

# Date Idea: Give Thanks for Your Health



By Shannon Seibert

While you may be tempted to feast this holiday season, you and your love can both benefit by choosing healthier options. As a pre-Thanksgiving weekend date idea, spend the weekend prepping for the holiday with healthy versions of your favorite meals and planning a winter workout regimen.

**Related Link:** [Date Idea: Friendsgiving](#)

## Relationship Advice for You and

# Your Love to Get Healthy This Thanksgiving

People mistake healthy eating for bland food, which is definitely not the case. Get cooking in the kitchen with this delicious [date idea](#). Put together some indulgent dishes with your honey that will fool your tastebuds about calorie content. The Food Network has a plethora of gluten-free, trans fat-free, vegan, vegetarian, and other healthy alternative recipes that are easy to make and heavy on the flavor.

Playing chef with your sweetheart can also inspire a heart-to-heart talk about your health. Being healthy and in good shape with your partner is a piece of relationship advice we easily take for granted. So pour a glass of Cabernet Sauvignon (good for your heart!) and tell each other what you're thankful for. Simple life pleasures – such as being able to run or having an above-average immune system – are something to appreciate.

As you progress in your healthy lifestyle with your honey, consider this piece of love advice: Tell your significant other that you're thankful to have such a wonderful, motivating partner that inspires you to be a better person. Having a positive attitude and sharing words of encouragement will help you and your partner to improve your health.

Proper exercise goes hand in hand with healthy eating, so this winter, keep warm with your love by getting active. Together, make a chart displaying a weekly workout regimen. Ask your honey what muscles he wants to focus on and channel that inspiration into a tag-team exercise plan. Google some winter-inspired workout ideas that will help you and your beau survive the cold weather.

**Related Link:** [Date Idea: Get in the Game](#)

To really turn up the heat this winter, why not try out hot yoga for a active date idea? Most classes are 100 minutes long

in a 100-degree room and incorporate multiple styles of yoga. Watching each other stretch in all directions as you drip in sweat from the intense heat can actually be sexy. Who knows, you may take away a few new moves to try out later at home.

Cool off afterwards by stepping outside into the crisp, cool air or just nibble on some Edy's Chocolate Trinity ice cream (hey, you earned it!). Enjoy the feeling of doing something great for your body with someone who holds such a special place in your heart.

**What are you thankful for this Thanksgiving? Tell us in the comments below!**