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Friday Night Fitness Dates

By Nathan Boyd

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by: **Nathan Boyd**

Close your eyes and imagine this romantic setting: an intimate picnic on the beach, you and your mate enjoying strawberries from a fresh fruit salad, and both of you enjoying the ocean breeze as plans are being made for your next date. All of this, of course, after you jogged with your sweetie on the beach at sunset. That's right, "jogged"!

While many couple's idea of a romantic date will still include a walk on the beach at sunset, other couples are increasingly opting for inclusion of a healthful fitness activity instead. Around the country, these "fitness dates" have become more and more popular as people are searching for a different, if not healthier, option to the customary "dinner-and-a-movie" routine. These fitness dates can include everything from an actual workout together at the gym, to a nighttime game of tennis, to even a canoe-by-moonlight excursion. What's important is that an activity is found that both of you like to do and then use it as a platform to have some fun and enjoy each other's companionship. Granted, it may require a different mindset to appreciate a date at a gym, lake, or track as a dating alternative, but it does reap an extraordinary amount of benefits and it can genuinely be a lot of fun as well.

To begin with, these fitness dates do allow for some actual quality time together for the both of you to bond. This time together is yours to share and the exercise itself does release hormones in the body that helps promote a general feeling of relaxation and well-being. Bottom line is that you'll both feel better about yourself and will enjoy each other's company even more. Besides, workout sessions are always more fun when your partner is along and that's part of the point in even inviting a partner with you in the first place.

Fitness dates also encourages the practice of healthy behaviors between the both of you. Just like the saying, "birds of a feather, flock together", it is a well-proven fact that the health practices of one partner will greatly influence the condition of the other. Chances are that if you and your date routinely include a fitness date into your calendar, then both of you are also more likely to be maintaining a healthier lifestyle during the week as well.

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Additionally, these fitness dates tend to do amazing wonders for stimulating a couple's intimacy with one another. Research has confirmed that regular exercise does result in greater levels of desire, frequency, and increased confidence. The increased blood flow to all body parts also enhances your ability to be aroused. Needless to say, the visual appeal of your mate working up a sweat probably won't dampen the attraction either.

As for arranging Friday nights for your fitness dates, just remember that this could also be a great, healthy way to wind down at the end of your work week. Looking forward to meeting your date will only add to the motivation. However, if your schedule doesn't necessarily allow a Friday night for the both of you to meet in a gym or attend a spinning or yoga class, then the truth is that any day or time of the week will work as an ideal time for a fitness date. Just remember to enjoy the moment and time together with your significant other and have some fun!

Nathan Boyd is author of the highly rated ebook, "The Fitness Lifestyle" and the current Director of Pro Fitness of Texas. Nathan encourages everyone in their pursuit of becoming physically fit and maintaining it for a lifetime. All questions and comments are always welcomed!

"I Want My Ad In NOW, Not LATER!"

By BJ Evans

"I Want My Ad In NOW, Not LATER!" by BJ Evans

If you've done any ezine advertising for a while, especially free ads, sooner or later you may receive something like this from the publisher, "Your ad is scheduled to appear in the Oct.15 issue."

Now you're thinking that this can't be, because right now it's only Aug.15. "I have to wait 2 months for my ad to come out? No way am I going to wait that long. It won't do me any good 2 months from now."

You could be wrong. Very wrong.

There are several factors to consider here. Number 1 might be the fact that the ad is FREE! You can't overlook that! Number 2 is that free ads are placed on a 'first come, first served' basis.

Number 3: It's common knowledge that we need to advertise on a continuous basis, not just when we feel like it. That means week after week after week. And planning ahead. Doesn't matter if it's free ads or paid, you have to keep

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at it, regularly.

So, in our scenario above, let's break it down and see how waiting 10 weeks will benefit you in the long run. (It's not as bad as you might think.)

Remember, you placed that ad on Friday, Aug. 11. And on Sat., Aug. 12 you got the above notice that your ad won't appear until the Oct. 15 issue. Here's how you can "catch up."

You placed your ad on Friday, the 11th. So, EVERY Friday, you place your ad again. And the next Friday, and the next. Always on Friday. (NOTE: these days and dates are only for example. You'll naturally have your own ad schedule.)

Now, after waiting 10 weeks, and placing the ad religiously every Friday, Oct. 15 finally rolls around, and your ad appears. But see what you've gained by placing it every Friday for that 10-week "waiting" period. Your NEXT ad

appears on Oct. 22, and the next on Oct. 29, and so on. (Again, it's first come, first served.) Sure, you had to wait 10 weeks. But isn't it worth it? Now all the ads you've been placing are beginning to appear.

Now, of course, you have to continue sending those ads in on a regular basis, just as you have been, so they will KEEP appearing every week.

Especially with FREE-ad ezines, they will at times have a backlog of ads, which is the reason for the delay in printing your ad. But, since they are free, we all need to have a little patience, be thankful for the free ads, and plan our advertising way ahead of time. I keep a separate log sheet for every ezine I advertise in. That way I know exactly which days I need to send the next ads in.

As a side note, most ezines that offer free ads will only allow 1 ad per week, per advertiser. Don't try to beat the system by sending in more than your one ad. It won't work, because you just might wind up having NO ad placed. After all, the ads are free, so please respect the wishes of the publisher. You'll win in the long run.

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BJ Evans has been online for several years, writing a few articles, now and then, as the mood strikes. And, when a topic of interest appears.

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