

# DATE IDEA: WORKOUT TOGETHER



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April is here, with Summer just around the corner. Now is the time where everyone throws on their swimsuits and heads to tropical destinations like Cancun, Miami, and Hawaii to lay out in the white sand and soak up the beaming sun. It's the last chance for you to sculpt those legs and define those abs – and what better way to do it than with the one you love. After a great workout, you'll feel stress-free and energized. Plus, it provokes happiness, which will benefit your relationship.

Use this month to develop an exercise schedule together. Take advantage of all of your options, whether it's at your local gym or a nearby park. Sign up for a spinning class, something you can do at your own pace since your strength level will be different than your partner's. It doesn't even have to be a workout – dancing provides great exercise as well. Hit up the nearest salsa class for a curve-building calorie killer. Whether it's dancing or weight training, be there for each other and remember that it's about support – not competition!

Don't want to waste a beautiful day indoors? Kill two birds with one stone by heading to the park. Run side-by-side for 30 minutes, and then help each other with a core workout on the grass. You can even go hiking or canoeing to put those legs and arms to work, all while engaging in conversation and enjoying each other's company.

Many people don't have time to fit in exercise between their jobs and their social lives. But you don't have to choose one over the other. Dating shouldn't derail your plans to get fit this summer. You both want to look good for each other, so what better way than getting fit with someone you love? With your new fitness regimen, you can accomplish this. Sounds too good to pass up. Give it a try!

What fun workout plans do you and your man do together? Share your ideas with us below.