

## **Blog Post**

### **“...Innovative Weight Loss For Couples Program...”**

#### **Why Do Recently Married Couples Gain Weight?**

They met while attending Memphis University. Tyler was a junior and a stud on the baseball team. Jasmine was a sophomore who starred on the volleyball team.

After a long hot practice on the baseball diamond, Tyler was sweaty and ready for a shower. Likewise for Jasmine, after a brutal practice in a gym with no air conditioning. She couldn't wait to feel the refreshing water cool her body.

God only knows how many times their paths had crossed. Yet their eyes had never met. Jasmine was with her friends walking towards the cafeteria. Tyler was with his boys on their way to the dorm.

And as fate would design it, the two of them locked eyes. There was no mystery, no playing hard to get. In a heartbeat, a lifetime of love would ensue.

After only a few years removed from college Tyler and Jasmine got married. His boys were like, “dude you’re getting married at 24,” are you crazy? Jasmine’s girlfriends were as harsh or harsher.

But it didn’t matter. Because love is blindness. They felt as though they were the lucky ones. In less than a year from their beautiful wedding day, Jasmine and Tyler became parents with a set of twins.

#### **A dose of reality for former athletes...**

Recently married couples start to immediately put on the pounds. Men gain an average of 22 pounds the first year. While women gain an average of 13 pounds during the same time.

In the case of Jasmine there was a caveat which caused exponential weight gain. Women who become pregnant with twins can gain between 35-45 pounds.

Jasmine gave birth to two healthy bouncing babies Saelym and Maliek. It can take years for a couple to have a boy and a girl. They had gotten it done with one shot.

Over the pursuing years the weight would come and go. Never did the excess weight get out of hand. But they weren’t in love with the person they saw in the mirror.

## **Once an athlete, always an athlete...**

As the years flew by Saelym and Maliek became active in sports. Tyler had Maliek playing baseball, basketball, and football. Jasmine kept Saelym busy with dance, soccer and of course volleyball.

This kept the athletic parents within striking distance of keeping their weight under control. Maliek received several scholarship offers in football. He chose his parents alma-mater the University of Memphis.

Saelym received a scholarship. And took her soccer talents to the University of Tennessee in Knoxville.

Now empty nester's, Jasmine and Tyler felt the sting of being home alone. One special evening they were reminiscing about how they met; remembering how their eyes Connected.

Recalling how the butterflies filled their stomachs, recollecting their marriage soon after college, raising twins in less than a year after becoming newlyweds, regretting how they put on the weight, and realizing how time goes by in a blink of an eye.

They both stood. Tyler grabbed Jasmine. They kissed! As if they were reading each other's minds, they both said at the same time, "Let's go for a run..."

## **And so commenced the search for true fitness...**

The evening run changed Tyler and Jasmine. They had gotten married at such a young age. Had children at a young age.

They felt like they were still a young age. In their early forties the former athletes became obsessed with getting fit.

Although Tyler's first love was baseball, it wasn't a-year-round-sport. He was going to the gym three times a week to play basketball with his boys.

Although Jasmines's true love was volleyball, finding a game was impossible. She starting hitting a yoga studio twice a week.

Tyler and Jasmine were happy with their current workout regimens. Research has shown couples who aim to lose weight together. Through workouts and exercises are more likely to succeed.

While thumbing through a magazine. Jasmine saw an article for a new health product called Basketball Yoga Blast. She told Tyler and they decided to give it a try.

## New study confirms insane results from two exercise mergers...

The benefits of basketball and yoga became hard to ignore. The pounds melted off Tyler and Jasmine.

### And it all made perfect sense:

- **Flexibility** - Their range of motion was no longer compromised. They became limber, bendable, and stretchy.
- **Passion** - They welcomed the fire and excitement. The hunger and appetite like when they first met.
- **Health** - They soon realized life was so much better. Because health was now the most important aspect of them living a long and happy life.
- **Confidence** - When they felt good they looked good. Their light shines brighter with more certainty than it had in years.
- **Soreness** - No more soreness. Their legs, arms, and neck felt relaxed as if they'd had a \$500 massage from a world famous masseuse.
- **Energy** - They started climbing stairs with the ease and grace of a Kentucky Derby Stallion.
- **Skin** - Their skin began to glow like a world class super-model. In the midst of her sexy catwalk down the long narrow runway

### The children aghast...

Jasmine and Tyler were giddy. Their grown-up babies had come home after completing their first year of college. When Maliek and Saelym saw the transformation of their parents they were speechless.

And in unison the twins screeched “WHAT HAPPENED TO Y’ALL?”

The Basketball Yoga Blast has taken the fitness industry by storm. Never has a complete health product been so affordable, easy to learn, and fun ([learn more here](#)).