



Caring for Others Means Sharing Good Health

Whether you are seriously dating, newly engaged or married, or celebrating years of wedded bliss, exercising together is a great way to get closer while staying physically fit. Even couples who are not fitness enthusiasts can spend quality time together that keeps them active.

A commitment to fitness is important for a relationship; it shows you care about keeping yourself healthy. The first step is for couples to understand they may have different exercise needs. One partner may want to focus on strength training while the other concentrates on aerobic activity or toning.

The best exercise regime for couples is one that allows for workout time together as well as time apart to focus on personal fitness needs. Some great fitness activities that can bring couples closer include:

- Bike riding
- Walking or hiking
- Jogging
- Tennis
- Swimming
- Aerobics
- Rollerblading
- Dancing

Source: American Cancer Society



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.