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Flirting with fitness a hit

GETTING fit and socialising at the same time is the latest craze to hit the North Shore, with Fit2Date helping singles to combine the two.

Fit2Date founder, personal trainer and head fitness flirt, Erica French has enjoyed an overwhelming response since launching the concept in Sydney last year, with 250 singles taking part.

Ms French said she saw the need for Fit2Date when she noticed a lack of environments in which health-conscious singles could meet.

"I figured there had to be a healthier way to meet people than being in a bar drinking," she said.

The flirtatious four-week fitness program is a combination of exercise and dating.

Sixteen sporty singles meet once a week for a one-hour outdoor training session that incorporates teamwork, games and challenges with a firm focus on fun.

Since its launch, there have been three relationships, lots of hook-ups – which, according to Ms French, typically happen at the fourth-week celebration – and countless new friendships formed.

"Our main priority is to help our clients get fit and feel good about themselves. If they find their perfect match, then that's just the cherry on top," she said.

Fit2Date is held in North Sydney every month. See www.fit2date.com.au



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