

Expecting 'Bachelor' Couple Jesse Csincsak and Ann Lueders Go Hiking



Former *Bachelor* winner Jesse Csincsak and his pregnant wife, Ann Lueders, still find ways to stay active and healthy together, [People](#) reports. Lueders, who used to jog daily pre-pregnancy, has swapped her jogging sneakers for hiking boots as her and her husband take their two Siberian huskies on two mile walks. Now in her third trimester, Lueders and Csincsak have toned down the level of exercise in their lifestyle, but they haven't cut it out all together.

What are some fun ways couples can exercise together?

Cupid's Advice:

Studies have shown that couples who exercise together, stay together. Being fit and healthy isn't just good for you, but for your relationship as well:

1. Walk it out: Take a tip from the *Bachelor* couple, and get moving. Walk, jog or hike. Whether it's with the dogs, around your neighborhood or a trip to the state park, the quality time you spend together is irreplaceable.

2. Make goals: Set goals together, and watch each other accomplish them. The support and dedication to make each other succeed will create a stronger bond.

3. Challenge each other: Sign up for your city's 2011 marathon, and train together. There's nothing more important than a support system. Teaming up with your partner and getting through a challenging event together, can only help strengthen your relationship if you face bigger obstacles down the road.

'Bachelor Pad' Stars Tenley Molzahn and Kiptyn Locke Think Marriage





Though reality stars Tenley Molzahn and Kiptyn Locke may have yet to win a reality show, but the couple has succeeded in finding love with each other. Both Molzahn and Locke came in second on [The Bachelor](#) and *The Bachelorette*, respectively, and then received the silver medal on *Bachelor Pad*, a new reality show that gave runners-up from *The Bachelor* and *The Bachelorette* a chance to win money and possibly find love.

Now that the shows have all ended, the pair is looking forward to letting their relationship develop without the stress of the cameras. “On those shows you go straight into meeting the parents and talking about marriage, and there’s so much pressure,” Molzahn told [People](#). “But with the two of us together it’s just laughter all night long.” **Where are some unique places to meet your match?**

Cupid’s Advice:

While reality shows aren’t where most people find lasting relationships, Molzahn went on the shows with a purpose. “You need to date the ones that you think you can marry,” she says. “I don’t believe in dating someone if you can’t see them in your future.” So where can you find the ones you think you can marry?

1. Where you're comfortable: If you want to meet a mate with something in common, try looking in places where you're already going: your art class, gym or even for chefs, at the grocery store. Not only will you be more at ease in your element, but you'll also have something to start chatting about.

2. Where you loved being: Think back to what you loved doing during your childhood for inspiration for a new hobby. Loved sports? Join a local recreational team. Loved playing music? Join a community class or band. By rediscovering new passions, you will add dimension to your life, and possibly find someone to share those passions and grow with you.

3. Where you want them to be: Are you looking for a guy who's nerdy chic? Try the Apple Store. Or how about a woman that's fashion-forward? Try chatting to someone browsing through Macy's. As long as you're somewhere you can be comfortable and natural, stepping outside of your usual stomping grounds to find a partner in their natural habitat will help you expand your horizons.

Love Lessons From ABC's 'The Bachelor'





By Erika Vujnovich

While there's no question that *The Bachelor* and *The Bachelorette* are must-watch television shows, statistics show that out of a 19 seasons, only two couples have stayed together, while waiting to see how the latest relationship between bachelorette Ali Fedotowsky and Roberto Martinez ends up. These are programs designed to produce long-lasting marriages, yet we often wonder whether we can call them reality TV or merely fantasy, designed to whet the appetite of women and men everywhere. Season after season, the program dominates the ratings with an average audience of 10 million viewers taking part in a voyeuristic game of watching desperate singles attempt to find true love.

If you're looking for "happily ever after" and contemplating the reality show route, here are a few things to keep in mind:

- 1. Get real:** Each season, the contestants are whisked away to some exotic location to fall in love. Viewers watch as the couples travel over the canyons in helicopters, fly through the sky on rip cords or bask in the sun on a tropical island

with a breathtaking backdrop. These settings could make even the biggest skeptic feel like they're falling in love. Let's face it, reality isn't always having the luxury to lounge on the beach and sip champagne with your partner, but rather it's realizing how you couple cope with money problems, children and everyday monotonous routines.

2. Play the field, but keep it simple: For those of you not familiar with the concept of the show, the series revolves around one man or woman dating 25 singles in the hopes that they will find a partner for life. Throughout the season, the bachelor goes on a series of group dates, two-on-one dates and one-on-one dates. At the end of the journey, two contestants are left standing from which a fiancé is ultimately chosen. According to Match.com, there are several benefits of dating more than one person at the same time, "Multi-dating isn't merely a tactic for doubling your pleasure. Rather, during your hunt for 'The One', it can be a way to achieve romantic wholeness by dating partners with differing interests and personalities." This may be true but you also want to make sure you don't let your emotions get the better of you. Dating several people at one time can stir up feelings leaving you confused.

3. Don't come across as desperate: Put 25 singles against each other in a competition to land the perfect mate and you are sure to see some desperation among the contestants. Think about it: they all came on the reality dating show with one sole purpose – to find love and get married (or at least that's what they said). Therefore, it's no surprise that drama always finds its way into the story. When dating, try not to make yourself too available or be the one always initiating contact. This could come across as desperate. Be confident, attentive and a bit assertive, but most importantly, just be you.

The next season of "The Bachelor" returns to ABC in January 2011.

Is Brad Womack Back for More 'Bachelor'?



After infamously dumping both DiAnna Pappas and Jenni Croft on the 11th season of *The Bachelor*, Brad Womack may be given a second shot at love. According to [Us Magazine](#), Womack is being considered for the 15th season of the popular dating show. "Brad is very sincere and believes in the show," a source close to the series says. "That's why he didn't pick someone last time. He was never in it for the publicity. He wants to find a wife." Along with Womack, producers are rumored to also be considering bachelors Ty Brown and Chris Lambton for the show. The official word will be delivered

today on *Dancing With the Stars*. The question is, who would you rather?

Does your guy have a fear of commitment?

Cupid's Advice:

Sometimes singles can find themselves still hurting from a past breakup or afraid to get out of their comfort zone and try something new. Cupid has a few tips on how to tell if your beau is afraid to find love:

- 1. He's hesitant to put himself out there:** Although he's outgoing and has no problem having a good time, he seems unavailable for anything more than fun and parties.
- 2. He won't take the plunge:** Is your guy refusing to meet your family? If so, he might be hesitating because he's leery of taking the next step in your relationship.
- 3. Worst-case scenario:** If you've decided your beau truly has a fear of commitment, try to stay reasonable. Talk some sense into him by laying down the facts. Let him know that the worst that can happen is that you break up sometime in the future, but that the best that can happen is that you're incredibly happy together. It's a small risk to take when the result could be a lifetime of true love.

Chris Lambton and Ty Brown in

Talks to be Next 'Bachelor'



Two of last season's bachelors, who appeared on *The Bachelorette*, may have a second chance at love. According to [People](#), sources say Chris Lambton and Ty Brown are among those who have been "in serious talks" with ABC about the next season of *The Bachelor*. Neither Lambton nor Brown have confirmed as of yet. Meanwhile, ABC and Warner Horizon, who produce *The Bachelor*, decline to comment on casting speculation. **Can you find true love on reality TV?**

Cupid's Advice:

Reality TV has taken over the airwaves, and many in search of love have turned to the tube to see if they can find their soul mates. Cupid is here with some advice to help determine if searching for love on TV will result in a prime-time

relationship or leave you with nothing but dead air:

- 1. Let's get real:** Learn to spot the difference between real love and camera love. Are the contestants actually falling for each other, or are they simply influenced by the desire to become famous and grab as much air time as possible?
 - 2. Don't get blinded by the spotlight:** If you are determined to find true love on a reality show, make sure you define your priorities. The goal is to find a soul mate, not to let the paparazzi and tabloids dictate your feelings.
 - 3. Avoid playing the desperate role:** You have to wonder if people who go on national TV to find love are serious or simply desperate. According to Starpulse, it's called "not having anything else to do." Being stuck in a house with dozens of other women competing to earn one man's attention will most definitely make you *think* you are falling in love, so make sure to separate your sense of competition from actual emotion.
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Former 'Bachelor' Star Ali Fedotowsky and Vienna Girardi Meet Again





Bachelorette Ali Fedotowsky recently ran into an unexpected woman from her past: Vienna Girardi, former fellow contestant and fiancée of Jake Pavelka. On season six of *The Bachelor*, Ali and Vienna went head-to-head in a competition for Jake's heart. In the end, Vienna snagged Jake, only to have their very public breakup displayed on Ali's season of *The Bachelorette* a few months later. The reality stars came face-to-face again at the Kari Feinstein Style Lounge at Montage Beverly Hills, where they kept the conversation short. An onlooker told [US Weekly](#), "Ali made sure to keep her distance while hanging with girlfriends," but both said 'hi' briefly.

Should you be friends with your ex's ex?

Cupid's Advice:

For many, running into an ex's ex can resurrect old feelings of the past. If you chose to befriend this person, you may want to consider these simple points of advice first:

- 1. Be cautious:** It's important to keep personal information to yourself until you get to know this person better. Trust is

critical and you don't know if she's the type who will talk about you behind your back.

2. Learn more: If you've decided that she's trustworthy, you can use your new friendship as a way to better understand your own relationship with your ex. Learning about her relationship with him helps put your own in perspective.

3. Feelings for the ex: It's great to be friends with someone who can empathize with you, but if you still have feelings for him, it's important to be honest. You don't want to be surprised when you see the girl you thought was your friend back with the man you both agreed to leave behind forever.

Former Bachelor Finds a New Girlfriend!





Former *Bachelor*, Charlie O'Connell, is smitten with a new beauty, spa director Courtney Buntin Victor. The couple met at a party in San Antonio about two months ago and ended up talking the night away. Although the relationship is long distance (he lives in NYC and she's in Savannah, GA), O'Connell seems very content. "It's going great. It's refreshing to be dating again," he tells [US Magazine](#). So what did Victor have that won over this hunk? "Her personality!" O'Connell gushes. "She's fun to be around and everyone likes her. She's real sweet, she talks to everyone."

How can you get a made-to-impress personality?

Cupid's Advice:

Beauty may fade, but personality stays! If you can't enjoy being around your mate, then what's the point? Cupid shows you how to fight lust and get love:

1. Play it cool: Sometimes we get so caught up in being around our crushes that our personalities take a back seat, and we look like a love-struck puppies. Keep first time

conversations short. You want to pique his interest in you, not tell him your life story. This gives you time to warm up and become comfortable around your partner.

2. Next batta batta!: Stick to “three strikes and you’re out.”

Give yourself a mental deadline (that’s non-negotiable). When you “accidentally” bump into your squeeze three times at the local coffee shop, you can bow out knowing you gave it your best shot. After three shots, you run the risk of looking like a stalker.

3. Be yourself: The most important thing you can do is avoid acting like someone you’re not. If you’re looking for a longterm relationship, then there’s no point in misleading your potential mate. You want someone who will appreciate and love you for who you are. Don’t compromise!

Favored ‘Bachelor’ Turns Down Gig





Chris Lambton, the most recent runner-up on *The Bachelorette*, has reportedly turned down ABC's offer to become the *The Bachelor*'s main man, according to [E! Online](#) and [Entertainment Weekly](#). Fans of the show may be disappointed, as Lambton was the clear favorite among those being considered for the reality gig.

How do you know when you're ready for a new relationship?

Cupid's Advice:

When you come out of a serious relationship, it can be difficult to know when you're ready to give it your all in a new relationship. Cupid has some things to consider when making the decision to start dating again or stay single:

1. Fully recover: Breaking up is rarely easy, and brings with it emotional stress. It's important to allow yourself time to fully recover before putting yourself out there again.

2. Deal with the truth: Sometimes the truth behind why a relationship didn't work out is hard to take, so we continue to live in a false reality. Until you can confront the truth

and deal with it, it's not time to move on.

3. Don't be afraid: Easier said than done, right? The main thing that keeps us from moving on is fear, but you can't get anywhere in life without taking risks. If you've dealt with your past breakups and are interested in meeting a new partner, it may be time to take the leap and see what happens!

Jake Pavelka Remains a "Bachelor" for Now



In the wake of his public breakup with Vienna Girardi after his stint on *The Bachelor*, Jake Pavelka is taking a break from

dating, [People](#) reported last week. Though Pavelka has not ruled out any future love, he said he needed more “me time” after being in the limelight before getting back in the dating game.

How do you bounce back after a break up?

Cupid's Advice:

Breakups are hard enough for any person, but even more so in the case of a public and nasty breakup. Pavelka is doing the right thing in going at his own pace. Every person is different though, so act accordingly to *your* needs post-breakup:

1. Take time: Many people feel the need to rush back into the dating game, but it's perfectly all right to take some time off for yourself. It will take a bit to find your stride again, so you shouldn't rush.

2. Be open: Post-breakup is the perfect time to re-evaluate and try new things, in both dating and in general. Take a risk and be bold. Get a new look, or date someone you never would have before. There's no better time to open up and start fresh.

3. Reconnect: When you're in a serious relationship, it's common to lose contact with other people in your life. With new opportunities and more time, go ahead and reconnect with an old friend, or with those in your life that have taken a backseat.

Jessie Sulidis Dating Former 'Bachelorette' Contestant, Kirk DeWindt



It seems like a new reality TV relationship is in the works! Jessie Sulidis (from *Bachelor* spinoff [The Bachelor Pad](#)) is rumored to be dating recent *Bachelorette* reject, Kirk DeWindt, [People](#) reported last week. Last season on *The Bachelor*, both Ali Fedotowsky and Sulidis were contestants trying to win Jake Pavelka's heart, and became friends in the process. DeWindt was recently rejected by Fedotowsky on *The Bachelorette* after he brought her to meet his parents. He then met Sulidis while taping the *Men Tell All* special, and exchanged numbers, as well as a kiss, a source told *People*. "Everything is hush-hush right now because they don't know what will come of it."

But he is definitely over Ali!" the source added.

Is it ever OK to date a friend's ex?

Cupid's Advice:

The jury is still out on etiquette for dating a friend's ex. If you find yourself in this type of situation (on either end), follow Cupid's advice to help keep the peace:

1. Sparks may fly: If you're introduced to a friend's ex and you find an immediate connection with him or her, discuss your feelings with your friend before thinking of taking your attraction to the next level.

2. Be honest: Unfortunately, if an ex is attracted to a current friend of yours, you may feel compelled to accept the situation, instead of speaking up if it bothers you. Hurt feelings will likely result from your lack of honesty, so be truthful with yourself, your friend, and your ex.

3. Learn the difference: Determine whether or not your friend's initial intrigue is simply physical attraction, as opposed to a strong emotional connection that can't be fought. Understanding the difference may prevent confusion between the three of you later.