

# MAKING LIFE MORE FUN

## Little Switches Can Make All The Difference

(NAPSA)—Even the best relationships can get stale, so Patti Stanger, relationship specialist and star of Bravo TV's hit show "The Millionaire Matchmaker," offers tips on how little switches can make all the difference in people's relationships and lives.

"After my clients find their matches, I remind them how important it is to switch things up," suggests Stanger, who is partnering with the Cottonelle brand to share expert relationship advice. "Just one little switch in your routine can get you out of a relationship rut."

**Surprise your partner:** On a random day, surprise your spouse with something he or she would love. Make a favorite meal, buy favorite flowers or leave a heartfelt note on the nightstand. Whatever it is, make sure it's personal to show you listen and you care.

**Get active:** Find time to raise your heart rate with your mate. Join a gym together, sign up for dance lessons or go bowling. Get those feel-good endorphins going to help strengthen your bond while doing something positive for yourself.

**Get out:** When schedules are hectic, going on dates often falls off the priority list. Commit to have one date night a month and switch off who plans it. It can be as simple as dinner and a movie, as long as it gets you out of the house and tuned in to each other without your kids or other distractions.

**Upgrade:** It's hard to love others if you don't love yourself first. Visit the salon and get a new hairstyle or professional makeup application to freshen up your look. Be sure to ask the artist questions so you can re-create the look at home.



**A happier home life may be easier to achieve than many couples realize.**

**Refresh your space:** Home is another place that may deserve a makeover. Little switches such as a new paint color can boost your mood. Try something new in the bathroom by adding candles, indulging in luxury bath towels or switching from other toilet paper to Cottonelle Ultra bath tissue, the thickest bath tissue in the aisle (compared to double-roll equivalent bath tissue), to make your home more pleasant for both of you.

Want more help spicing up your relationship? Now through May 1, you may have a chance to win up to 90 daily prizes—including dance lessons for two, salon treatments, a home theater and more—each designed to inspire those little switches to help get you out of a relationship rut. To enter the "Make the Ultra Switch" sweepstakes, visit the Web site [www.CottonelleUltraSwitch.com](http://www.CottonelleUltraSwitch.com). No purchase necessary. A purchase will not increase your chance of winning. Promotion ends 5/1/11. Open to legal residents of the U.S. and Canada who are 21+ years.