

Celebrity News: 'Biggest Loser' Stars Sam Poueu and Stephanie Anderson Split Before Baby's Birth



By April Littleton

Sam Poueu and Stephanie Anderson, former contestants on *The Biggest Loser* are in the process of getting a divorce just two months before the birth of their first child, reports [UsMagazine](#). On the separation between the two, Anderson said, "It is with great sadness that my marriage to Sam Poueu is ending." The couple met while filming the third season of *The Biggest Loser*. The couple announced Anderson's pregnancy in January.

What are some ways to remain civil post-breakup for the sake of your children?

Cupid's Advice:

Your relationship is officially down the gutter, but you can't just pack up and move on. You still have kids to take care of. You might think it's impossible for you to hide your feelings of resentment toward your ex around them, but the fact is, it's necessary. Here are some ways to remain cool, calm and collected around the kids:

1. Don't bad-mouth your ex: Kids pick up on a lot, especially if there's tension between the two people they love the most. Your children don't need to be put in the middle of a war between their parents. Call a friend if you need to blow off some steam, but don't let your children overhear you bashing their other parent. You may only be able to see the negative traits in your ex, but your kids still love them and it's not up to you to change their view of them.

2. Work together: Whether you like it or not, you will always be a part of your ex's life through your children. You may not see eye-to-eye with each other, but it's important for the two of you to develop a visitation schedule for the kids. The children shouldn't be punished for the breakup, they deserve to spend just as much time with you as they do their other parent.

3. Kids first: Ultimately, the only thing that should matter is your child. It's not about you and your ex anymore. You don't even have to be friends with him! But you have to be willing to put your differences and feelings aside for the sake of the kids.

Do you have children with an ex? How do you remain civil? Comment below.

'Biggest Loser' Stars Stephanie Anderson and Sam Poueu Are Expecting



By Meghan Fitzgerald

Stephanie Anderson and Sam Poueu, *Biggest Loser* alums, recently discovered that they are expecting a child in July! After nine months of marriage, they are ready to start a family. According to UsMagazine.com, Poueu fell 54 feet from a fire escape in September of 2011. *Reality TV World* reports that Anderson nursed Poueu back to health and couldn't be more in love than they are now.

What are some ways you can stay healthy as a family?

Cupid's Advice:

Staying healthy as a family is key for communication and an eternal bond. It is not always easy to mold your family into one all-knowing machine however, so Cupid has some advice:

1. Family meetings: Every Sunday at the dinner table is perfect for family meetings. In these family meetings, it is essential to talk about upcoming events, discuss any controversies, talk about problems. Getting out all your feelings at the dinner table is sometimes stressful because you're all together however, in the end you'll realize how much your family means to you and how much you love them.

2. Exercise: Family exercise is great. You get to work out with your favorite siblings, or your favorite parent. You get to bond with them by using your endurance and soldiering on together. Also, exercising with your family gives you motivation to do better than them. It gives you a little push to go a step higher and succeed more!

3. Fruits and vegetables: Healthy foods assist in maintaining a healthy family. It is necessary to fuel your body with nutrients and vitamins so your emotions don't flare, so you don't get sick, so you stay healthy. Fruits and vegetables all-around are perfect for a healthy family.

Do you maintain a healthy family? Share below!

Biggest Loser's Sam Poueu Proposes to Fellow Contestant Stephanie Anderson





It's official!

Former *Biggest Loser* contestant Stephanie Anderson plans on saying "I do" to fellow contestant Sam Poueu, according to [Us Weekly](#). Poueu popped the question at NBC's *Biggest Loser* ranch in California. "I wanted to go back to the ranch, because that's where it all started," said Poueu. The two, who collectively lost 241 pounds on the show, are now ready to build a life together, and they want their *Biggest Loser* family to be there when it happens. "They know what we've been through," says Stephanie Anderson. Though the groom's brother will be his best man, his cousin and partner on the series, Koli Palu, will be a groomsman. Between the announcement and the wedding decisions, the couple has been too caught up in all the excitement to set a date!

What are ways to decide who will be at your wedding?

Cupids Advice:

Like Sam Poueu and Stephanie Anderson, engaged couples have to face the difficult decision of who to have at their wedding. Cupid has some tips:

1. You couldn't imagine it without them: The first thing you should consider when deciding on guests is what the wedding would be missing without them. Consider looking at wedding photos 10 years down the line. If you want to see them in the

memories, invite them to the wedding.

2. You've known them for a long time: Next, you should think about the people who have been present in your life the longest. Usually these are the people who will still be in your life long after the wedding!

3. You attended their wedding: If you still have room for more guests, invite those who invited you! If you were special enough to be in their wedding, return the favor!