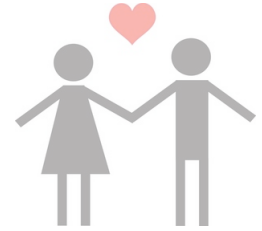


Relationship Fitness Tips



1. Trust that your partner loves you for exactly who you are
2. Never change yourself for what you think he/she likes, be comfortable with what you represent
3. Find out what you love about your partner, and learn to cherish as many moments as possible with your partner
4. Never cheat on your significant other, no matter the temptation. If you feel you will, it is better to break it off than lead a double life with an additional partner in the mix
5. Do not forget to love and value yourself for who you are. Of course you love your partner, but never put them on a pedestal above yourself.
6. Do not assume your partner is out to betray you. A relationship is built upon trust, not watchdog mentality
7. Comfort each other when needed. There are times when your partner may need a pick-me-up. These are the times where you as a partner are needed the most
8. Do not be afraid to bring up possible problems or dilemmas you feel are hindering growth with your partner. Healthy relationships need to be open and clear no matter what is going on.
9. Respect boundaries set up in the relationship
10. Avoid flirtatious interactions with others

