

# Ricky Gervais and Girlfriend Jane Fallon Lose 40 Pounds



Funnyman Ricky

Gervais and longtime girlfriend Jane Fallon have lost a total of 40 pounds together through diet and exercise. According to [People](#), the pair say they run about three or four miles daily.

While Gervais claims that the 20 pounds or so that he has lost was made possible with little change to his diet, Fallon tells us that he must not be aware of the change in her cooking habits. "He didn't realize that I was probably feeding him less calories at the same time he was running," she says. By eating healthy versions of "fat things" and exercising together, Fallon has lost 18 pounds and Gervais, 22 pounds. Perhaps with that kind of dual motivation, we'll be seeing the two running the Boston Marathon.

**Can dieting with a partner help you lose weight?**

## **Cupid's Advice:**

Jane Fallon cooks healthy meals, Ricky Gervais eats them and runs a little bit everyday, and viola, the weight seems to fall right off! Most couples, however, decide together that they want to make a change in their lifestyle and tackle the issue together:

**1. Personal choice:** While it seems obvious to have someone there who can motivate you to work hard, not everybody diets and exercises to their full potential with an exercise buddy. But beware of getting distracted to the point where you're running your mouth more than running on the treadmill.

**2. Something new:** By having a workout partner, you are more likely to try something new at the gym. Whether it's an aerobics class you never envisioned attending, or trying free weights for the first time, having a partner with you will make the new endeavor less intimidating.

**3. The power of two:** Trying to think of a healthy dinner option every day can get dull fast. With a dieting partner, you can swap ideas and brainstorm different recipes together. And when cravings hit, you'll have someone there to help coax you out of eating that Krispy Kreme baker's dozen and indulge in some fresh strawberries instead.