

## FITNESS FORUM

# “Love, Lust and Lunges”

Ahh yes, Valentines Day, arguably the most important day for the chocolate and flower industries, will soon be upon us. For many couples, the day will serve as an affirmation of their love and affection toward one another, while for others it is merely a reminder of the chemistry they once had.

In many cases, this failing experiment didn't occur overnight. It transpired somewhere between climbing the numerous ladders at work, raising 2.3 kids and paying down what would seem like an endless mortgage commitment. Somewhere along the line the intimacy was lost and they ceased being lovers and instead became roommates with common goals, interests and responsibilities.

This however doesn't have to be the case as small changes or additions to one's exercise routines can help rekindle a dwindling flame. On one occasion here at P.T.S., the husband of one of our clients approached me and thanked me for his wife's success. He stated that he had always found his wife of over 40 years to be quite attractive but since she had lost about 8 pounds or so he couldn't keep his hands off her. Doing my best to hide my complete surprise at his candor as well as his insinuation of their 'getting frisky', I congratulated him on their new found intimacy and moved on.

Of all the obvious benefits of exercise, increasing intimacy may not be one that readily comes to mind, however this should not be overlooked. On a basic level, exercising regularly can lead to general weight loss that can have wives looking like 'bride to be's' and their husbands losing inches in their stomachs and regaining it where it counts! You get the picture...

Besides the physical benefits, regular exercise can help you mentally too. During an appropriately challenging exercise routine, endorphins are released leading to overall well feelings and positive self image. Let's face it when we're feeling good about ourselves, we eat better, we walk taller, we dress better and are more attractive to others.

Here are a few tips that can help to put a little sizzle back in your relationships.

### For Her

1. **Cardio** – Besides burning calories and helping to melt fat, a good sweat can help to stimulate the senses and libido. Just be sure to shower after your workout or Cupid's arrow might avoid you altogether!
2. **Lunges** – Well known for helping to define the muscles in the legs, lunges are also great at shaping and defining the glutes. So when you put on those jeans, he'll have no choice but to take notice.
3. **Core Work** – Part of feeling great in your clothes comes from how they sit on your waist and hips. Target your core (abdominals and lower back muscles) with exercises on the stability ball that will help strengthen and define them giving you a waistline that's flattering with everything you try on.

### For Him

1. **Cardio** – Same as above. Guys it's simply not acceptable saying “Too much cardio will make me skinny.” Unless the NFL's calling, it's time to start sweating!
2. **Chest/Back** – There's a reason why women love a man in uniform. Having a well defined back and chest adds to one's presence and gives the appearance of confidence and control. So stop, drop and give me 20!
3. **Legs** – So what if you've got a great upper body? If you're too afraid to wear shorts because your legs might be mistaken for toothpicks, then it's time to regain some balance. Add some squats and presses to your routine and you'll be looking like Hercules in no time!

If you have any questions or would like a little help rekindling your flame give us a call at (609) 252 – 1117 or visit us online at [www.ptsprinceton.com](http://www.ptsprinceton.com).