

The Relationship Workout

A relationship is built from workouts much like a body in a gym. Just like working out in the gym, it takes a few hours a week. The following is a training plan for a healthy relationship workout.

Exercise 1

Before saying goodbye to your spouse in the morning, ask about the most important thing that's happening in his/her life that today. This will break the habit of being on automatic pilot that causes couples to take each other for granted and eventually turns couples into strangers.

Workout time: 2 minutes per day

Exercise 2

Decompress with your partner after work by discussing the most stressful part of your day. This not only prevents job frustration, but helps you to vent in a healthy way by getting support from your partner. When it is his/her turn to talk, resist the urge to offer advice and just listen and say you understand.

Workout time: 20 minutes per day

Exercise 3

Once a day, tell your partner about something that you appreciate about him/her or about a quality or characteristic you admire about him/her. Remember to do this on days that it seems especially difficult!

Workout time: 5 minutes per day

Exercise 4

At least once a day, show some type of affection (outside the bedroom) by occasionally kissing or touching your partner. Foot massages are always a great idea!

Workout time: 5 minutes per day

Exercise 5

Plan a date night once a week, just like you did when you were single. Make a point to get out of the house and go someplace, just the two of you, and get reacquainted with each other.

Workout time: Once a week

At the end of each week, sit down and discuss the results of practicing this relationship workout during the week.