

Working out with a partner helps

By **Brenda Bark**

SPECIAL FOR THE REPUBLIC

As we celebrate the season of love, there is no better time to recommit to helping our partners reach their fitness goals.



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Encouraging support will strengthen your partner's resolve while strengthening your relationship.

Try exercising and modifying your diet together. You will realize many benefits, including those affecting the romance in your relationship. According to the *Annals of Behavioral Medicine* (November 1999), exercise reduces stress and elevates both the feeling of well-being and the libido.

You also will realize these advantages:

» **Quality time:** Busy schedules often rob us of time together. Sharing workouts and meal preparation can be fun and ful-

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filling in every way.

» Another common interest: You can

never have too much in common to do together or talk about. I'm not advocating exercising with your partner exclusively. Everyone needs time to themselves.

» **Motivation and support:** Not everyone has the same goals, and at times one of you may be lagging in approaching your fitness needs. Stay positive and keep each other motivated.

» **Safety:** Couples who exercise together become expert spotters for one another. Let's not forget the safety aspect of leaving your facility together and walking safely to your vehicle or home.

Give it a shot. Work out with your partner and decide for yourself. You have nothing to lose but that extra weight and stress. You may just spice up your love life in the process.

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