

The Skinny on a Happy Valentine's Day Staying Fit for the Holiday we all Love to Hate

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Another Valentine's Day is just around the corner. It's the perfect time to do some straight talking about what I call the "fitness – love connection." We see sleek and sexy version of it in ads for gym, and plastered on the covers of all the fitness magazines – those beefy muscular men embracing beautiful, shapely women. How many covers of women's magazines have variations of the 100 ways to a sexy butt! Let's face it; being in shape is a sexy thing. But there is so much more than meets the eye. The benefits of maintaining and healthy body and lifestyle are plentiful.

Valentine's Day is all about love. Whether you are looking for someone to love or looking to make your love deeper, the first thing you need to do is love yourself! Exercise is one of life's greatest elixirs, and the secret to a happier life.

1. **A Confident Appearance:** Working hard to achieve a better physical body does wonders for the psyche. More confidence in your appearance will help you to feel more comfortable in your own skin. A confident person is a sexy one.
2. **Strength, Endurance, and Flexibility = longer and more diverse sex.** There is a serious connection to how fit you are in the gym to how fit you will be in bed. Also having extra confidence knowing you can hold or get into any position you or your partner wants to try is a huge boost.
3. **Greater Energy:** Yes, more energy for that great sex life, but you are also strengthening your immune system and keeping those nasty stress hormones in check that can wreak havoc in any relationship. Regular workouts help you deal with the stress of everyday life and particularly hard times of year for some such as Valentine's Day.
4. **"Me" Time:** Taking care of yourself is a very good thing. Having your space and time for things you enjoy make's you a more interesting and attractive person.
5. **Together Time:** Many couples enjoy working out or doing physical activities together as a way to bring them closer. Social dancing is a great way to bring fun and intimacy into your relationship. If you are single and tired of coffee dates, how about an afternoon at the Chelsea Piers skating or spelunking, or a quiet stroll in the park.

6. **Fight Depression the Natural Way:** Head for the gym instead of the bar! Regular exercise releases those fabulous feel-good endorphins that keep us happy and more balanced (and help you deal with holidays like this one!).
7. **A Positive Mental Attitude.** Ever notice when you feel great you seem to send out invisible rays that people can't seem to resist. Looking and feeling great equates to a happier you, which in turn will attract a happy partner!

Happy Valentine's Day!

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