



- Getting Started in Partnered Fitness
- 1 Curiosity in activity
 - 2 Opportunity
 - 3 Low pressure offer to join
 - 4 confirmation of interest from partner
 - 5 soft ask: in the moment/near future to join
 - 6 patience, some light coaching

When people exercised together with their romantic partner, they also experienced higher daily positive—but not negative—affect (Hypothesis 3) and higher relationship satisfaction (Hypothesis 4), compared to days when people exercised without their romantic partner. These findings provide novel insight into how exercising with a romantic partner can alter the experience of exercise and impact people's daily experiences and begin to increase our understanding of why people may be better at maintaining exercise routines when they exercise with a romantic partner. Exercising with a romantic partner was associated with higher positive affect during exercise, which is important because exercise affect is a strong predictor of people's future exercise behavior (Ekkekakis & Dafermos, 2012). A meta-analysis indicated that emotional judgments about physical activity (i.e., the way physical activity makes people feel) have a stronger influence on whether a person is physically active during leisure time than intentions to be physically active (Rhodes et al., 2009).