

rejuvenate

MIND • BODY • SOUL

Active love life

Prue Roberts

With Valentine's Day only a few sleeps away, couples across the southern suburbs will be planning to cosy up.

But is it enough to make the extra effort to be intimate on this one day of the year?

Spending time together can be more beneficial than you think. A Swiss study of 51 couples found evidence that intimacy improves psychological health and reduces stress levels. The lead author of the report, Dr Beate Ditzen, said all kinds of behaviour might be beneficial to couples' moods. Among them, exercise (which is known to improve mood and relieve stress in individuals) is a great way for partners of all ages to spend time together and benefit themselves and their relationship. Moreover, we all know the fitter you are, the better other intimate parts of your relationship will be.

Corin and Brian Powell are among the 15-20 couples who train together at Edwina

Griffin's Fitwomen and Fitmen Real Body Management at Randwick.

"People are working longer hours, so it actually gives them some quality time, where often they'd just be having personal conversation; this is actually getting them out of their own house, and focusing on their health," Ms Griffin said.

She said it came down to couples wanting improved fitness for each other, as well as individually.

"It's nice in that they obviously both care enough about each other to care about their own image and their bodies together.



Corin and Brian Powell.

Photo: ALAN PLACE

"If one person is getting the benefit and the other sees it, they think, 'What's going on here? Why can't I be a part of it?'"

"Half the couples we have make it their date night. They come down to the gym, have a shower and then they go out."

For some great Valentine's Day gift ideas visit www.southerncourier.com.au.