



**MX Sydney**  
**Friday 23/05/2008**

Page: 19  
Section: General News  
Region: Sydney, AU  
Circulation: 95084  
Type: Capital City Daily  
Size: 461.95 sq.cms.



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Hank Azaria and Simon Pegg get into shape in the hope of getting the girl in *Run Fatboy Run*.

# HEAVY SWEATING

Heart is pounding, breathing is fast and you're probably going to be walking funny tomorrow – JULIA PHIPPS gets to first base with the latest dating craze



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Being fit when you're on the singles scene is an essential. You need to be looking and feeling your best.

So why not flirt while you sweat? Just like Miranda from *Sex and the City* when she picked up a hot (and fit) date in her running group.

Sure, you'll be a bit red in the face, and maybe even a bit smelly but, the beauty is, so will everyone else.

The fit flirting trend is turning the standard pub/club pick-up cliché on its head.

Fit2Date started in Sydney and has now started in Brisbane and Melbourne.

Founder and personal trainer Erica French says she started the sessions when she saw that health-conscious singles

needed a way to connect.

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

"But approaching your crush in a regular gym situation can be very intimidating.

"These fun and relaxed sessions provide a great atmosphere for people to establish a genuine connection – without the pressure associated with traditional singles' environments.

The four-week fitness program invites 12-16 people to one-hour training sessions three times a week.

Mostly outdoors, it includes team games and fitness challenges in evenly mixed male and female groups.

But before you imagine a bunch of posing, preening potential pick-ups, French insists the big focus is getting fit.

"We're a fitness company first and foremost, but attracting people who are fit, sporty and healthy and who are really great people," she says.

French, who has been single for two years, says she was tired of the bar scene.

"I'd met past boyfriends from sport, so I thought I'd combine them."

It makes you wonder why no one has thought of it before.

"You share an experience with other people and bond over the four-week program and get to know them over a period of time."

She says so far three relationships, plenty of friendships and lots of "hook-ups" have developed.

Not to mention all those toned thighs and abs.

French says the final drinks evening after a month-long program is the only thing that resembles the old cliché.

"That's one of the best things – that you're seeing the real person. They're more natural.

"Then when we go out in the last week, everyone is dressed up and it's – wow."

The club is running Melbourne, Sydney and Brisbane and have plans to expand to New York. Visit: [www.fit2date.com.au](http://www.fit2date.com.au)