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

Contributed by Cucan Pemo Saturday, 02 February 2008

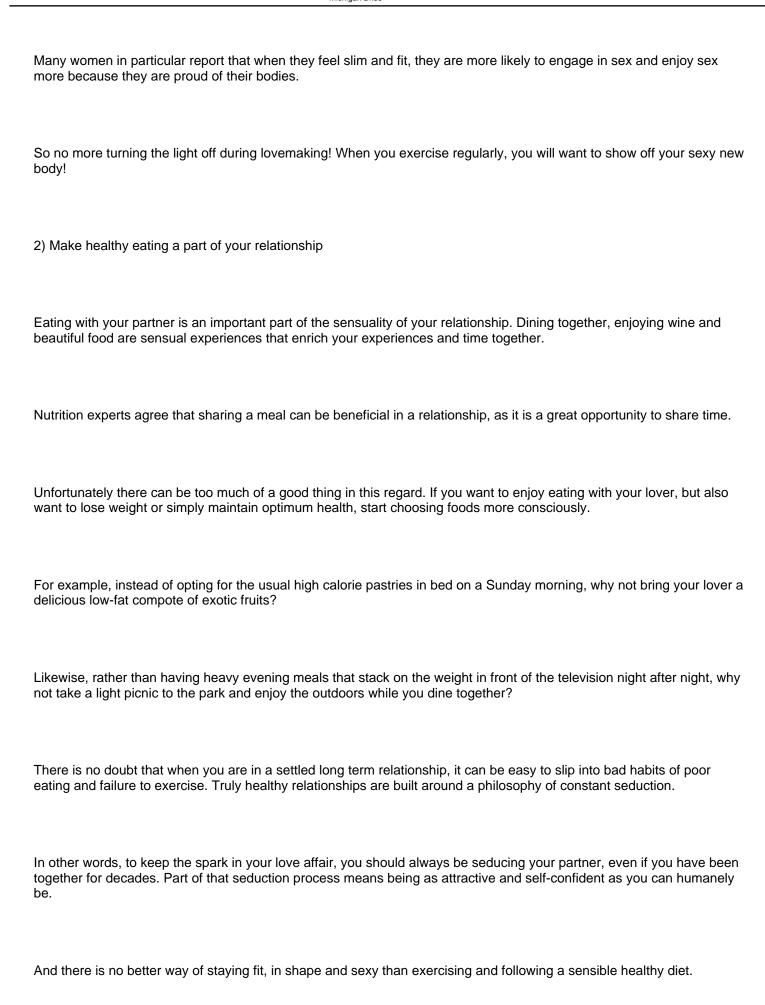
In the frenetic pace of our modern lives, it can be easy to neglect our bodies and health. In fact, with the vast majority of people spending more and more time at the office, finding the time to cook healthy nutritious meals and take part in regular exercise before or after work is becoming increasingly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

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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.

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