

SHAPE

8 Questions for Millionaire Matchmaker, Patti Stanger

By Mallory Creveling

Since she's known for her outspoken personality and strong dating views, we couldn't wait to sit down with *Millionaire Matchmaker*, Patti Stanger to snag some hilarious sound bites. (And of course, we got some great ones!) Plus, in case you haven't noticed, the woman also has some seriously sculpted legs, so we had to find out how she achieves her gorgeous gams too. Here's what she had to say.

Shape: Your legs are amazing. What fitness classes are you taking?

Patti Stanger [PS]: I've gotten obsessed with spinning, I mean, obsessed. I do the Equinox classes. I want to create a spin society with spin vacations, spin clothing, a spin bag—I want to take over the whole spin world. Also, I started doing rowing, and I've tried Pilates, but I just don't have it in me, it's not fast enough.

Shape: You meditate, right? Does that help you through a workout?

PS: Yes, I meditate every day for about 15 to 20 minutes, and sometimes at night if I can't sleep. I think meditation calms me down. I don't sweat the small stuff. Meditation gives you confidence too, because if someone says something about you, you realize, 'nah, that's not true. That's what you think of me and that's okay.' And then you evolve; you weed out the bad people in your life. You get rid of the bad jobs. You have confidence to go after that dream job or move to a new city or start a new life or just go after the things you normally wouldn't do, because you were afraid. It takes away that fear.

Shape: We know you have a lot of dating rules, but what are some that women should forget about?

PS: I still don't like it when you call. I know that's terrible, but you're interrupting his processing time. He's processing whether he wants to date you or not, and if you interrupt, you become his mother, because now you're telling him what to do. Men are very simple; if he's not interested, he's not going to call. So don't make excuses. Like on *Sex and the City*, when Berger said, 'He's just not that into you,' in real life he also means, he's just not that into you.

Another rule: You shouldn't waste time on a bad date. You can actually get up (I mean, as long as he didn't spend \$200 on you or something) and say, 'You know, this isn't working, I don't feel chemistry, but if I find someone for you, I'm going to send them your way, because you're a catch. But I need to go right now.' Why waste his time? Then you have to wait for the phone call, then you have you turn him down—it's a nightmare.

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Shape: What's one thing every woman should keep on her nightstand?

PS: A vibrator, but hide it.

Shape: What is the best way to make a lasting impression after a first date?

PS: If he kisses you, he's really into you. But the hug says 'let me feel her body,' and you should give him a hard hug. I hate when a man gives me a weak handshake too. It's like, 'I'm kind of lazy in bed. You're going to have to do all the work.'

Shape: What's the best advice you've ever gotten?

PS: Nothing good happens after 11 o'clock at night, from my mother. Not midnight, 11. Get out of there. Once you get his number, get the hell out and be a mystery. Make him want you more.

Shape: What's your biggest pet peeve?

PS: Critical people. I remember when I went on a date once and I ordered the fettuccine alfredo. It was my cheat day, because I was on a strict diet. And the guy goes, 'Do you really think you need that?' I remember thinking, 'If you aren't going to let me eat the fettuccine on a date, what are you doing to do when I'm married to you?'

Shape: What's the one thing every woman should try at least once in her life?

PS: Oh, love. Falling in love.

