

# Single in Stilettos Show: How to Get Into Shape for Dating



On this week's [Single in Stilettos](#) show, lifestyle and wellness coach Tracy Campoli talks to Suzanne Oshima about how to get your body in good shape before looking for love. Campoli reveals: the three body parts you should focus on to ensure that you feel confident when dating; her best tips for losing those last five to ten pounds; how to combat negative self-talk on the morning of a date; and why you shouldn't starve yourself or obsess over every little thing you eat. For more information about Single in Stilettos shows, click [here](#).

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**How do you get into shape before date night? Tell us in the comments below!**