# Former Miss Universe Olivia Culpo's Wellness Routine Ahead of Wedding to NFL Star Christian McCaffrey



Former Miss Universe Olivia Culpo is focusing on health and wellness as she prepares to marry San Francisco 49ers star Christian McCaffrey. Engaged since last year, Culpo shared her routine ahead of the wedding, including saunas, cold plunges, and walks with their toy golden doodle, Oliver Sprinkles.

Culpo also focuses on nutrition, taking Thorne’s Super EPA supplement for hair and skin health. She emphasized the importance of inner beauty in maintaining her appearance.

The exact date of the wedding has not been disclosed, but Culpo announced that the "countdown" has begun. The couple, who started dating in 2019, got engaged in Utah after four years together. McCaffrey played a key role in the 49ers’ Super Bowl run in February, where Culpo was seen supporting him. Planning the guest list has been the most challenging part of the wedding preparations for Culpo.

Culpo and McCaffrey are excited to take this next step, with Culpo expressing her joy about marrying her "best friend."