!”

With the proper equipment from Gaiam, your love will be able to head to the gym with confidence. Maybe he’ll even reignite *your* workout motivation! After all, summer will be here before we know it.

*Both the Athletic maxTowel and Athletic dynaMat are available at [Gaiam.com](http://Gaiam.com).*

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## Relationship Advice: 5 Basic Workouts to Do With Your Partner







By [Courtney Omernick](#)

You are half way through the first month of your 2015 resolution to get in shape and the gym is starting to feel routine and tiring. Don't give up just yet. Instead, get your partner involved in your plan by taking into consideration some of the dating and relationship advice below that can really help you build a stronger and more physically connected romance,

**Below is some great relationship advice that involves getting physically fit with five basic workouts that you can do with your partner:**

**1. Squats in sync:** Stand facing each other, while looking into each others eyes and see who can go the lowest doing a squat! Deep squats can really work your quads and glutes and staring at each other doesn't hurt either.

**Related Link:** [Date Idea: Workout Together](#)

**2. Lunges:** Like squats, face each other and alternate forward and backward lunges. Remember to alternate legs in order to work both sides! Lunging in sync with your partner can be a lot of fun and you can challenge one another to see who can do the most.

**Related Link:** [‘Top Chef’ Alum Richard Blais on Healthy Holiday Cooking with Benefiber](#)

**3. The tricep dip:** Make tricep dips more interesting by having the person doing the dips puts his or her hands on his partners knees or quads. Innocent touching while working out is much better than exercising on a cold bench.

**4. Bodyweight partner press:** This move is a lot of fun. The key for women is to trust your man with knowing your weight (lol) and the key for men is helping your partner benchpress yours. Be there to spot them through and never attempt this if you don't think you can bench the weight of the other person.

**5. Double tree pose:** If you are looking for relationship advice that will help you bond with your partner during a work out then the yoga is the perfect solution. And the double tree pose is the perfect move. With your hips touching each other, try to stretch them out while working on your balance and posture. Hold this move for a few counts and then switch sides.

**What are some other great workouts you can do with your partner? Comment below!**

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# The Muse Headband from Gaiaam Will Help You Relax and Replenish



*This post is sponsored by Gaiaam.*

By [Sarah Batcheller](#)

Do you frequently find yourself succumbing to stress caused by your job or family? Is your love life often put on hold because you need to manage that stress? Whether you're a busy bee with no time to relax or you're living a laid-back lifestyle and just want to better tune into your mind, body, and spirit, the Muse: the brain sensing headband from Gaiaam is for you. It's constructed to help reduce the stress you experience by giving you real-time feedback on how well you are focusing, thus improving your productivity and allowing

you to stop feeling like your plate is too full.

Similar to the way a heart monitor can sense your heart's activity from the outside of your body, Muse can monitor the electrical impulses from your brain that are emitted while thinking, sleeping, and relaxing. The headband then plays noises to you that reflect the state of your mind: The sounds will be peaceful and calm if you're quiet and focused and become louder and more chaotic as your mind wanders. You are then given feedback via your smartphone or tablet to help you track your improvement. For more details on the science behind Muse, you can visit [meetmuse.com](http://meetmuse.com).

**Related Link:** [Your Soul Needs Nourishment](#)



The Muse headband from Gaiam in black.

If you're all too familiar with trying to balance your relationship with a busy lifestyle, Muse will allow you to clear your mind and achieve the focus and clarity that is necessary to have a successful, fulfilling love life. It'll also help you set aside that important time for self-improvement if you're constantly telling yourself you need more "me time." If you don't have trouble managing all the

aspects of your life and simply want to nurture your mind, body, and spirit and subsequently improve your love life, then you can use the brain sensor to tap into your health.

**Related Link:** [Clear the Clutter](#)

Many people are raving about their successes with Gaiam's brain sensing headband. In one review, a user claims, "Calming and satisfying – it feels good to know that you have a way to calm your brain down with some simple exercises," while another gushes, "I've been meditating for about a year, and it was so wonderful to get real feedback and learn that my mindfulness practice is actually working! Love it!"

With the new year just beginning, now is the perfect time to get started on a more focused and relaxed life. The Muse headband from Gaiam is the perfect addition to anyone's everyday routine.

*For more information, visit [Gaiam.com](http://Gaiam.com) and [Meetmuse.com](http://Meetmuse.com).*

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## Get Fit While You Work, Thanks to Gaiam's Balance Ball Chair





*This post is sponsored by Gaiaam.*

By Louisa Gonzales

Now that summer is almost here, being stuck at your desk during the week might feel like torture. Gaiaam understands that it can be hard to find the time or space to exercise, so their fitness tools are all designed to work not just at the gym but at your own home or office too. To help you focus and get more out of your day, it's time to invest in their [Balance Ball Chair](#), which will easily allow you to incorporate fitness into your everyday routine and help you get ready for those weekends spent in your bathing suit.

It's no secret that Americans spend a lot of time – eight to ten hours, to be exact – sitting at their desks, but thanks to the Balance Ball Chair, you can improve your body while you answer those e-mails, participate in conference calls, and meet your never-ending deadlines. The chair features a patented design that combines comfort and ergonomic back support. It's also effective in strengthening your core muscles as well as improving your spinal alignment. So not only will this core workout improve your overall appearance (helping you feel even sexier for your man!), but it'll make



it easier for you to get through and perform everyday activities.

This workout tool comes with the amazing feature of a removable 52-centimeter Balance Ball that can be used for exercises on or off the chair. If you're hoping to brighten up your office, the chair comes in different colors, including black, green, white, red, or purple.

You'll soon notice a difference in your posture and abdominal muscles – and we bet your partner will too. The Balance Ball Chair is the perfect way to exercise while you work, *and* it'll help you get bikini-ready this summer. As you continue your journey to a better body, think of each day as a new challenge for yourself to get stronger and healthier. Maybe you'll even inspire your beau to get fit too!

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## Restore Yourself This Spring with Gaiam





*This post is sponsored by Gaiam.*

By Louisa Gonzales

Now that spring is (finally) here, it's time to get rid of those winter blues and restore your body and mind. Luckily, Gaiam is here to help! The company, known for its ergonomical and earth-friendly products that encourage you to get healthy and work out in style, offers yoga equipment, workout wear, exercise DVDs, and more. To make things a bit easier for you, we picked our three favorite items from their spring catalog – all essential in your quest for a healthier life.

The Calorie Killer Yoga DVD features five exercises that strengthen both your body and your mind. You'll see notable results in strength, flexibility, balance, and focus; plus, you'll notice an increase in your metabolism. This series will bring your workout to a whole new level, helping you to get physically in shape and emotionally stable. The best part? You can easily complete it in the comfort of your own home, eliminating the need for a pricey gym membership.

If you find yourself slipping on your mat during your workout, it's time to invest in the Grippy Yoga Towel. This moisture-

absorbing towel has a nonslip backing, making it a key ingredient for your successful yoga practice. To add a burst of color to your routine, we recommend the towel in Watercress, a vibrant teal that is sure to brighten your mood.

After you finish exercising for the day, unwind with the 36-inch Muscle Therapy Foam Roller, which will stimulate your muscles and massage your pain away. With these fabulous products from Gaiam, rejuvenate yourself, get your heart rate up, burn those calories, and get that limber body you've always wanted.

Studies have shown that exercise is the key to not only maintain physical fitness but mental fitness as well. Exercise releases endorphins in the brain that can make you happier – and in turn, make your relationship even better. So why not invite your man to join you next time? After all, couples who exercise together, stay together!

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## **Giveaway: Stop Pain From Ruining Your Date Night With the MELT Method**





*This post is sponsored by the MELT Method.*

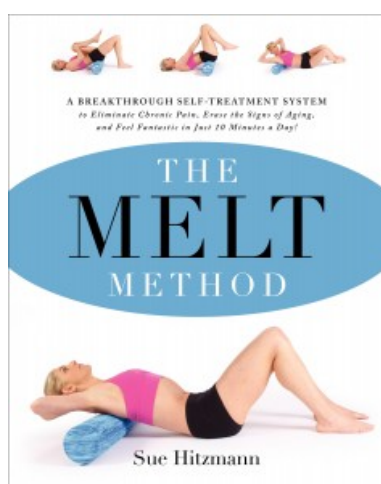
By Maria Darbenzio

As the weather goes through constant changes, so does your body. With springtime and outdoor dates right around the corner, you won't want to spend time with your significant other fighting through pain. The MELT Method helps to eliminate this discomfort, improve your performance, and decrease the stress that builds up from day to day activities. Research has shown that a balanced nervous system and healthy connective tissue can help you leave your pain in the past. With the help of this method, you can go from planning *around* your pain to trying something new – maybe even an adventurous date night. Anyone up for go-karting?

Creator Sue Hitzmann, MS, CST, NMT is nationally recognized and has been in the fitness industry since 1988. She has taught in some of the top clubs around New York City and her video, *Boot Camp Training*, has sold over half a million copies and remains one of the best-selling fitness videos. Taking her knowledge, practices, and education, Hitzman developed the MELT Method to help people of all ages live a better and longer life. The Hand and Foot Treatment Kit is a self-

treatment technique that uses different sized balls to stimulate the area and release the compression in joints that can cause chronic pain and inflammation.

MELTing also can be used to boost your immune system, ensuring that you don't have to keep reaching for your tissues on the first date. It can save you from those runny noses and embarrassing moments, so you can enjoy your night without worrying if your coughing is going to scare them away. Likewise, while the winter months are winding down, people are flocking to the slopes to fit in their last-minute ski trips. If you're worried about falling in front of that special someone, the MELT Method can improve your balance and help prevent embarrassing spills from happening.



Many people have pledged to be pain-free with the MELT Method, and now you can too. One lucky CupidsPulse.com reader will win a MELT Method Hand and Foot Treatment Kit to get rid of chronic pain; it's as simple as using this kit for minutes a day. The kit includes: 6 MELT Treatment balls (2 of each size), 1 Bunion Reducer Band, a 60-minute DVD which features creator Sue Hitzmann, and an illustrated instruction guide. All of this comes in a convenient carrying case that can be taken anywhere.

**GIVEAWAY ALERT:** To enter for a chance to win The Melt Method Hand and Foot Treatment Kit, go to our [Facebook](#) page and click "like." Then, send an email to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com) with the

~~subject "Melt Method" along with your full name and address. The deadline to enter is Monday, March 24th at 5 p.m. ET. Good luck!~~

Congratulations to Carol Zuk!

*Open to US residents only.*

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## Giveaway: Products for Every Practice from Gaia



*This post is sponsored by Gaia.*

By Brittany Stubbs



Do you remember that resolution you made in January? This was going to be the year you got in shape and felt like your best self. Maybe you're wanting to look better for your man, or perhaps you're hoping to impress someone new. Either way, it's not too late. Gaia has some great products to help you get started –even if you've been procrastinating for the past few weeks.

[Gaia](#), pronounced “guy-um,” is a fusion of words meaning “I am Mother Earth.” The company is committed to being eco-friendly and preserving all living things. So not only do their products allow you to reach your physical goals and promote healthy living, but they help you live that “green” lifestyle that is all the rage these days. If you're looking to get into shape in a fun and healthy way, check out these fantastic items.

The [Yoga for Beginners Kit](#) is the ultimate way to jumpstart your yoga practices. With an Alignment mat to help guide hand and foot placement, a brick for proper positioning and support, a strap to lengthen and align stretches, and a DVD that includes two full-length workouts, you'll be ready to start your yoga experience. And the best part is you can do it right in your living room!

Do you hate the sweat and crazy hair that comes with any good workout? The [Sure Grip Headband](#) is a two-inch headband with moisture-wicking fabric that helps keep you cool, while the silicone “stripe” on the inside helps keep it securely in place and tame any flyaway hairs. From doing an intense yoga workout to going on a three-mile run with your man, this headband is sure to come in handy.

Increase your range of motion, alleviate muscle tightness, and improve your posture with the [Multi-Grip Stretch Strap](#). No matter what your level of flexibility may be, the multiple hand-holds along the strap allow increasing degrees of stretch, allowing you to progress and increase your range of

motion. It also includes an exercise guide to help you get the most out of this product.

One lucky CupidsPulse.com reader will win these three products in our Gaiam fitness bundle giveaway! Whether you're doing it for your man or for yourself, everyone needs some motivation to live a fit and healthy life.

~~GIVEAWAY ALERT: To enter for a chance to win this Gaiam Fitness Bundle (which includes a Yoga for Beginners Kit, a Sure Grip Headband, and a Multi-Grip Stretch Strap), go to our [Facebook](#) page and click "like." Then, send an email to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com) with the subject "Gaiam" along with your full name and address. The deadline to enter is Monday, March 10th at 5 p.m. ET. Good luck!~~

Congratulations to Grace Fenley!

*Open to US residents only.*

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## Valentine's Day Giveaway 14: Lipocore Fat Burner by FA Engineered Nutrition





*This post is sponsored by Lipocore.*

By Kristin Mattern

Valentine's Day is all about love, but it isn't just for loving others: it's for loving yourself too! On this day, treat your body like a temple and give yourself the TLC you deserve with Lipocore from FA Engineered Nutrition.

FA Engineered Nutrition is spearheaded by one of the most influential women in the Sports Nutrition Industry, Liz Gaspari, and seasoned fitness professional and international bestselling author, James Villepigue. With their vision of sports health, their company works to provide the most effective products for any body. From cyclists to tennis players to MMA fighters, FA Engineered Nutrition's products provide synergistic effects that bring amazing results to everyone.

Lipocore is one of the best-selling fat burners on the market today, which works by increasing thermogenesis to ramp up the metabolism to melt away fat. This incredible supplement increases the heat in your body to help burn more calories and allows your body to tap into body fat for energy, saving

valuable muscle glycogen for your working muscles. With Lipocore, you'll give yourself a gift that keeps on giving long after the chocolates have been devoured and those flowers have wilted.

~~This Valentine's Day, CupidsPulse.com will be giving away one bottle of thermogenic supplements from Lipocore!~~

~~To enter for a chance to win please email [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com) with your full name, address, email, and daytime phone number NO LATER THAN 10 p.m. EST today. In the subject line, please write "Lipocore." Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Shannon Pacella!

*Open to US residents only.*

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## Valentine's Day Giveaway 10: Satisfy Your Sweet Tooth with PromaxLS Energy Bars





*This post is sponsored by Promax Nutrition.*

By Brittany Stubbs

With Valentine's Day in the air, you're surrounded by chocolate and sugar no matter where you look. We know you want to satisfy that sweet tooth, but that doesn't mean you have to feel guilty about it! With Promax Nutrition's new line of all-natural, lower sugar energy bars, you can indulge in three delicious flavors *without* worrying about the consequences.

Promax Nutrition is a pioneer in the fitness nutrition business. Their mission is to always deliver convenient, nutritious, high-performance products. Recognizing a void in the marketplace for tasty and healthy energy bars, they created PromaxLS in Chocolate Fudge, Peanut Butter Chocolate, and Peanut Butter Cookie Dough flavors. PromaxLS bars are all-natural, gluten-free, kosher, and vegetarian. Plus, they have 18 grams of replenishing protein and 14 grams of corn soluble fiber (56 percent average daily value).

PromaxLS also contains 40 percent less sugar than leading regular energy bars and are made with no artificial sweeteners like sucralose, saccharin, and aspartame. To top that off, the

energy bars contain no preservatives, high fructose corn syrup, trans fats, maltitol, or gelatin. Stevia is used in PromaxLS as an all-natural non-nutritive sweetener to make the bar taste great while containing only 9 grams of sugar versus 15 to 21 grams in other leading regular energy bars.

~~This Valentine's Day, CupidsPulse.com will be giving one lucky winner three boxes of these delicious energy bars from PromaxLS!~~

~~To enter for a chance to win please email [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com) with your full name, address, email, and daytime phone number NO LATER THAN 6 p.m. EST today. In the subject line, please write "PromaxLS." Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Bari Rubin!

*Open to US residents only.*

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## Celebrities Who Lose Baby Weight Fast







By April Littleton

We're all envious of the women we see on the front cover of magazines who seem to lose all of their baby weight as soon as they deliver their child. Some of us blame Photoshop because there's no way these celebrities can drop those pounds so quickly. While other readers credit the rapid weight loss to plastic surgery. This method might be used among some of the famous stars we know, but some of them still enjoy getting their bodies back in the right way:

**1. Jenna Dewan-Tatum:** Just six weeks after giving birth to her first daughter Everly last May, the *Witches of East End* star was back to work – in a size zero. “I wasn’t one of those girls who’s obsessed with losing weight, but that was a pretty good motivator. I thought, I’ve got to fit in the clothes I wore before!” she said in an interview. Dewan-Tatum managed to lose her baby weight so quickly due to the strict diet and regiment she stuck to while pregnant. “I think a lot of women find out they’re pregnant and are like, ‘Let’s go crazy and eat ice cream every day!’ To me, it was, ‘I’m growing a human being, and I want to give this little soul the best nutrition I can,” she said.

**Related:** [Celebrity Couples who Keep Their Relationships Out of the Spotlight](#)

**2. Jessica Alba:** This Hollywood actress used unconventional methods to loss weight after giving birth to daughters Honor Marie Warren (born 2008) and Haven Garner Warren (born 2011). "I wore a double corset day and night for three months," Alba told *Net-a-Porter*. "It was sweaty, but worth it," she added.

**3. Gwyneth Paltrow:** The *Iron Man 2* actress is also known for her commitment to physical fitness. After giving birth to daughter Apple (born 2004) and son Moses (born 2006), Paltrow worked out for two hours a day with celebrity trainer, Tracy Anderson. "It was not easy and, when I started it, it was by far the hardest thing I have ever done – but I really was seeing results so it motivated me to just work through it," she said, according to the Press Association.

**Related:** [5 Celebrity Couples who Are Still Friends After Divorce](#)

**4. Beyonce:** The *Drunk in Love* singer gained 57 pounds while pregnant with daughter Blue Ivy Carter. Three months later, she was back on stage looking her best. Beyonce told *Shape* magazine that she lost the weight by refraining from eating red meat and pasta. She also stayed active while she was training for her tour.

**5. Gwen Stefani:** This singer has the perfect body before and after pregnancy. Stefani is a mother to two boys, Kingston and Zuma. "I worked out with my trainer throughout my whole pregnancy until about two weeks before," she said about her rapid weight loss. Stefani also revealed she's expecting a third son sometime this year.

**Related:** [Top 10 Celebrity Couples of 2013](#)

**6. Shakira:** The Colombian singer lost all of her baby eight just three months after giving birth to son Milan. Shakira

said she took Zumba classes five days a week, participated in yoga exercises and calisthenics. The *Hips Don't Lie* singer also ate eight small meals a day consisted of 1,600 to 2,000 calories.

What other celebrities should be included in this list?  
Comment below.

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## Take a Cue from 'Dancing With the Stars' and Enjoy Celsius Negative Calorie Drink!



*This post is sponsored by Celsius.*

By Kerri Sheehan

It's no secret that the *Dancing with the Stars* cast works up a sweat practicing and performing all of those dance routines every week. And, to start this year's competitors off on the right foot, Celsius gifted the cast with their negative calorie drink. After all, clinical studies show that drinking a refreshing sugar-free Celsius before exercising (or dancing) helps burn up to 100 calories or more per serving. It also boosts metabolism, reduces body fat, increases endurance, and provides lasting energy to power you through your routine and beyond. Stars of the show like Karina Smirnoff, Witney Carson, Jack Osbourne, Corbin Bleu, and new hottie Gleb Savchenko sipped on a nice cold Celsius to kick off the season premiere.

Celsius is powered by MetaPlus®, a blend of ingredients designed to work together to increase calorie burning over a three-hour period. It will make you feel great and ease your mind knowing that the blend of healthier ingredients such as Green Tea, Ginger, Calcium, Caffeine, Guarana, and Vitamins B and C are fueling your body. Even better, studies show Celsius may reduce body fat, increase endurance, and provide greater resistance to fatigue (which means increased energy).

And the team at CupidsPulse.com knows that looking your best and having more energy is great way to boost your dating life! And, for those couples out there, why not use that extra energy you get from Celsius to surprise your lover with a spontaneous date night. This blend of increased endurance and resistance to fatigue is also what the *Dancing with the Stars* cast needs to wow the judges!

It comes in five delicious natural flavors: two non-carbonated green tea flavors, Raspberry Acai and Peach Mango, as well as three sparkling flavors, including Orange, Wild Berry, and Cola. Celsius is also available in "On-the-Go Stick Packets" or powdered drink mix (30 serving canister) that can be added to water or your favorite non-carbonated beverage for a

delicious orange flavor. Grab the healthy alternative negative calorie drink before your next exercise activity and see the difference!

Now, one lucky CupidsPulse.com reader will get to enjoy this fabulous negative calorie drink! We're giving away a swag bag just like the one given to the *Dancing with the Stars* cast. The bag, valued at \$125, includes: a Celsius tank top, a drawstring gym bag, water bottle, one can of each Celsius flavor, and on-the-go-sticks.

~~GIVEAWAY ALERT: To enter for a chance to win the Celsius gift bag, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to win the contest and what your workout plans are. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5pm EST on Monday, November 18th. Good luck!~~

Congratulations to Claudia Gould!

*Open to US residents only.*

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## Get Slim With Your Man Before The Holidays With BistroMD's 17 Day Diet Meal Delivery & Contest



*This post is sponsored by bistroMD. Photo provided by the company.*

By Priyanka Singh

The holiday season is just around the corner, and it's almost time to bring your family and friends together for all of the festivities. If you're looking to put your best foot forward and unwrap a slimmer you before you sit down for Thanksgiving dinner, then bistroMD's 17 Day Diet Meal Delivery is just the thing for you! Not only will you impress your loved ones, but you'll be the ultimate arm candy for your man after shedding those pesky pounds with this diet program.

Preparing meals will no longer be a hassle since this 17 Day Diet is delivered to you without the fuss of cooking, cleaning, and shopping for ingredients. You get seven breakfasts, seven lunches and seven dinners delivered right to your home for only \$184.90 per week. That means, less time in the kitchen and more time to celebrate with your significant



other or mingle with some Christmas cuties.

Sometimes, starting a new diet plan is better when you have a partner to join you, so get your man involved and participate in the 17 Day Diet together. With delicious meals like creamy mushroom omelets, Mediterranean chicken, and even a nice festive roasted turkey breast meal with gravy, you'll both be full, happy, and healthy.

The 17 Day Diet not only helps you lose weight fast, but it ensures that you keep it off as well! The diet utilizes a process called "metabolic confusion" that provides variations in the meals and enables you to shed pounds on a daily basis. Not only are the meals consistent to the diet plan, but they're also hand-prepared by chefs and can be customized to accommodate your specific dietary restrictions. These meals also do not contain artificial sweeteners, MSG, or trans-fat, so you can feel good about what you're eating *and* how you look.

Want to win a month's worth of the 17 Day Diet Meal Plan? Enter bistroMD's "Tweet to Lose" contest and you could win breakfast, lunch and dinner for four weeks, delivered straight to your doorstep and valued at \$739. Two other winners will also have a chance to win the [17 Day Diet by bistroMD](#) for one week, valued at \$184.90. Sign up for the contest between Friday, November 1st and Tuesday, November 12th!

If you don't win, you can still get FREE SHIPPING of the 17 Day Diet Delivery FOR LIFE! For more information, follow bistroMD on Twitter and Like them on Facebook. Happy eating!

\*Weight loss of 1-2 pounds per week is typical. Some individuals may lose more or less, based on individual traits.

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# 'The Biggest Loser' Alum Lisa Rambo Talks Marriage and Weight: "We've Lost Over 180 Pounds Together!"



By Kerri Sheehan

Sometimes, being a loser really can make you a winner! Lisa Rambo learned that truth when she was chosen to compete on NBC's reality show *The Biggest Loser* during season 14. Unless you have been hiding under a box of Twinkies, you probably know that the show chronicles the journey of overweight contestants who attempt to lose the most weight in hopes of getting healthy and winning a cash prize.

Although Rambo was eliminated from the competition during week

five, the show offered a \$100,000 at-home prize and Rambo tried her hardest to win it. But, when she re-entered the real world, the 37-year-old mother of four returned to work full-time as a special education assistant, and felt the pressure of keeping up with the contestants still living at *The Biggest Loser Ranch*.

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Even so, she stuck to what she had learned at the ranch and 80 percent of the total weight she lost was after she left the show. In the end Rambo was runner-up for the at-home prize, losing to competitor Gina McDonald by only a few pounds. Still, she was able to manage the needs of her family while simultaneously taking care of herself. "There is no magic pill. It takes some hard work and dedication, but it's worth every bit of it," she says of her fight to get fit. In order to reach her weight loss goals, she worked out six days a week, usually an hour and a half before work and two hours after work.

Rambo's weight loss efforts inspired her husband to shed some extra pounds as well, and as a result, her whole family adopted a healthier lifestyle. She admits that since their weight loss began they haven't had very many date nights, but they do enjoy the occasional sushi outing with live music. When losing weight with your partner a balance of seriousness and fun is key to keeping your relationship in tact. In addition they have run a few races together and also completed a 12-mile Tough Mudder off-road run and they're both excited about how they feel since tightening their belts: confident and joyful. "We've lost over 180 pounds together but have gained true strength and great courage."

In order to get her family to this place, she had to completely overhaul their routine. According to Rambo, "The

first thing I did was clean out our kitchen and turn our home into a safe place. The changes then became the new normal for the whole family.”

Her husband and children are now far more active too. They have run in a number of events together, and Rambo will soon run her first half marathon with her mom, sister, and daughter in tow. The newly-annointed health food queen suggests this advice to parents looking to shift their family’s lifestyle: “Stick with it and know that your kids will adapt. They’ll also start to crave what they eat. It’ll take time for them to acquire new cravings, but it’s worth it.”

**Related Link:** [Palmer’s Spokesperson Ali Landry Chats About Making Her Family a Priority](#)

It’s no secret that the former *Biggest Loser* contestant has put in a lot of hard work to get to where she is today – even before she appeared on the realty show. In fact, last season wasn’t her first attempt to get cast. She auditioned twice before for seasons 10 and 11, and her inspiration for auditioning this time around was her sister. “She was positive that I was exactly what they were looking for. Her encouragement kept me in it!”

Rambo hopes that her own story will inspire others. “I was always one Monday from the next best diet.” Follow Rambo’s example and make that Monday today so you and your significant other can get on the path to being jolly and fit now. Instead of settling with the way you are, she recommends setting goals for the journey to your happy place. She often found herself reaching mental plateaus, meaning that she would lose 50 or 75 pounds and consider calling it quits. However, after losing over 100 pounds, she realized that she often settled for less than what was possible. She reminds hopeful contestants, “Don’t quit, reach your goal, get your win, and don’t go back!”

*Be sure to tune in for next week's premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! Rambo will be attending The Biggest Loser Walk/Run on October 20th in Eau Claire, Wisconsin, and she will be running in the New York City marathon this November. To see what else Rambo has cooking in her kitchen, you can read her blog, [losingitwithlisa.com](http://losingitwithlisa.com), or follow her on Twitter @LisaRambo.*

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## **'The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"**





By Kerri Sheehan

Like many contestants on NBC's *The Biggest Loser*, 47-year-old Gina McDonald felt like a stranger in her own body. Over the years, she attempted many fad diets as the scale escalated uncontrollably. A lawyer and a law firm owner, she's always been very accomplished in her professional life; unfortunately, her personal life used to be a different story. Back in 2002, poor eating habits, a lack of exercise, and a stressful divorce caused her to reach 245 pounds. Ashamed and left with two young children, the single mother struggled to keep her at home life in check.

Last year, her husband of five years, Chad Eldred, encouraged her to become a contestant on *The Biggest Loser*, and she's hit the ground running ever since. Although she didn't win the show's coveted title, she was able to snatch up the \$100,000 at-home prize due to her ability to keep shedding weight after leaving the ranch. The journey she went through during the show changed her outlook on life and kept her motivated: "I have learned that I am capable of anything. I look at obstacles as just minor setbacks and stay the course."



**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Her first workout on the ranch proved to be the most trying endeavor she faced. “My most challenging obstacle was believing that I could actually do it!” she proclaims with the gusto of a true winner. Once the workout was over, she was overcome with emotion. As a member of Bob Harper’s team, she shares, “I had seen Jillian Michaels’ team falling apart and was so thankful that our team endured.”

Since her time on the show, McDonald’s family has overhauled their lifestyle in a positive way. “I think my weight loss resulted in positive changes for my daughter too. She learned from my guidance that she’s capable of anything if she works hard enough.” McDonald’s daughter has lost 30 pounds, while Eldred has shed a whopping 60! “My kids, husband, and I all try to eat healthy and move every day.”

Eldred was actually her biggest supporter while she was on the show. He stepped up to the plate and managed to play both mom and dad to McDonald’s two college-aged kids during her journey. “He will tell you that he cried every day missing me, but each tear was worth it to have me happy and especially healthy.”

Over the summer, their daughter played chef in the house, but now that she’s back at college, Eldred has taken on the job. “He keeps my fridge stocked with healthy options and has a good meal ready most nights.” The couple is planning to run a half marathon together in December. “I’m training hard! This will be my longest run, and I’m excited to be doing it with Chad.”

**Related Link:** [Date Idea: Make Sushi At Home](#)

Of course, the duo must make a solid effort to balance their workout schedule with spending time together at home. “The perfect night is sitting outside by our pool and having a

small dinner and just enjoying our home.”

According to McDonald, the hardest part of maintaining her new lifestyle has been managing to spend time with her husband and kids while also taking care of her business. “It has taken me some time to settle into my new routine. Not every little thing that goes wrong becomes a setback or an excuse not to exercise and eat right.”

For others looking to go on *The Biggest Loser*, the former contestant stresses the importance of “believing in yourself and never, ever giving up” – a motto that she repeats to herself every day!

*Be sure to tune in for next week’s premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! She’ll also be participating in The Biggest Loser Run/Walk in Panama City on December 29th.*

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## **Giveaway: Celebrate Breast Cancer Awareness Month with Gaiam!**





*This post is sponsored by Gaia.*

By Gabriela Robles

This October, celebrate Breast Cancer Awareness Month with two Gaia products that are sure to get your blood pumping! The Pink Ribbon II yoga mat and Mari Winsor's Pink Ribbon Pilates DVD are great ways to show your support while taking care of yourself. As you may know, Gaia is always committed to offering merchandise for those who long for an eco-conscious and healthy lifestyle. Being a big advocate for breast cancer awareness, one dollar from each purchase of these products will be donated to breast cancer research.

The Pink Ribbon II mat is lightweight and durable with high-texture that your fingers and toes will love as you break a sweat. It's soft exterior will cushion your body as you hit each pose throughout your workout. To offer a bit of motivation, this mat is decorated with inspirational and uplifting words written in white that form a ribbon to express breast cancer awareness.

Another favorite Gaia product is celebrity trainer Mari Winsor's Pink Ribbon Pilates DVD. Stay fit with this new DVD

that has four new 20-minute power Pilates workouts with one session that focuses on recovery. Each workout includes effective programs that will get you into shape in no time! This DVD even comes with a resistance band for quicker, stronger results.

Lucky for you, CupidsPulse.com is giving away Gaiam's Pink Ribbon II mat and Mari Winsor's Pink Ribbon Pilates DVD to one of our readers! To purchase these items, you can find them on Amazon.

**GIVEAWAY ALERT:** To enter for a chance to win the Gaiam Pink Ribbon II mat and Mari Winsor's Pink Ribbon Pilates DVD, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest and what your fitness goals are. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, October 14th. Good luck!

Congratulations to Diana Devlin!

*Open to US residents only.*

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## 'The Biggest Loser' Winner Ali Vincent Says, "We All Need a Support System"





By Kristin Mattern

The first woman to win *The Biggest Loser* – a show that premieres its fifteenth season next Tuesday, October 8th – Ali Vincent really lives up to her motto of “believe it, be it.” She has moved on from reality television to become a motivational speaker and author of *Believe It, Be It: How Being the Biggest Loser Won Me Back My Life*. Vincent continues to live a rich, full life with her new show *Live Big with Ali Vincent* on the Live Well Network.

**Related Link:** [‘The Biggest Loser’ Host Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

The idea for the show began with her book. “There’s a line about how it was ironic that I had to lose half of myself and become smaller in order to live big, and we developed the show from there.” On *Live Big*, Vincent helps her guests’ follow in her footsteps. This season is all about adventure, and her mom, Bette-Sue, is along for the ride. “We’re focusing on our bodies not holding us back as we enjoy adventurous lives.”

The theme of not being limited by one’s body hits home for the

celebrity who, before her time on *The Biggest Loser*, was restricted by her own body weight – an impediment she works hard to never be constrained by again. “I felt trapped because I was ashamed and embarrassed of my body, and I collected evidence for why people were judging me or not giving me an opportunity. I realized, though, that I was collecting the wrong evidence. I didn’t have to change who I was; I had to shift the evidence I was collecting and focus on how I could get healthy and believe in myself.” Her own struggles help Vincent to identify with her guests and aid them through the hurdles they encounter.

Setting goals is how Vincent stays motivated, and she encourages others to do the same. Her personal challenge to herself is to choose three physical activities each year and conquer them. This year, she is running *thirteen* races! She recently participated in the Disney Land ‘Dumbo Double Dare,’ running a 10K race one day and a half marathon the next. “I realized I had forgotten to set objectives in my life,” the television host candidly says. “Now, I make goals that I have to train for, so I have a reason to get up and workout in the morning.”

As a motivational speaker, the star advocates that there is no secret to *The Biggest Loser*, but that each person has everything they need to change their lives. “Who you are doesn’t have to change; who you are is great. There are some habits you have created that need to change, so you really just need to look for areas where you can make slight shifts.” She suggests that people start by setting small, achievable goals and then writing down their progress so they can be motivated by their improvement.

As much as Vincent focuses on fitness and nutrition ambitions, she also stresses the importance of strong relationships, both romantic and otherwise. “We all need a support system,” she explains. “I try to help people recognize what they need in their loved ones so that they can reach their dreams and live



big.”

**Related Link:** [Five Secrets Truly Happy Couples Know](#)

With this thought in mind, she ensures that communication is a priority in her love life. Of her boyfriend, she explains, “We have to talk about things. We come from different backgrounds and different ways of life, so we’re really just trying to support each other and have a healthy, happy, long relationship.” A triathlete herself, *The Biggest Loser* contestant seeks a physically fit partner who is conscious about making healthy choices. While she doesn’t expect her man to do everything she does, she loves for him to train with her from time to time, whether it be cycling or running. “I mean, it’s not the prettiest moment,” she laughs,” but it’s good to have people you can workout with.”

When it comes to date nights, Vincent prefers to go to healthy restaurants or make dinner at home with her beau, though she is up for a good splurge now and then. The key for her is balance: If she has a glass of wine with dinner, it counts as dessert. “I make healthy choices for me, but I don’t want to always be tempted. I want to go somewhere and choose what I want to eat because everything is healthy, not because it’s the one thing I can eat.”

*To learn more about Vincent, visit her [alivincent.com](#) or connect with her on Facebook and Twitter @alivincent. Be sure to watch Live Big with Ali Vincent Saturdays at 5:30 ET/PT on the Live Well Network!*

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# Thanks to Gaiaam, Get You and Your Man Fit this Fall with Yoga!



*This post is sponsored by Gaiaam.*

By Kristin Mattern

August has arrived, and with those summer sunsets dwindling and the chill of autumn entering the air, you realize that you and your significant other never got around to achieving that fitness routine you both set out to do at the start of summer. There were too many barbecues, beach days and cocktail-filled evenings out to really get into the groove of a workout regimen. Now that fall is around the corner, this is the perfect time for you and your man to revamp your exercise goals and get into shape with Gaiaam yoga products.

Gaiam, pronounced “guy-um,” is a company committed to ergonomical and green products that will make you and your sweetie feel good about getting back into your sexiest shapes. They have a ton of amazing products from all things yoga and workout clothes to home goods and more! Plus, they have products specially made for men, so your honey will have no excuse to say that he won’t do yoga because it’s too girly.

Grab your guy and ease him into yoga by working out at home with some of the Gaiam DVDs and yoga mats. Once he is comfortable working up a sweat with you at home, progress to classes at your gym or even join a dedicated yoga studio. When the two of you head to class, bring your Gaiam yoga mat and block with you in one of their many classy yoga bags. You and your cutie will bond over the progress each of you make and connect over a new activity you both enjoy.

At CupidsPulse.com, we love all of Gaiam’s innovative products, but we currently have an obsession with Gaiam’s Paisley Flower Yoga Mat and Flower of Life Yoga Block. The Paisley Flower Yoga Mat has a gorgeous pattern that is reminiscent of natural beauty and recalls the worldly connectivity practicing yoga provides. The bright and lively colors radiate an energetic feeling that makes your workout even more delightful. Additionally, it delivers just the right mixture of padded comfort, grippy surface and lightweight portability – everything you could want in a mat!

You and your man will love the extra challenge the Flower of Life Yoga Block provides for more advanced moves, and you can continue your study by trying more poses than ever before. Both of these items will be on sale this fall on Amazon.com, but right now, CupidsPulse.com is giving ONE lucky reader the chance to win the Gaiam Paisley Flower Yoga Mat and the Flower of Life Yoga Block!

**~~GIVEAWAY ALERT: To enter for a chance to win the Gaiam Paisley Flower Yoga Mat and Flower of Life Yoga Block, go to~~**

our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest and what your fitness goals are for you and your guy. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, September 2nd. Good luck!

Congratulations to Tracey Morris-Downing!

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## Find Your True Weight with the Incredible Dukan Diet



*This post is sponsored by Dukan Diet.*

By [Lori Bizzoco](#), [Whitney Johnson](#) and Kristin Mattern

If you're ready for a diet that works, a diet celebrities use, a diet that will put you at your True Weight *for life*, then you're ready for the Dukan Diet! During this Four-Phase [Weight Loss Plan](#), you'll lose those pesky pounds and settle into a slimmer weight.

Before starting the diet program, you answer a questionnaire calculate your True Weight, a realistic, healthy weight that can be reached and maintained for life. Additionally, you'll be able to speak with an individualized [Weight Loss Coach](#) who will work with you along the way to keep you on the right track. No coach ever gives up on a client, and their approach is tailored to each individual's Dukan Diet profile and lifestyle. The best part? At less than 1 dollar per day, this is the cheapest online diet out there! We at CupidsPulse.com have taken the plunge ourselves and experienced the Dukan Diet firsthand.

During phase one – the Attack phase – you'll eat Pure Protein foods in *unlimited quantities* for up to a week. During this time, you'll lose three to seven pounds. Our reviewers had mixed feelings about this phase. Although it was difficult to stick with an only-protein diet for this time, one reviewer had a positive experience and ultimately did lose the promised pounds when she stuck to this plan. The other reviewer, however, began to feel sick after four days and did not lose any weight. With these thoughts in mind, this diet may not be for everyone, but if you do complete the Attack phase, you can continue to drop the pounds by moving on to phase two.

In phase two – the Cruise phase – you'll see a weight loss of one to three pounds daily while gradually adding vegetables into your diet until your body finds its True Weight. In phase three – the Consolidation phase, which is the most crucial step of this [Low Carb Diet](#) – you'll prevent rebound weight



gain. Carbohydrates will be slowly reincorporated, and you're allowed two Celebration Meals a week! Finally, you move into phase four – the Stabilization phase – in which you *maintain* your True Weight *for life*. No foods are restricted, but you follow three rules: eat three tablespoons of [Oat Bran](#) daily, observe Protein Thursday and incorporate daily walking. During this diet, you'll feel satiated, lose weight easily and *maintain* that weight because your body has settled into its True Weight.



#### HOW IT WORKS:

4 phases to reach and keep your True Weight for life!

- **Phase 1 – Attack:** The first phase kick-starts the diet and results in immediate weight loss, typically 3 to 7 pounds. The Attack phase lasts just 2 to 7 days, during which members may eat 68 Pure Protein foods in unlimited quantities.



- **Phase 2 – Cruise:** Members reach their True Weight during this phase, with typical weight loss being one pound every 3 days. Thirty-two vegetables are added in the Cruise phase and gradual but steady weight loss is achieved by alternating days of Pure Protein with Protein + Vegetable days.

- **Phase 3 – Consolidation:** The Consolidation phase is the most crucial of the program as it helps **prevent the rebound weight gain** that the body will naturally aim to achieve. This phase lasts five days for each pound lost. During Consolidation, **fruit, cheese, bread and starches are reintroduced** to allow the body to adjust to the previously forbidden foods without gaining weight. Additionally, members are allowed **2 Celebration Meals each week**, which consist of an appetizer, entrée, dessert and wine. The introduction of new foods is balanced by Protein Thursday – one day of Pure Protein each week.



- **Phase 4 – Stabilization:** Maintain True Weight for life. No foods are **restricted**, though eating as in the Consolidation phase should be the base, along with 3 simple rules:
  - Eat 3 tablespoons of **oat bran** per day;
  - Observe **Protein Thursday** as in the Consolidation phase;
  - Take the stairs and incorporate **daily walking** whenever possible.

The Dukan Diet is a physician-formulated lifestyle weight-loss program consisting of four phases to reach and keep your True Weight for life. The diet discards counting calories and instead emphasizes lean protein, plentiful amounts of water and daily walking. Plus, it allows unrestricted amounts of 100 healthy foods, ensuring that the dieter enjoys a variety of meals and snacks and never gets bored. The Dukan Diet is designed to help its members overcome common pitfalls and achieve healthy, lifelong weight management. Experience the amazing Dukan Diet and find your True Weight at [DukanDiet.com](http://DukanDiet.com)! **Sign up now and save 25% off Dukan Diet Coaching using the**



**code F13BG25.**