

# Date Idea: Run in the Name of Love



 By Emma L. Wells

This [weekend date idea](#) will have you and your beau gettin' physical! Instead of your usual dinner and a movie, get off the couch and go for a run or walk together. There's no better way to get your relationship and love out of a rut than with a little activity, so for this date idea, challenge your sweetheart to run or walk a 5K with you.

## Challenge Each Other With This Date Idea

Map out a good 5K route in your town or, if possible, sign up for an official 5K charity run. So many non-profits have them that you're bound to find a cause that you'll both appreciate. That way you'll not only be doing something great for your bodies *and* your relationship and love but also for society!

**Related Link:** [Date Idea: Enjoy the Water](#)

Run as a team to help keep each other's strength up. Or you can make it a race between the two of you to add some playful competition to this date idea. A little competitiveness between you and your partner can actually be really healthy for your partnership. A small rivalry can spice things up as long as it's all in good fun!

## Love Advice: The Couple That Runs

# Together, Stays Together

Exercising together has a lot of benefits. First, it'll give you the opportunity to wow him with what great shape you're in. You'll also run faster and work harder than you normally would so that you can impress him. Take this love advice and consider investing in some new workout gear that really shows off the results of your hard work. Additionally, it'll be nice to have someone so close to give you positive encouragement. Plus, a good workout releases chemicals in your brain that will leave you two feeling giddy and romantic all day long.

**Related Link:** [Weekend Date Idea: Play All Day](#)

If you're planning your own 5K, make sure to run past some nice scenery. For instance, if you live on the coast, why not map out a path along the water? You can plot your run to be a circle so you end up back at home or extend your day by ending at a park where you can enjoy a pleasant rest. Once you've recovered, head to your favorite brunch spot. After all, you've earned it after your workout!

**Have you and your partner done a 5K together? Tell us about it below!**