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Valentine's Day: Dr. Levi Harrison's fitness tips for couples

by Alexis Garrett Stodghill | February 14, 2014 at 5:22 PM

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Dr. Levi Harrison on how couples can workout together for better fitness and intimacy. (Dr. Levi Harrison/@ Monkey Business - Fotolia.com)

Dr. Levi Harrison believes that staying fit is the key to a vibrant existence. "What I tell everyone is that exercising is the key to life. When you keep on exercising, you keep on living," he told theGrio the day before Valentine's Day.

In honor of this holiday celebrating romantic love, Dr. Harrison shared with us his advice for helping couples best use their partnering energy to help each other stay in shape. The author of the book, *The Art Of Fitness*, and the creator of the workout DVD *The Art of Fitness: Cardio Core Workout*, stressed that we need to love ourselves and our bodies the way we are now, as a start. Ultimately, his goal is to "get everyone to exercise and eat properly."

theGrio: It's Valentine's Day. You have made it part of your mission to get couples to exercise. Why?

Dr. Harrison: If you have someone whom you love, or like, working out with them is a great way to develop a sense of accountability, friendly competition, and increase the sense of intimacy in terms of bonding. Talk about how you want to work out next time, talk about how you want to increase the intensity of your exercise program, and of course, talk about your diet. When you work out with a

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