

# Date Idea: Personal Spring Cleaning



By Sarah Ribeiro

Spring is here, and with it comes the ever-dreaded cleaning that comes along for the ride. This isn't anything your babe can't help with, though. This weekend, make Spring cleaning fun: take a chance to welcome the new season early with your honey and apply spring cleaning to your daily lives.

Start off by clearing your wardrobe. Go through your closet with your love and pick out clothes you've never worn – or never will wear. Take them to your local Goodwill or consignment store to rid yourself of the clutter. Afterwards, head to the shops with your honey. Pick out outfits for each

other that make you feel sexy and attractive.

Once you've had your fill of refilling your closet, head to your closest spa or salon. Pamper yourself with a massage, facial or manicure and pedicure. Most spas have couples deals that allow you to get treated side-by-side, and many of them offer a Jacuzzi or sauna at the end of your treatment. Take the time to relax and feel good about yourself; after all, if you're comfortable and confident, you'll both be happier in your relationship.

Feeling healthy is a surefire way to breed confidence both for yourself and for your relationship. You'll feel great and look great too, and you'll want to go out with your sweetheart more often. Take the time this weekend to talk over your health concerns with your partner and consider picking up a new health regime. Make a plan to stay fit together this spring. Schedule weekly bike rides, jogs or walks at sunset to keep your exercise feeling less like a chore and more like a date. Maybe a little cardio is what you need, or you could sign up for exercise classes. Many gyms provide couples classes like spinning, yoga, Pilates and even Zumba. If you can hold each other accountable, you'll be sure not to skimp.

While you start your exercise plan, make sure to include some dietary guidelines for the two of you. Pick a diet that is easy to follow. Some popular "fad diets" include the DASH diet, which cuts your salt intake and in turn your blood pressure and cholesterol; the Therapeutic Lifestyle Changes (TLC) diet, which decreases fat and cholesterol consumption while increasing fiber; or the "Real Food" or Happiness diet, which encourages avoiding heavily processed foods and eating whole foods instead – without the need to count calories. Grab a recipe book based on one of these diets and start planning romantic – and healthy – dinner dates with your love.

**How do you and your partner plan to spring clean? Share in the comments below.**