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6 Research-Backed Reasons to Workout with your Partner

For some couples, it's totally natural to hit the gym together, while others can't imagine working out with their partner, ever. But science suggests there's something to the saying that 'couples who sweat together stay together.' As it turns out, exercising with your significant other isn't just good for the physical health, it's also good for the health of your relationship. Here are six research-backed advantages of working out with your partner on a regular basis.

1. You increase the odds of success

A landmark 2015 study published in JAMA Internal Medicine found that when one romantic partner made a health-related change for the better, the other was highly likely to follow suit. The most influential changes people could make were quitting smoking and taking up exercise. The study also found that having a partner who was consistently healthy, also made the other partner likely to adopt their habits. If both partners are committed to exercising regularly and get involved in each other's health journeys, the odds are high you'll both stay committed to your programs since you'll have each other's backs.

2. It can help reignite passion

Research suggests that participating in exciting activities or challenges with your S.O. can make you feel more satisfied in your relationship and possibly even more in love with your partner. Another study showed that by finding a workout you both enjoy and making it a regular routine kept the relationship together.

3. You might perform better

Knowing someone else is watching and cheering you on as you go through your workout is an excellent motivator, especially when that person is your romantic partner. Research has consistently found that exercising with another person — particularly one who is more fit than you — will motivate you to perform better. One study found exercisers were more likely to push themselves harder when they were working with a partner as opposed to simply exercising at the same time as someone else.

4. It could mean less fighting

Exercise has numerous benefits you probably already know about, from helping to maintain a healthy body weight to lowering blood pressure and even aiding sleep. One of the most incredible upsides of working out, though, is what it does for one's mental health. Exercise is often touted for its mood-boosting properties, and one study found that even short, low-intensity bouts of exercise can make people feel more positive and calm. Tense moments are inevitable in any romantic relationship, so if working out is a regular thing for you and your partner, there's a good chance the added dose of positivity and serenity will help you solve disputes amicably.

5. It may deepen your bond

You know how people tend to imitate each other's body language when they're trying to make one another feel comfortable? That same kind of bonding mimicry applies to exercise, as well. By simply performing the same workout moves as your S.O., you're not only getting your exercise in, but you may be bonding at a subconscious level by simply completing the same movements. One study found that when actions are led by both partners, the bond that mimicry creates was intensified, so try switching off who leads each section of the workout.

6. It might help you enjoy exercise more

The reason people are more likely to stick with exercise when they do it with their partner may have something to do with the fact that science says people enjoy their workout more when they do it with someone they know. In one study, participants reported being happier and having more fun during their workouts when they completed them with a spouse, friend or co-worker. Another study found the emotional support derived from working out with a partner made exercisers more likely to develop the internal drive to continue working out on their own. This lifestyle is valuable considering that you probably can't work out with your S.O. all the time.

Malacoff, Julia. "6 Research-Backed Reasons to Work Out with Your Partner: MyFitnessPal." *Under Armour*, 6 Feb. 2018, blog.myfitnesspal.com/6-research-backed-reasons-work-partner/.



Kristi



Damian



Toni



Michael



Abby



Eija

Recipe of the Month: Chocolate Peanut Butter Protein Oatmeal Cups

Directions

1. Preheat oven to 350 degrees. Spray muffin tin with cooking spray.
2. In a small bowl, stir together chia seeds and water to make “chia eggs.” Alternatively, you could use 2 large eggs. Set aside.
3. Place bananas in a large bowl and mash with fork. Add cashew milk, peanut butter, optional maple syrup or stevia and vanilla and stir until well mixed. Stir in chia eggs.
4. Add protein powder, oats, cocoa powder, baking powder and salt. Stir to combine.
5. Spoon mixture evenly into muffin tin, filling tins to the top. You may have some leftover batter. Bake for 25 minutes.
6. Remove from oven and cool in pan on a wire rack. Remove the pan and store in an airtight container in the refrigerator.



Ingredients

- 2 tbsp chia seeds, plus 6 tbsp water
- 3 medium to large ripe bananas, mashed
- 1 cup unsweetened cashew milk (almond or coconut milk work, too)
- ¼ cup creamy peanut butter
- ¼ cup pure maple syrup (optional, may substitute with stevia or other sweeteners)
- ½ tsp vanilla extract
- 1 scoop chocolate plant-based protein powder
- 3 cups old-fashioned oats
- 2 tbsp unsweetened cocoa powder
- 1 tbsp baking powder
- Pinch of salt

Serves: 12 | serving size 1 muffin

Nutrition (per serving): Calories 157; Total Fat 5g, Saturated Fat 1g; Monounsaturated Fat 1g; Cholesterol 0mg; Sodium 94mg; Carbohydrate 21g; Dietary Fiber 4g; Sugar 1g; Protein 6g

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