

'Tough Love: Co-Ed' Star Kyle Keller Says, "Listen to Your Heart and Be Truthful to Yourself"



By

Kristin Mattern

Kyle Keller and her lovely personality are no stranger to the media circuit: progressing from a sports broadcaster to host of MAXIM radio to executive producer for MediaKillers.com, Keller's charm has brought her from into the spotlight. Her outgoing persona, stylish wardrobe, and sex appeal have even landed her two shows of her own, *Style with Kyle* and *Kyle's*

Ultimate Challenge. “Everything I have done in my career is connected,” she explains. “It’s all personality-based, whether I’m in front of or behind the camera. I think the most challenging part is getting people to take me seriously, but it’s been a fun ride.”

Expanding her resume, the blonde bombshell is now a member of VH1’s popular show, *Tough Love: Co-Ed*. “I felt like the only way I was going to find love was by going on television,” she candidly admits. “I knew it would force me to be true to myself. I couldn’t lie if I was on TV.” Coached by dating and relationship expert Steve Ward, Keller recalls how the tough love guru used honesty to break down the celebrities and show them that even though they’re amazing people, they, like everyone else, have flaws. “I was true to myself and found my own way, and I’m hoping that viewers will take something away from my journey.”

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In a twist, this season of *Tough Love* features not only the famous Steve Ward but also his sister Monica, who provides a feminine view on dating. “Steve is really tough and no nonsense when it comes to giving advice. He’s honest to the point where it can break you,” the contestant remarks. “Monica is great. She’s really tough too. You just have to watch the show to really see them in action!”

Of the other seven cast members, Keller notes, “Everyone has different personalities, and we sometimes clash because of it. We all went on the show for different reasons. I think viewers will see that and will really love it.” It isn’t easy living in such a full house, but they all learned to improve not only their relationships with love interests but with family and friends as well. When asked about the number one lesson she learned, Keller refers to Steve’s book *The Crash Course in Love* and says, “Don’t be weird.”

The broadcaster begins the show with the title “Miss Disconnected” due to her penchant for long-distance relationships and magical ability to talk her way into the friend zone. “Steve and Monica really honed in on my hang-ups and helped me figure out who I am as a person and who I want to be in a relationship. The question is: Did I listen to their advice? Did the other housemates?”

When it comes to her personal life, the vivacious blonde is seeking the same spark she sees between her parents, who have been married for 41 years. “They have the best relationship. They’re best friends, and they really love each other.” Getting more specific, she adds, “I’m looking for someone who is kind and who loves his family. I want kids, so a deal breaker is somebody who doesn’t.” The star’s ideal type is a guy with kind eyes and a great smile, someone who is tall, dark, and handsome.

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Keller has learned a lot from her past dating experiences and, of course, from *Tough Love: Co-Ed*. For others looking for love, she says to “listen to your heart and be truthful to yourself. And remember that exes are exes for a reason, but they’re not a mistake because you learn from them. They’re a good thing to have.”

The host also advises against plastering your relationship status all over social media: “Unless you’re engaged or married, don’t do it. Social media ruins relationships. Your love life should be personal.”

See more of Kyle Keller and what she learns about love on VH1’s Tough Love: Co-Ed, which premieres tonight at 10 p.m. ET! You can also connect with her on her personal site www.mskylekeller.com/, Twitter [@MsKyleKeller](https://twitter.com/MsKyleKeller), [instagram.com/mskylekeller/](https://www.instagram.com/mskylekeller/), and [facebook.com/MsKyleKeller](https://www.facebook.com/MsKyleKeller)

Tough Love Miami: Michelle Betts Talks About Life Before and After Romance Bootcamp



By Andrew Pryor

Michelle Betts is no stranger to tough love. As a personal trainer, she's the one who is usually dishing it out to her clients. So how would someone like her handle being a contestant on VH1's *Tough Love Miami*, taking part in a relationship bootcamp run by dating drill sergeant and master

matchmaker Steve Ward?

Very well, as a matter of fact. “I could take it because I knew how that type of criticism worked,” says Michelle. “I’m a personal trainer, and I know that sometimes you can be soft and encouraging, but other times you really have to break people down.”

Before her appearance on the show, Michelle lived a very disciplined life, keeping a strict and structured schedule for every activity—including finding love. “I wasn’t the type of person who obsessed over a date calling me back,” says the *Season 4* contestant. “I wouldn’t call someone out of desperation.”

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The few lasting relationships Michelle did have in the five or six years before *Tough Love* she says she’d like to forget. Michelle devoted herself to living a life of positivity, emphasizing exercise, meditation, and her now-infamous “vision board,” where she would build a collage of all the qualities she wanted in a man.

“*Tough Love* was rehab for my broken heart,” she says. “Honestly, if I hadn’t gone on the show, I would have spent 5-10 more years being held back by my own personal issues. People would always ask me, ‘Why are you single?’ and eventually I started saying, ‘Yeah, why *am* I single?’”

Initially, it was difficult for Michelle to adjust to the new environment because she had not lived with other women before. Over time, she did form bonds with the others and even left the show with “two lifelong friends.”

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But Michelle never forgot the true reason she was there. “I went in for myself,” says the fitness expert. “I went in not

to meet a guy, but to have the tools I needed to build a relationship when I went back to California.”

So did Michelle find love through the *Tough Love* process?

“I can’t tell you that much yet,” she laughs. “What I can tell you is that it was a difficult process, and the challenges definitely got harder as the season went on. Oh, and there’s a whole lot of drama this season.”

Always a good reason to keep watching!

Tough Love: Miami is on VH1 on Sundays at 8 ET/7 CT.

Tough Love Miami: Steve Ward Talks About A “FunSexyCool” Way To Find Love In The Digital Age





By

Andrew Pryor

Simply put, Steve Ward knows his way around the human heart so well it's a wonder he's not a cardiologist in his spare time. Having joined the family matchmaking business straight out of Drexel University, he's currently the CEO of Master Matchmakers, working alongside his mother, JoAnn Ward. They also co-host the breakout VH1 series *Tough Love*, now in its fourth season.

Being a co-host of *Tough Love* helped Steve share his relationship expertise with a much wider audience, and the show itself provided VH1 with a reprieve from the stigma of past shows like *Flavor of Love* and *Rock of Love*. "The executives over at VH1 were looking for more transformative programming," says Steve, "so that was kind of our hook." And that "hook" turned into a successful program that brought him and his mother into the limelight.

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[Relationship Work](#)

So what's a big part of their success, both on-and-off-camera?

Well, in Steve's opinion, a lot of it has to do with the way their business melds hands-on relationship advice with new technological developments. "I really enjoy being on the cutting edge of technology, especially when it comes to the dating world," he says. "We just have to keep up with the times. Dating and mating are evolving faster than we are."

This particular subject made its way onto a recent episode of *Tough Love*, where the women were taught how to text responsibly and were ambushed during dates with photos from their Facebook pages.

And Steve's newest innovation: a smartphone app named FunSexyCool. It combines technology and matchmaking in a way that's accessible and fun to use. It's an app that let's you upload a photo of yourself, look at the photos of other users, and rate them as Fun, Sexy, or Cool, hence the name. It's also one of the few social romance networks that actually rewards you for being active—the more pictures you rate, the more conversations you can have with other members of the site. It also includes a feature where you can contact a user in your general vicinity and chat with them.

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"Me and a couple of tech developers I know were talking about how people seemed frustrated with the options that were out there for finding love, so we worked together to come up with something new," he says.

Interested daters can sign up for the app at funsexycool.com.

And for those who want more of Steve Ward, visit MasterMatchmakers.com or watch *Tough Love* at 8 ET/7 CT.

Steve may be a practitioner of tough love, but it's definitely not difficult for people to fall in love with all that he's done to better people's lives.