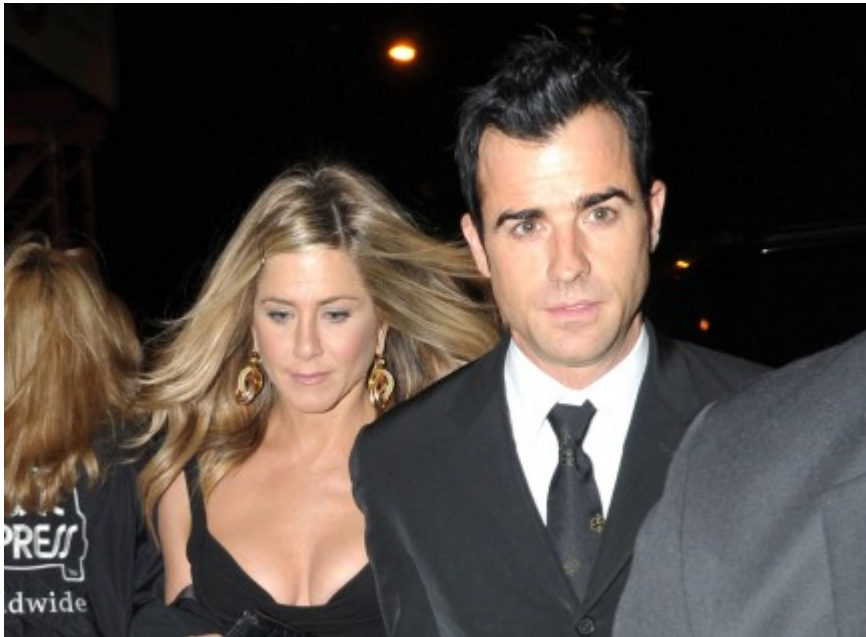


Jennifer Aniston and Justin Theroux Walk the Dog



Actress Jennifer Aniston and new beau Justin Theroux got some exercise as they strolled through Beverly Hills on Sunday with her dog Dolly, according to [RadarOnline](#). Aniston adopted the pup back in 2006, and she has recently become the top dog after the actress's beloved mutt Norman passed away at the age of 15 back in April. Aniston uses walking Dolly as an excuse to spend some quality time with her canine and to fit some extra exercise into her busy schedule.

What are some ways to get exercise as a couple?

Cupid's Advice:

Finding the motivation to exercise can be a difficult task, but if you and your partner do it together it can be more fun. Here are some options:

1. Walking/running: If you can't afford a gym membership, walking or running in the great outdoors is free. Set a goal and encourage each other until you've both reached it.

2. Sign up for a class: Joining a kickboxing class as a couple is a great way to work out and see results. Seeing each other pushed to your limits and glowing in sweat can be pretty sexy, too!

3. Play on a team: Co-ed sports teams like softball and volleyball can be a blast. You'll work on your teamwork skills as players and as a couple.

How do you and your partner exercise together? Share your comments below!