

SUPER BOWL SURVIVAL GUIDE

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Ok ladies...football is a guy's guy sport. As a female, unless your brothers played, you dated the quarterback, were a cheerleader, or were the statistician for your team, you probably know little about the sport. I happen to fall into two out of the four above categories. As a clue, my only brother plays college basketball and my gymnastics ability ends at a cartwheel.



As you prepare for Super Bowl Sunday and hanging out with your husband, boyfriend, or someone you just started dating, here are some tips to consider:

1. This is one of those times when you **HAVE to follow the guy's lead**. Some guys want to hang with the boys on this particular day - sit around, yell at the TV and get their drink on some cold ones. Other guys may not mind you being at the big party, but want their space. This type of guy prefers you to be nearby, but wants to focus on the game with the guys. I like this one best because you get to spend time with your honey, but get to hang out with the other girls and talk about my favorite aspect of NFL football ... every inch of Tom Brady's body.

2. **Drink Less**. Chances are, your date will consume more than the legal driving limit. Give him a free pass on this day and resign to being the designated driver. He'll return the favor at an important moment in your life!

3. Use this as a chance to **bond with your guy's friends' girlfriends**. This is a great time to get to know this group of girls better. And as a bonus, you may find your next best friend bonding over queso dip and a beer.

4. **Talk with the girls about players** other than Tom Brady. Most will agree Tom is the most scrumptious NFL player at the moment. But ladies, let's not resign to only ogling Tom. Football is loaded with eye candy and with the guy's suited up in their tight apparel, one can't help but notice their assets.

5. Ladies, **don't try to act like you know the game if you don't**. Guy's can spot a fraud yards away. If you don't understand a rule or the intricate strategy involved keep your mouth shut and ask questions instead. It will serve you well.

6. You **don't have to know the difference** between clipping and offsides or the pocket area or a shift, but take the time to learn the teams who are playing and where they're based.

Enjoy the game, root for your favorite team, and drop us a line about any interesting happenings on your Super Bowl Sunday!!!

All the best!
- Nikki



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