

# How To Make Anyone Fall In Love With You: Seduce Your Partner for Life

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In the frenetic pace of our modern lives, it can be easy to neglect our bodies and health. In fact, with the vast majority of people spending more and more time at the office, finding the time to cook healthy nutritious meals and take part in regular exercise before or after work is becoming increasingly difficult.

This is despite the fact that studies everywhere are showing that inactivity and poor diet is contributing to an epidemic of obesity.

When you are in a relationship, it is important to maintain your health and fitness just as you would if you were single.

Many experts suggest that it is easy to become comfortable in a long term relationship and neglect our bodies.

Spending time cuddled up on the couch with our loved one is generally a much more appealing prospect than hitting the pavement for a long run.

And while it is understandable that couples might become a bit complacent in their relationships with one another, it can be a dangerous, indeed deathly, trap to fall into.

After all, staying healthy, fit and attractive for your partner is a sign of your continued respect and admiration for them.

And let's face it, when you first fall in love, you generally go to great lengths to make yourself as attractive and appealing as you can for your new lover, because you are extremely keen to secure their affection.

What often happens is that, after a certain period of time, the relationship matures into a more settled pattern and couples become more familiar and comfortable with one another.

Their initial drive to impress tapers off somewhat, which in itself is natural and to be expected.

Too often however some couples become wholly complacent in their new relationship and completely let themselves go.

A truly healthy respectful relationship does not let this happen. In fact "self-maintenance" (that is, a person's continued endeavors to remain fit, in shape and physically

attractive) is really an integral part of "relationship maintenance".

If you know yourself that you are becoming complacent about your body and appearance, and want to revamp yourself in order to reinvigorate your relationship, here are a few tips for getting started.

1) Exercise is a tonic for both body, soul and sexuality

Study after study has found that regular exercise is one of the most important things you can do for your health and mental well being.

Not only do you burn calories and build muscle when you exercise, your body also releases endorphins, which are "feel good" chemicals that are amazingly uplifting for your spirit and mind.

There are so many benefits of regular exercise that it is almost impossible to list them all.

However obviously one big bonus of exercising regularly is that you will lose weight and get into much better physical shape.

In terms of your relationship, improvements to your body helps you feel more attractive and self confident in the bedroom. Ask any person that has stuck to a fitness regime, and they will tell you that their leaner, fitter body made them feel a million times more sexy and attractive.

When we feel confident and positive about our bodies, our sex lives improve.

Many women in particular report that when they feel slim and fit, they are more likely to engage in sex and enjoy sex more because they are proud of their bodies.

So no more turning the light off during lovemaking! When you exercise regularly, you will want to show off your sexy new body!

## 2) Make healthy eating a part of your relationship

Eating with your partner is an important part of the sensuality of your relationship. Dining together, enjoying wine and beautiful food are sensual experiences that enrich your experiences and time together.

Nutrition experts agree that sharing a meal can be beneficial in a relationship, as it is a great opportunity to share time.

Unfortunately there can be too much of a good thing in this regard. If you want to enjoy eating with your lover, but also want to lose weight or simply maintain optimum health, start choosing foods more consciously.

For example, instead of opting for the usual high calorie pastries in bed on a Sunday morning, why not bring your lover a delicious low-fat compote of exotic fruits?

Likewise, rather than having heavy evening meals that stack on the weight in front of the television night after night, why not take a light picnic to the park and enjoy the outdoors while you dine together?

There is no doubt that when you are in a settled long term relationship, it can be easy to slip into bad habits of poor eating and failure to exercise. Truly healthy relationships are built around a philosophy of constant seduction.

In other words, to keep the spark in your love affair, you should always be seducing your partner, even if you have been together for decades. Part of that seduction process means being as attractive and self-confident as you can humanely be.

And there is no better way of staying fit, in shape and sexy than exercising and following a sensible healthy diet.

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