

Date Idea: Warm Up By Exercising This Winter



By [Sarah Batcheller](#) and [Jessica DeRubbo](#)

With colder weather still ahead and beach season behind us, hitting the gym seems pretty daunting. If you and your honey want to stay fit, working out together is a fabulous weekend date idea. Experts say that having an exercise partner can help improve your results, so why not use this relationship advice and choose your main squeeze as a workout companion?

Relationship Advice: How to Stay

Fit with Your Partner

First, set a day and time each week for you and your partner to be active together. Whether you're on an indoor track or embracing the crisp air by walking outside, get your cardio in by teaming up. You can begin by strolling along while chatting, then increase your speed and compete with one another during a run. Exercising with your significant other allows you to spend quality time doing something healthy. Plus, you can get back on track after the holidays!

Related Link: [Adventure Date: Do Something Daring](#)

Another weekend date idea is to test your flexibility at a Bikram Yoga class, which entails 2 sets of 26 poses done for 90 minutes in a room heated to 105 degrees. The warmth will help you fully stretch your muscles and get the most out of your workout time. Staying in the room, known as the "torture chamber," is a challenge, but by going in with your partner, you'll push yourself to last until the final minute. Don't forget to bring along a bottle of water to keep yourself hydrated and a towel to wipe the sweat out of your eyes!

Related Link: [Date Idea: Spa Vacation](#)

Exercising with your other half isn't just a great way to improve your health. It also allows you to spend time with the person you love. So follow this relationship advice and get moving!

Do you have a workout plan with your partner? Let us know below!