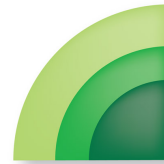




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the flirting and fitness balance

Joe Barton

IF you're sick of the bar scene, or you're struggling to split your time between working out and finding a date, then Fit2Date could fix all your problems.

Get the blood pumping and the hormones will take care of themselves.

The concept, which was launched by founder Erica French in July last year, is aimed at fit singles and attempts to find the perfect balance between flirting and fitness.

It is a unique theory that gets away from the recent trend of "speed-dating", where singles are often given less than five minutes to sell themselves, Erica said.

"We don't rotate every

minute with a different partner.

"This is a four-week fitness program involving 16 people who meet once a week.

"It gives them a good chance to see true colours and what people are really made of.

"It allows people to form an actual friendship with people.

"We're hoping to form some nice relationships, whether that's romantic or just friendship." But is it successful?

"We've had three couples, two of which are living together right now," she said.

"There's been lots of dates, lots of hook-ups at the after party and lots of friendships.

"The fitness side of it just breaks down a lot of barriers straight away. It's all just fun."

Dave Hyslop, of Manly,

reckons Fit2Date will be a success because "it's a fun social environment with like-minded people."

Manly's Christina Perry, who will take part in the April program, has her own way of describing why this is a good idea.

"Couples that play together, stay together," the 28-year-old said.

"I'm over all the other options, and this is exciting and new.

"Health and fitness is important for me, so it would be an important part of any relationship that I have.

"What's the worst that can happen? I meet a whole lot of friends who are into health and fitness."

To book yourself in or to find out more information, visit www.fit2date.com.au.



Erica French (left) and fellow Fit2Daters ... keeping fit makes a pretty good starting point for people who want to make a connection.