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# Finding Exercise Buddies

*It is likely that if you exercise with a friend you're more likely to train for longer and less likely to find an excuse to miss a session.*

## **What makes the ideal fitness friend?**

Someone who has a similar fitness level to you with similar goals; someone who doesn't just say they want to make healthy lifestyle changes but will actually commit to exercising regularly (rather than just talking about it) and someone who is great company.

Planning a fitness date with a friend sounds like a perfect scenario - catch up on gossip and get fit together, but chances are (unless you became friends through a shared love of your sport) neither of you will take the fitness side seriously enough and you'll end up flaking on each other.

## **How do you find the perfect fitness buddy?**

Exercise classes is one of the best options for finding potential exercise buddies as you are effectively already working out together. Classes tend to be quite social and the few minutes before and after a class is an ideal way to find someone you can perhaps practice moves with for five minutes and maybe start training together.

A different approach is weights room spotting. 'Spotting' is when you act as temporary coach and help someone with their last couple of reps of a lift. When you see someone of similar strength doing some lifting, ask if

they need 'a spot'. Then when you need help, you can get their help.

Running clubs are a good way to find fitness friends. Committing to run with other people means you're way less likely to skip a run simply because they're expecting you to show up and you can't let them down.

You may also find you push yourself beyond your comfort zone and achieve things you didn't think were possible because you've got the support and encouragement of your running group and a great way to meet friends!

Exercising with a work mate also makes sense - just going to a class together in your lunch hour or going for a run straight after work, no excuses.