

'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!