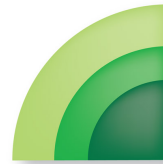




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Singles flee pubs to flirt and to keep fit

By **Eva Tejszerski**

WHERE have all the men gone?

It's a question often asked by many single women in Sydney.

The idea that love is hard to find was epitomised in popular television programs such as *Sex and the City*.

But away from Carrie Bradshaw's world of bar hopping, cosmopolitan cocktails and investment bankers, some single girls in Sutherland Shire have taken a different approach to meeting men.

A program that combines dating with exercise targets singles who want to get fit – and perhaps meet Mr or Miss Right.

The program Fit2Date was launched last year by personal trainer and former Cronulla resident, Erica French.

"Approaching your crush in a regular gym situation can be very intimidating," Ms French said.

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

Her sister Karla French and her boyfriend Hugh Kimber tried and tested the course – with surprising results.

"I was fed up going out to pubs and seeing guys being sleazy. It's so off-putting," Karla, 28, said. "The program isn't pretentious because guys see you in your sweaty gym gear. It's all a bit of fun."

The couple, who now live together at Suth-



Modern dating: This Sutherland couple met through Fit2Date. **Pictures: Wesley Lonergan**

erland, met at the program's launch party after their first exercise session together.

"I caught him staring at my bum when we were doing the tunnel ball exercise," Karla said.

Hugh, 25, said: "I was just there for the fitness, so it was an added bonus that we met."

"It's not always pot luck when you're out meeting people in bars."

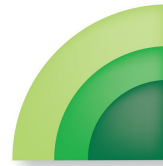
Details: www.fit2date.com.au



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Meet market: A group of 16 singles meet each week for outdoor exercise sessions