



Courier Mail
Wednesday 14/05/2008

Page: 44
Section: Today
Region: Brisbane, AU
Circulation: 221049
Type: Capital City Daily
Size: 94.96 sq.cms.



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Healthy way to meet dates

Vanessa Croll

FORGET about spending hours "scrubbing up" your appearance to attract the opposite sex. Just chuck on your joggers and exercise gear to get sweaty with a fitness concept new to Brisbane, Fit2Date.

Unattached Brisbanites can join 12-16 fit and enthusiastic singles once a week for a four-week outdoor training program while getting up close and personal with the help of cleverly constructed partner-specific exercises.

Training sessions begin at the start of each month with groups running from Kangaroo Point, New Farm and Toowong.

New Farm-based trainer Alana Dall'Alba has just begun with her second group and is looking forward to seeing the sparks fly between her new singles.

"It is so fulfilling as a trainer because you can challenge the clients and combine getting healthy with meeting like-minded singles," she says.

"You can focus on fitness but it's still exciting with all the chemistry flying around. The first session is sort of like a first date and is very separated between the guys and girls and by the last session everything is flowing smoothly and lots of fun."

At the end of the month the group has the opportunity to get together over drinks and dinner and are encouraged to share contact details with people they had a special connection with.

The concept originated in Sydney last year when creator, personal trainer Erica French, realised she was not satisfied with the alcohol-fuelled dating scene.

"I figured there had to be a healthier way to meet people than being in a bar drinking, but approaching your crush in a regular gym situation can be very intimidating," French says.

The month of personal trainer-supervised flirting and fitness will set a participant back \$200.

To register or find out more visit
www.fit2date.com.au