

# Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: “We Carve Out Time for Each Other”



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#). Fans may recognize Brooke Burke-Charvet from her time on the reality TV show *Dancing with the Stars*, but she's come a long way since then. She is married to musician and actor David Charvet and spends much of her time with her family, promoting a healthy lifestyle. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the

actress and model about her relationship and love life, motherhood, and her busy career, including her current partnership with Walgreens for Red Nose Day.

**Related Link:** [Brooke Burke-Charvet Shares Love Life Secrets](#)

## **Brooke Burke-Charvet Talks Red Nose Day in Celebrity Video Interview**

Celebrated for over 25 years in the UK, Red Nose Day has been a day dedicated to raising money for underprivileged children and families. On Thursday, May 21, the event will take off for the first time in the United States and include a night full of comedy, music, and fundraising that will help 12 charity organizations lift children and young people out of poverty, both in the U.S. and throughout the world. Burke-Charvet decided to partner with Walgreens for this fundraiser because she likes that “it’s really about children and young families.” Just buying the red rubber nose for one dollar at Walgreens will have an impact: “That money is going to go and make a difference for a lot of different causes – the Boys and Girls club of America, United Way, Feeding America,” the actress says.

As the mother of four children herself, she understands that teaching her celebrity kids generosity and charity is an important lesson. The model reveals that leading by example is the best way to teach your children that hard lesson. “It’s really interesting for them to be able to see it and understand it,” she shares in our celebrity video interview. “You can teach them to be generous and to give.”

Of course, fans remember the health scare that Burke-Charvet faced after being diagnosed with thyroid cancer in 2012. Now, she says, “Everything’s good. My health is perfect.” Her experiences and health issues have helped her recognize that “there’s somebody else somewhere who’s struggling with similar

issues.”

**Related Link:** [Brooke Burke-Charvet Finally Weds David Charvet](#)

## Television Personality Talks About Her Relationship and Love Life

Although she’s a busy celebrity mom, she makes sure to prioritize her relationship and love life. “We carve out time for each other, which is super important,” she says of her marriage, “even if it’s just having lunch while the kids are at school.” When their schedules permit, the famous couple’s favorite date night is eating at a local restaurant in Malibu. “We cook so much that sometimes it’s nice to be served a meal!” she divulges.

*You can keep up with Brooke Burke-Chavet on Twitter @brookeburke or her blog, [www.modernmom.com/](http://www.modernmom.com/)*

*For more videos from [CupidsPulse.com](http://CupidsPulse.com), check out our [YouTube channel](#).*

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## Brooke Burke-Charvet Encourages Mothers Everywhere To Get Fit





By Shannon Seibert

Caelum is Brooke Burke-Charvet's new line of workout apparel, and it comes with the appealing guarantee to help you reach your fitness goals while staying stylish, all for under \$100. Her line will be available at Nordstrom within the next week, and she will be teaching a Booty Burn class at the Nordstrom store in The Grove on May 17th. Celebrity Baby Scoop caught up with the fitness-fanatic mother of four to talk about Caelum, her inspiration for the line, and how she stays in shape.

**Related Link:** [Brooke Burke-Charvet Says 'Dancing With the Stars' Is Unpredictable and Evenly Matched](#)

**CBS:** Tell us all about the brand. It looks colorful and cozy. What inspired the various designs?

**BBC:** "My goal for Caelum is to inspire women to get fit and dress the part. I always say, if you are going to sweat to do it in style. I created Caelum, derived from the acronym that defines the brand: "core, active, evolve, live, uplift and motivate," for women with active, on-the-go lifestyles. I also believe that fitness is fashion! This line was inspired by

seasonal colors and current fashion trends so women can have fun when they are pulling their fitness wardrobe out of their closet!”

**CBS: How do you stay in check regarding body image and staying healthy? How do you bring a healthy message home to your daughters? To your son?**

**BBC:** “It is very tricky. Right now, my older girls are totally into fitness, which I think is great. I try to never use words like “fat” or “skinny,” and instead, I talk about being healthy, strong and getting fit. I try to lead by example, because working out is so much more than just the body. It is about mind, body, and soul as well as the benefits of choosing to be active go so much deeper than the surface.”

**CBS: What’s with Hollywood’s obsession to lose the baby weight fast? What’s your best advice to new moms in the postpartum period?**

**BBC:** “I totally believe in belly binding! I wrapped my post pregnancy belly in a belly binding sleeve I developed, Tauts, for forty days and forty nights. This totally helped support the baggy baby skin and forced me to keep my core engaged. I really truly believe this is the best natural approach to getting back in shape. I will say it takes a miracle to make and grow a baby. All women need to embrace the time and anything that happens to their bodies is so worth it, but it should not be used as an excuse. Stay healthy, stay strong and be positive... remember the pregnancy belly does not have to be forever.”

**CBS: Tell us your best tips for moms wanting to get started in a regular fitness routine. What’s the key to success?**

**BBC:** “I firmly believe you have to be stronger than your excuses. There are a lot of tips and tricks, but no real secrets. Making a commitment with a friend, signing up for a gym membership, purchasing a DVD, signing up for a workout

class are all really helping and keep you honest. I also think women need to mix up their workouts, set reasonable goals and make the commitment to start. If you are not sweating, you are not working out hard enough. So push yourself to your limits, write it down and make a schedule which allows you to be as equally important as everyone else is in your life. Make fitness a priority.”

**Related Link:** [Brooke Burke Shares Love Life Secrets](#)

**CBS: What’s your favorite way to spend Mother’s Day?**

**BBC:** “We have a huge family with lots of mothers in it, so I do not always get the selfish me time. This year, I will be on a plane heading home from hosting a charity event, but I am hoping to have a quiet and thoughtful lunch with my mother and children that I do not have to prepare! That is my dream.

*For the rest of the interview, visit [www.celebritybabyscoop.com/2014/05/08/brooke-charvet-example/](http://www.celebritybabyscoop.com/2014/05/08/brooke-charvet-example/)*

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## Celebrities Share Their ‘Spook-tacular’ Family Halloween Plans







By Priyanka Singh

With Halloween just around the corner, many celebrity couples are getting ready to have some festive fun with their little ones! In fact, some celebrity parents are eagerly awaiting their tiny tots' first Halloween experiences. From finding the perfect family costumes to planning an exciting ghoulish outing, *Celebrity Baby Scoop* asked some of our favorite families about their plans for ringing in this spook-tacular holiday.

Read on to find out what a few celebrities are doing for Halloween!

*Giuliana and Bill* reality stars, Bill and Giuliana Rancic, recently celebrated their son Duke's first birthday, and now, they're excited to plan his first Halloween experience. "That's Giuliana. She is big into the holidays and things like that," says Bill regarding their Halloween festivities. "She is already planning out his Halloween costume, so stay tuned."

**Related Link:** [Giuliana Rancic Says, "Have a Strong Marriage is](#)

## [the Greatest Example You Can Set for Your Child](#)

Backstreet Boys star A.J. McLean will be home to celebrate Halloween with his 11-month-old daughter Ava and wife. The singer shares his potential family costume ideas: “We all call each other monkey, so we might be a family of monkeys. I also thought it would be cool if I was Mario, my wife was Princess Peach, and my daughter was Toad from the Mario Bros [laughs]. What I really want to do is be Jack, Sally, and Zero from the *Nightmare Before Christmas*. My wife is a hair stylist and a makeup artist, so she would hook us up perfectly.”

*Dancing with the Stars* co-host Brooke Burke-Charvet and husband David Charvet look forward to all of the family fun that comes with decorating and picking costumes for their four kids: Neriah, 13, Sierra, 11, Rain, 6, and Shaya, 5. “We love Halloween – it is action packed with my brood of six,” she shares. “We’re in the process of decorating our house right now. Shaya wants to be a ninja; Rain wants to be a vampire; Neriah will be Minnie Mouse; and Sierra has a handmade Sponge Bob costume – and of course, it’ll all probably change the day before.”

**Related Link:** [Brooke Burke-Charvet Talks About Balancing Her Career and Time with Her Family](#)

Actor and new dad Tom Arnold is another celebrity looking to ring in his son Jaxson’s first Halloween. “It’s funny, my wife was at baby class last night, and they apparently have Halloween,” says the actor. “She pulled up all these costumes on the Internet and got ecstatic about dressing Jaxson up for Halloween.”

“For many years, we tried to have a baby and would always get sad when trick-or-treaters stopped by our house. We wished we could be out there too,” he adds. “This year is going to be so great. Even though our son is going to be very small and won’t remember it, it will be such a wonderful experience.”



For the rest of the interview go to, [www.celebritybabyscoop.com/2013/10/23/celebrity-families-halloween](http://www.celebritybabyscoop.com/2013/10/23/celebrity-families-halloween)

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## Brooke Burke-Charvet Says 'Dancing With the Stars' Is "Unpredictable and Evenly-Matched"



By [Whitney Baker Johnson](#) and [Sarah Ribeiro](#)

Brooke Burke-Charvet is a star in so many ways: actress,

model, *Dancing With the Stars (DWTS)* winner and now co-host. Given her past dancing record (she won season 7), it's no surprise that *DWTS* is something she holds near and dear to her heart.

"I loved the experience of learning how to dance. It was an incredible life lesson. Hosting the show and being such a big part of the *DWTS* family does make me want to dance again, but I doubt that I'd be able to pull off dancing and hosting at the same time!"

As for the current season, the co-host thinks it will be full of surprises until the finale (which airs tonight). "Every couple brings something different to the ballroom," she shares. "I love how unpredictable and evenly-matched it is this year. On some nights, when I think a certain couple will shine, another couple surprises me. That's the beauty of the show. At this point, I have no idea who will take home the coveted mirror ball trophy. Even if I had a favorite, I wouldn't tell you anyways!"

**Related Link:** [Brooke Burke-Charvet Shares Love Life Secrets](#)

But despite keeping her favorite couple to herself and juggling multiple activities and roles, the most important role seems to be that of being a good mom to her children and wife to husband David Charvet. "We [David] and I try to get out once a week, just the two of us. Our golden rule is that we can talk about anything but the kids. We do a lot of double dates, and we love the local hot spot in Malibu, Nobu, which is only five minutes away from our house. A really important part of our relationship is to carve out that time just for us."

In addition to balancing her personal life with her hectic schedule, Burke-Charvet has another challenge and it happens during allergy season. Each spring, she's faced with excessive sneezing, runny nose and itchy, watery eyes. This is not

something that fares well in her busy career. Knowing that she isn't alone when it comes to seasonal allergies, Brooke is partnering with Claritin on the Claritin Clear Challenge to get the message out to others who are going through this. Claritin keeps her healthy while she carries on with her busy life at home and in the spotlight.

"My allergy symptoms slow me down as a mom," she reveals. "And it can also be really embarrassing when you're on television. Claritin really works for me, so I teamed up with them to take their Claritin Clear Challenge and share my story."

**Related Link:** [With Claritin, The Difference Is Clear](#)

Of course, Burke-Charvet has faced worse health problems than allergies. Last year, she announced that she had thyroid cancer and underwent preventative surgery. Even so, just like her allergies, she didn't let her diagnosis get in the way of living a normal life. "All of it was hard, but as a public figure, I have a responsibility to share personal things when I think other people can grow from them," she explains. "I was astonished to learn how many women have been diagnosed with thyroid cancer and have had thyroidectomies. I hope sharing my story was comforting for those people."

It wasn't a one-way street though. "I certainly learned a lot from the exchange on social media. The outpour of love, support and prayers from everyone around the country really helped me manage my own fears, and I'm happy that I was able to control the story and share it. We all learned from one another – that's why I'm so open and vocal on social media."

It's no wonder this strong, courageous and likable woman won *DWTS!*

Be sure to watch *Dancing With the Stars* on ABC tonight at 8/7c to see who wins – and to see how Claritin helps Burke-Charvet stay allergy-free.

For more information about Burke-Charvet, follow her on [Twitter](#) or check out her Web site, [Modern Mom](#).

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## With Claritin, The Difference is Clear



*This post is sponsored by Burst Media on behalf of Claritin®.*

By [Whitney Baker](#)

Your cute neighbor – who you’ve been crushing on since he moved in – *finally* asked you out on a date. He even planned the evening for you: an al fresco dinner at your favorite restaurant followed by a romantic stroll through a nearby





# Brooke Burke Has Decided to Take David Charvet's Last Name



After five years and four children, Brooke Burke and David Charvet were able to keep their St. Burt's wedding a secret. Now, Burke is proud to say that she is Brooke Charvet! The *Dancing With The Stars* host said that her new name will debut on the show. Brooke told [People](#) what others thought of her taking David's last name. She said, "It's been 50-50 from everybody, but I'm doing it!"

**What are some reasons to take your new husband's last name as your own?**

**Cupid's Advice:**

Getting hitched means you've found the love of your life, but sometimes it can mean losing who you are in the process. Taking your husband's last name can feel like you're erasing part of yourself. Here are some things to consider:

**1. You won't lose who you are:** Changing your name will not take away the accomplishments you achieved under your maiden name. Think of the change as a new chapter in your life.

**2. The name game:** When you decide to have children, it will keep confusion to a minimum.

**3. Your hubby will thank you:** Traditional men often like to build their families as a unit. They want their children and their wives to carry the same last name as a courtesy. Plus, if you change your name, he owes you some chores around the house!

**How do you feel about taking your husband's last name? Share your thoughts below.**

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## **Brooke Burke Finally Weds David Charvet**





Five years after announcing their engagement, Brooke Burke and David Charvet have finally tied the knot, according to [UsMagazine.com](http://UsMagazine.com). The *Dancing With the Stars* cohost, 39, and her *Baywatch* beau tied the knot in St. Barts Friday, Burke's rep confirmed. The couple were joined by their four children during the Caribbean ceremony. "Want to thank everyone for their support," Charvet, 39, tweeted Saturday. "It has been a great day!" The couple are parents to son Shaya, 3, and daughter, Rain, 4. Burke also has two children from her previous marriage to plastic surgeon Garth Fisher, daughters Sierra, 9, and Neriah, 11.

**What are some good reasons to date a long while before marriage?**

### **Cupid's Advice:**

It's important to dig as deep as possible to make sure you know your lover inside and out before marriage. Cupid has some reasons not to move too quickly:

**1. Get all your questions out:** Don't let any questions go unanswered. No matter how minor they may be, every detail is

crucial to getting to know the man or woman you plan on spending the rest of your life with.

**2. Ask his or her family and friends:** Family and friends are the ones that know you the best. Chances are if they are aware you are serious about their loved one and plan on getting married to him or her, they will be honest with you.

**3. As the time goes by:** There are some things you may start to realize about your mate that you didn't notice earlier in the relationship. As the time goes by, the filter lessons and the quirks come out.

**Why do you think it's good to date awhile before marriage?  
Share your answer in a comment below.**

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## Brooke Burke Shares Love Life Secrets







What's the secret to keeping the romance alive in your relationship? According to Brooke Burke, exercising regularly is a big part of it, reports [People](#). The *Dancing with the Stars* host told *Shape* magazine, "First, you need to be healthy ... That means exercising to relieve stress and build energy."

Even with four kids at home, the 39-year-old former model and her partner David Charvet, also 39, still make time for each other. "Sometimes we're so tired, it's just a glass of wine and a good night's sleep. But the point is that we're making a commitment to each other and saying, 'We love the kids, but we matter too.' "

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

### **Cupid's Advice:**

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

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



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

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

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## **DWTS' Brooke Burke and Boyfriend David Charvet Deny Stealing**





*Dancing With the Stars* host Brooke Burke and boyfriend singer David Charvet are reaching their boiling points over their new kitchen appliances. The couple has been involved in a complicated criminal and civil case with Euroconcepts appliance store. David Charvet and about 30 other people have been accused by the store of buying deeply discounted appliances from a former employee of the store, who pocketed the money. Brooke Burke and David Charvet deny the allegations, and say they purchased their appliances legally. David Charvet told [RadarOnline](#), "We have Bentleys in the garage. Why would we need to steal a stove and refrigerator? That's such bulls\*\*t."

### **How can you deal with legal trouble as a couple?**

Cupid's Advice:

Run-ins with the law can cause serious strain on your relationship. Cupid has some suggestions:

**1. Be open and honest:** As soon as problems crop up, spill the truth to your significant other. Your trust in each other won't be shaken if surprises come up over the length of the

legal battle.

**2. Try to keep it separate:** Try as hard as you can to not talk about your legal troubles when you're away from the courtroom. You'll keep your problems from overwhelming your lives.

**3. Remember what's important:** If you and your partner are involved in legal trouble together, remember that love is more important than a lawsuit. On the other hand, if it involves a person you've been dating for two weeks, you may want to put your sanity and well-being as top priority.