

# Date Idea: Embrace a Physical Activity



By [Delaney Gilbride](#)

Are you and your boo running out of [date ideas](#) for your regular weekend [date nights](#)? It's important that you and your significant other spend time together on the weekends after a long week of work – you have to decompress! So, if you're tired of going on the same date time and time again, take our [love advice](#) by embracing any type of physical activity. Regardless of whether or not you and your partner are sports junkies, it's good to be active while spending time together!

**In lieu of playing an actual sport, which may not be every couple's cup of tea, there are tons of physical activities that can help shake things up and keep the dynamic fresh:**

Looking for a fun group activity? Sporty dates are a great way to socialize. Round up a few other couples and go bowling! Bowling alleys across the country are re-designing themselves with music, restaurants and bars to cater to adults looking for an enjoyable night out. Check out [Lucky Strike Lanes](#); they have locations all across the country and have perfected the art of turning bowling into a classy, celebratory event.

Interested in something more personal and romantic? Ice skating is a much loved standby, and for good reason. You and your significant other can hold hands while circling the rink, and warm up afterwards with spiced cider or hot chocolate.

**Have a favorite semi-sports date of your own? Comment below and share with our readers.**