

Ultra Professional

**P.96 Business review
Fit2Date get fit and get
out-there!**

**P.98 Are you Mentally
Tough? Find out with Chad
Timmerman**

**P.101 Rat Race event
review by Aroc Sport**

**P.102 New Year New
Career.**

**P.106 The truth about
becoming a Personal
Trainer.**

P.108 Ultra Fit's CEC Quiz

**P.110 Subscribe for great
prizes in this issue**

**P.114 Meet Tiger G a fitness
powerhouse**

We have all been told that you're supposed to look for a potential partner based on their personality, not their looks. Most people tell you the key attributes they desire are a sense of humour, intelligence or loyalty. However, for some people this is not enough. What if the most important prerequisites for you include fitness, athleticism and a body built for lycra?

Have you ever wondered how you are possibly going to meet this potential mate at a bar or nightclub where the closest you'll get to check out their hand-eye coordination is when they lift their drink to their mouth?

The main places where singles mingle are smoky (ok, maybe not any more but they used to be!), dark, crowded and very, very noisy. These environments are not exactly conducive for someone who is fit and healthy to meet like-minded people. In fact, all this bar hopping can seriously detract from training time! So where can fit singles meet a potential mate and fit in a turbo charged workout at the same time?

Fit2date is an outdoor fitness training company that facilitates group training for up to 16 fit singles for a 4-week block. The idea is you get a fabulous workout guided by your own personal trainer and you get to spend four weekly, 1-hour sessions with 6-8 fit singles of the opposite sex.

Now, before you start planning your perfect training outfit and hairstyle, be aware that Fit2date training sessions involve more powering than posing! These workouts are definitely not for the faint hearted. You can expect anaerobic sprints, bootcamp style manoeuvres, core work, high impact and lots of partner training (funny that). The focus of the sessions is on having fun and getting to know each other but also on having a killer workout.



Initially the group is split into opposing teams, which helps to bring out any competitive streaks (always a good thing to know about a potential date). Team games are all anaerobic and high intensity including tug of war and medicine ball relays. By week two you move into "double date" training where groups of four compete against each other in relays and circuit style workouts.

As the weeks move on team members are paired up with different training partners and by week 4 participants are allowed to pick their own workout buddy. This allows everyone to get to know each other without the pressure of the usual "singles scene" environment. At the end of the 4 weeks the group heads out for a dinner or drinks to round up the month's training and possibly to allow people to follow up on any non exercise-induced endorphins.

Erica French, founder of Fit2date and "head fitness flirt" believes that exercise is a great way to break down boundaries and increase communication. "For some reason, training together with people really bonds you and you are able to talk and share your life story – exercise has a funny but great way of bringing that out in people. I call fitness the glue that binds us all together," says French.

Erica also has a few extra tricks up her sleeve to help her clients get to know each other better. During team games, individuals on the losing side have to confess something about themselves or answer a confronting question (once they have caught their breath I'm sure). She also encourages weekly email buddies to help keep people motivated and has members fill out questionnaires at the end of each session so she can assess if there is any mutual attraction between clients.

Since its launch in Sydney in 2007 Fit2date has gained a huge following and now looks set to start pairing up fit singles in New York and LA. It's innovative and, due to Fit2date's online booking system, really easy to get started. All bookings are done through the Fit2date website so it's just a matter of picking a location and time that suits you, paying online and turning up to see who this week's "training crush" will be.

There is no pressure and the whole theme of the session is focused on having fun. If you don't end up meeting the person of your dreams you will definitely walk away with some firm friendships and a trimmer physique. **UFM**

Website: www.fit2date.com.au

Fit2DATE

