

# Alison Sweeney Talks Relationships And Love in Exclusive Celebrity Interview: “Love Is a Two-Way Street, and Even Though It Can Be Messy, It’s Worth It!”



By [Rebecca White](#)

Alison Sweeney has done it all when it comes to the small screen, working as an actress, director, and even producer. From soap operas and TV movies to hosting a reality TV competition show, she gracefully balances motherhood while

also managing her booming career. While her time on *The Biggest Loser* is now over, the celebrity mom is using her open schedule to pursue other passions. In our [exclusive celebrity interview](#), we chatted with Sweeney about her relationship and love life, her best love advice when it comes to balancing a family and career, and her upcoming Hallmark movie *Love on the Air*.

## Alison Sweeney Talks Relationships and Love

For Sweeney and husband David Sanov, balance is key. When you have two kids and are constantly working on new projects, it's important for each spouse to manage their time effectively. "Dave is my partner," the actress says. "We have been married for 15 years, and each day, we take time to ensure we are there for one another and our children."

She also notes the importance of taking time to relax as a couple. For her and her husband, that means "cooking dinner together and, after putting the kids to sleep, having a glass of wine or some popcorn while watching a movie or catching up on our favorite TV shows." Yes, that is easier said than done, but finding time to spend together is essential. "At the end of the day, your relationship and love is the anchor of your busy lifestyle, and if you make that a priority, you'll be able to tackle all else together," she shares. "We find ways to schedule meetings and playdates, so make the point to schedule quality time with your partner too."

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

Sweeney encourages her kids to take risks by setting a positive example. "I always push myself with new challenges, and producing, directing, and starring in different projects enables me to do just that," she reveals. She encourages busy

moms to explore other passions as well. "Like Nike says, just do it! You don't want to always wonder what might have been," she says.

Of course, handling a full schedule can be hard. Her advice is to "focus on the moment and do your best." Try to manage your time hourly rather than weekly, so it's not as daunting. "At the end of the week, take a moment to evaluate your accomplishments and what you hope to improve in the next week: focus at work, attention to kids, quality time with partner, time for yourself...it all matters," she shares.

## New Hallmark Movie Teaches Love Advice

One of the projects keeping the celebrity mom busy is the upcoming Hallmark movie *Love on the Air*, which marks Sweeney's debut on the channel as both a star and executive producer. Her character Sonia seems to have it all. "She has a great radio show for female empowerment and a successful fiancé, but when she is forced to work with a rival DJ, she's pushed to look at her world and herself in a new way," the actress explains. "The lesson about love that Sonia learns is such a good one to share. Love is a two-way street, and even though it can be messy, it's worth it!"

**Related Link:** [Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire](#)

Sweeney recently realized how much she loves storytelling and making romantic comedies. Thanks to her new partnership with Hallmark, she can do both! As far as her future projects, Sweeney says to "follow me on social media to find out what's next and then let me know what you think!"

*You can keep up with Alison Sweeney on Twitter @Ali\_Sweeney. Tune in for Love on the Air on Hallmark on September 26th at*

# Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire



By [Whitney Johnson](#)

Many fans – myself included – look to Alison Sweeney as a source of inspiration when it comes to living a healthy lifestyle. In our exclusive interview with *The Biggest Loser* host, she shares her tips for staying motivated and helping her family make smart choices when it comes to diet and

fitness. For instance, when it's snack time for her two children, keeping her refrigerator organized is incredibly important. "I want those healthy choices front and center. I want them in their eye line, so that they see them when they open the refrigerator door," she explains. "I think that makes it much more likely to be something that they pick."

Plus, Sweeney shares some behind-the-scenes secrets from her upcoming film *Second Chances*, premiering on The Hallmark Channel on July 22nd.

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## Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life







By [Whitney Baker Johnson](#)

As if Alison Sweeney wasn't busy enough, she decided to make her foray into fiction with her first novel, *The Star Attraction*, which published earlier this week. When telling the story of Sophie, a Hollywood publicist who risks her fabulous job and happy relationship when she hooks up with a sexy client, the actress drew from her nearly two decades as Samantha "Sami" Brady on NBC's *Day of Our Lives*, explaining that her experience on daytime television was the basis for writing her own story. She adds, "My best friend is a publicist, so that was certainly the inspiration for writing about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book."

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as "self-effacing, smart, funny, and most importantly, willing to grow and learn" and says, "I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way,

but you love her more for them.” It’s no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

**Related Link:** [Alison Sweeney: “I Stay Healthy For My Kids, My Husband and For Me”](#)

Since 2007, Sweeney has stolen the hearts of many viewers as the encouraging host of another hit show on NBC, *The Biggest Loser*. This experience has brought a renewed sense of passion for her personal health, as evidenced by her *Shape* cover this month. Like many of us, she’s struggled with her weight in the past but now believes that it’s most important to “want to make a change and commit to living a healthier lifestyle. It’s about making the best choices each and every day.”

For readers struggling to take control of their weight, she offers this tip: “I encourage you to schedule time in your calendar to workout and to plan your food ahead time so you’re not scrambling when you’re starving. Prepare healthy snacks and meals to get you through your day.”

As for her own exercise routine, although she has a trainer, she works out on her own quite often and really enjoys maintaining her fitness. “I run and ride my bike (both outside and at spin class). I try to complete a good cardio workout at least four times a week, and then, at least once a week, I do circuit training with weights.”

While we may know Sweeney as an author, actress and host, at home, she’s happy to be a wife to husband David Sanov and mom to son Ben and daughter Megan. Juggling her many different roles is never easy, but she has a simple trick that helps her stay on track: “I’ve found that the best way to transition from one project to another is to look at what I have to do in each moment and make sure that I give each task 100 percent before I move on to the next thing in my schedule.”

That means that when she’s home, she focuses completely on her

family. To keep her marriage strong, she says, “Dave and I make a point to have time to ourselves, even if it’s only going for a hike or watching a movie. This time together enables us to keep our connection strong.” They even have date nights at home after the kids are in bed. “We cook dinner together and then watch *Survivor* or *Breaking Bad* and just hang out.”

**Related Link:** [Tips to Keep Things Exciting With a Date Night at Home](#)

So how did she meet her special someone? Sweeney and her husband actually grew up together and have known each other since they were young. Perhaps she followed her own relationship advice when they re-met as adults: “Enjoy life, meet people and know that you’ll meet the right guy who will explain all the wrong ones along the way.”

She adds, “With Dave, there was definitely a spark that led to our relationship and two incredible kids.”

When it comes to parenting, she describes them as pretty traditional parents. “Manners and structure are really important to us. We’re the parents, and we’re in charge. We don’t take a lot of sass from our kids, but we love them so much, and they know that.”

Some of their favorite times together as a family are in the kitchen as they prepare dinner. Of their routine, she shares, “The kids set the table, and sometimes, they help mix the salad or something. If a song comes on the radio that we all love, we drop everything for a ‘dance break.’ It’s hilarious – Megan loves to mimic our dance moves. Classic family laughs.”

It sounds like Sweeney’s got the good life figured out, but that doesn’t mean she’s slowing down any time soon. “I’m in the process of writing my novel, which I’m very excited about. I’m also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is



heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd.” Mark your calendars!

You can purchase *The Star Attraction* on [Amazon](#) or in your local bookstore. To keep up with Sweeney, follow her on [Facebook](#) and [Twitter](#).

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## **‘The Biggest Loser’ Star, Alison Sweeney: “I Stay Healthy For My Kids, My Husband & For Me”**





By Jenny Schafer for Celebrity Baby Scoop

*The Biggest Loser* star Alison Sweeney is sharing her best pregnancy and postpartum fitness tips in her new book, *The Mommy Diet*. With a focus on “staying healthy through pregnancy and getting back in shape afterwards,” the *Days of our Lives* actress motivates women to “feel good emotionally and mentally” as well in her new book.

Alison opens up to Celebrity Baby Scoop about her best postpartum weight loss secrets, her two “funny and loving” kids, son **Ben**, 7, and daughter **Megan**, 3, and her motivation to stay healthy and “the best mom” possible.

**CBS: Tell us all about your book, *The Mommy Diet*.**

AS: “The book is about staying healthy through pregnancy and getting back in shape afterwards. The focus is on nutrition and fitness plans, but at the same time, I also wanted to pay attention to advice to make you feel good emotionally, mentally too – like good fashion, beauty tips!

I am so lucky to be surrounded by experts in all these fields

because of my job. So I thought it would be great to share those tips with all those moms out there with these questions.”

**CBS: What inspired you to write the book?**

AS: “So many books focus on how to take care of your child, which obviously is so important, but I didn’t see one book focused on the mom – how to get yourself back!

As I met so many fans afterwards asking me how I’d gotten in shape after Megan was born, I realized I had the perfect opportunity to share all the tips that I learned with all the women out there who want to get back in shape but need a little guidance – as I did/do!

While my book does focus on pregnancy and post-pregnancy recovery, it’s for any woman who wants some advice on how to get their diet and nutrition on track.”

**CBS: What are your best postpartum weight loss secrets?**

AS: “Staying healthy during the pregnancy is all about moderation. I absolutely appreciate the importance of rest, relaxation during pregnancy as well as paying close attention to your nutrition and fitness.

So, best advice? Listen to your body! After the baby is born, take the time you need to learn your new role as mom. But my best tip after having the baby is to remember that you will be a better mom if you’re able to take the time to care for yourself too.

Keeps things interesting, and keeps your mind focused on what you’re doing. If you don’t have time to go to the gym, pop in a workout DVD while your baby is taking a nap.”

**CBS: How do you maintain a healthy balance between keeping fit and unrealistic Hollywood body images?**

AS: "I stay healthy for my kids, my husband and for me. I was motivated to be healthy during my pregnancies and to get back in shape after because that is a key factor in being the best mom that I can be for my children."

**CBS: How are your kids doing? What are they into? What do they do to make you laugh?**

AS: "Ben is 7 and Megan is 3. They are so different. They are both fun, funny and loving kids, but Ben is much more sensitive and introspective where as Megan is a spitfire – so outgoing and precocious. We have our hands full, and we love every minute."

**Related Link:** [Best Celebrity Moms \(Who Also Make Great Wives\)](#)

**CBS: How did you spend summers as a kid? Have you carried on the traditions with your kids?**

AS: "My summers as a kid were spent with family and friends, often going to the beach or a lake to water ski and fish, etc. We do the same with Ben and Megan – they go to some camps with friends and then we do as much as a family as possible. Whether swimming, hiking or just taking adventures, we make sure to be active and have fun as a family."

**What are some ways you keep your family and yourself healthy? Share below!**