

Home / Be Well Philly

PHILADELPHIA MAGAZINE’S

BeWellPhilly

Your Daily Local Guide to Health & Fitness

DATE IDEAS FOR VALENTINE’S DAY

Eight fun (and healthy!) ways to celebrate

Posted by Jenna Bergen on 2/3/2011 at 9:24AM | 1 Comment

RSS FEED Text Size: A | A | A

1 like 0 don't like Email 1 6 Recommend +1

I love Valentine’s Day. I know a lot of people hate it—loathe it, even—but I’ve loved it ever since I was little and there wasn’t a prospect of a date in site. I’ll never forget how my mom taped a Valentine’s Day card to my bedroom door every year on the morning of February 14th, and doled out a box of those chalky, pastel-colored candy hearts with breakfast. No, not the healthiest way to start the morning, but it sure did teach me to think of the fabricated little holiday as a day to celebrate all of the different types of love in one’s life.



Illustration by Justin Renninger

So this Valentine’s Day, whether you’re part of a pair or not, I propose you ditch the cheesy chocolates and overpriced roses and try one of the fun activities and events

<http://blogs.phillymag.com/bewellphilly/2011/02/03/healthy-date-ideas-for-valentines-day/>

Site-wide search

MOST READ RECENT TWEETS

EVENTS

1. America ? Pennsylvania Here. We Know Rick Santorum. You Don't.
2. Adele Should Take a Hiatus. So She Can Learn to Sing
3. The 10 Cutest Dogs in the Westminster Kennel Club Dog Show
4. Top 8 Most Romantic Movie Speeches
5. Mass Layoffs Imminent at Inquirer, Daily News?

yourself one of the V-day massage packages and show yourself some much-need TLC? Or, grab a friend or two and hit the dance floor. Happy V-Day! — *Research by Kelsey Stone*

Eight Fun (And Healthy!) Ways to Celebrate Valentine's Day

You want: To de-stress

Try: The Valentine's Day Packages at Lux Spa and Fitness

Why: Because all three of Lux's V-Day packages include access to the spa's pool, whirlpool, sauna, and complimentary champagne and desserts. From February 10-15, opt for either the Valentine's Day Special package (a 50-minute arnica and rosemary muscle-melt massage and a 30-minute Aveda custom facial, \$150 per person), the Romantic Valentine package (a 50-minute hot-stone massage and a 50-minute Aveda custom facial with eye-zone treatment, \$210 per person), or the Lovers' Getaway package (an 80-minute arnica and rosemary muscle-melt massage and a 50-minute Aveda custom facial, \$235 per person). *Lux Spa and Fitness, Omni Hotel at Independence Park, 401 Chestnut Street, 215-931-4248, luxspaandfitness.com.*

You want: To get closer

Try: A partners' yoga workshop at Studio 34

Why: All too often, Valentine's Day ends up being more about roses and chocolates rather than what really matters: your relationship! To help you out, Studio 34 is bringing the love back with its partners' yoga workshop. You'll reconnect with your loved one through the use of meditation and poses that play with the balance of giving and receiving. *Saturday, February 12, 12:30 p.m.- 3:30 p.m.; \$50 per couple; Studio 34, 4522 Baltimore Avenue, 215 387-3434, studio34yoga.com.*

You want: To get closer ... but your partner is a yoga virgin

Try: The beginner couples' yoga class at Synergy by Jasmine

Why: Even new kids to the mat can learn to deepen their connection with yoga at this no-experience-required couples' yoga class. You'll also learn how to connect authentically and encourage and support each other. Finally, time to set aside all distractions and just focus on each other! *February 14, 5:00 p.m., 6:45 p.m. and 8:30 p.m.; \$25 per person, Synergy by Jasmine, 3901 Main Street, 2nd Floor, Manayunk, 610-352-1177, synergybyjasmine.com.*

You want: To get active

Try: The Sweetheart Skate at the Blue Cross River Rink

Why: Holding his or her mittened hand as you skate along to your favorite love song—there will be a DJ on site—might be cheesy, but who cares? It'll be fun, and you and your date will have a good time. Bonus: Red flowers will be handed out to the ladies, just in case you forgot to BYO rose, and all guests will receive a free sweetheart photo keepsake that you can toss in that stuffed-to-the-brim memory box. *Monday, February 14, 6 p.m.-9 p.m.; \$20 per person (includes admission and skate rentals); Blue Cross River Rink, Penn's Landing, Columbus Boulevard at Market Street, 215-923-6533, riverrink.com.*

You want: To cut a rug

Try: The Valentine's Day Swing Dance Social at the Valley Forge Service Center

Why: Swing is fun, sexy—and this event is totally free. You'll start the evening with an hour of swing lessons and then have the rest of the evening to hone your skills on the <http://blogs.phillymag.com/bewellphilly/2011/02/03/healthy-date-ideas-for-valentines-day/>



LATEST ON PHILLYMAG.COM

King Cakes From Beck's Cajun Cafe

CHOP Apologizes to Family of Transplant Patient



Philadelphia Police ID Mother That Abandoned "Baby Noel" in a Box on a North Philly Street



Apologies Over Year of Bible

Dana & Edward at Congress Hall



You want: To learn to cook something new together

Try: A couples' cooking class at the Kitchen Workshop

Why: You'll learn to make a delicious Thai meal together, and have fun doing it—which will hopefully inspire to cook more healthy dishes at home! Thai food may sound complicated, but this class will show you how easy and tasty it really can be. Enjoy what you've both created over dinner with complimentary wine following the class. *Monday, February 14, 6 p.m.- 9 p.m., \$108 per couple, 21 Plank Avenue, Paoli, 610-993-2665, kitchen-workshop.com.*

You want: To escape the city with your sweetheart

Try: The partner yoga retreat at the Temenos Conference and Retreat Center

Why: Located on 56 wooded acres in the peaceful Brandywine River Valley, Temenos is a great place to get away from the hustle and bustle of the city and focus on one another. The four-hour session includes a gentle couples yoga class and guided Thai massage. You'll also have time to hike the surrounding grounds, snuggle by the fire, and enjoy coffee, tea and snacks upon your arrival. *Saturday, February 12, 9 a.m.- 1 p.m. or 1 p.m.-5 p.m.; \$60 per person; Temenos Spiritual Retreat Center, 685 Broad Run Road, West Chester, temenosretreat.org.*

You want: To introduce your sweetie to Pilates

Try: The Pilates of Love Event at *Shapely Girl Fitness*

Why: You can finally show the one you love why you heart Pilates in the fun surroundings of wine and appetizers. In addition to learning new exercises you can do at home together, he or she will also get a taste of how hard those "teasers" and "hundreds" really are. Only 15 couples will be admitted, so reserve your spot soon. *Friday, February 11, 7 p.m.- 9 p.m., \$25 per couple, Shapely Girl Fitness, 2439 South Broad Street, 2nd floor, 267-773-7346, debramazda.com.*

» [+](#) Share / Save [f](#) [t](#) [g](#) [d](#)

READ MORE: [Uncategorized](#)

« [Ask Dr. Monti: What's the Difference Between Viagra, Levitra and Cialis?](#) | [Look Cute For Less Than \\$15](#) »

User Comments:

[make lots of money online](#) says:

July 22, 2011 at 10:23 am

Apple now has Rhapsody as an app, which is a great start, but it is currently hampered by the inability to store locally on your iPod, and has a dismal 64kbps bit rate. If this changes, then it will somewhat negate this advantage for the Zune, but the 10 songs per month will still be a big plus in Zune Pass' favor.

<http://blogs.phillymag.com/bewellphilly/2011/02/03/healthy-date-ideas-for-valentines-day/>

Bucks County's leading dentist for your Smile Makeover

- Porcelain Veneers
- Tooth Whitening
- Dental Crowns
- Dental Implants
- Dental Bonding
- Invisalign Clear Braces
- Laser Gum Recontouring



Your Smile Makeover
by Dr. Jennifer Kalochie
General, Restorative &
Cosmetic Dentistry –
Bucks County, PA

February 15, 2012 5:50:28 PM

2 WAYS TO COMMENT (CHOOSE ONE)

1. Share your comments with your Facebook friends:

 Connect with Facebook

2. Leave a Reply:

Name (required)

E-mail (will not be published)
(required)

Website

We welcome and encourage thoughtful comments. What we don't want (and reserve the right to remove) are impersonators and comments that are personal attacks, violent threats, or flat-out offensive. In other words, be respectful of our online community and contribute to an engaging conversation.

QUICK LINKS

<div>Magazine</div> <ul style="list-style-type: none">About Philadelphia MagazineIn This IssueSubscribe NowIssue ArchiveGive a GiftCustomer Care <div>More Magazine...</div>	<div>Best of Philly</div> <ul style="list-style-type: none">RestaurantsShoppingFunServicesBeauty & SpasKids <div>More Best Of...</div>	<div>Weddings</div> <ul style="list-style-type: none">In This IssueFind a Wedding ResourceWedding FashionReal WeddingsWedding Guides <div>More Weddings...</div>	<div>Philly Home</div> <ul style="list-style-type: none">In This IssueFind a Home ResourceHome GuidesBest of Philly: Home <div>More Philly Home...</div>	<div>Health</div> <ul style="list-style-type: none">Find a DoctorTop DocsTop HospitalsHealth ArticlesHealth & Wellness Guides <div>More Health...</div>	<div>Guides</div> <ul style="list-style-type: none">Restaurant GuidesStyle GuideEntertainment GuideTravel GuideBest Places to Live <div>More Guides...</div>
---	---	--	---	---	--

Home

Subscribe

Customer Care

About Philadelphia Magazine

Newsletters

Contact

RSS Feeds

Advertise

Privacy Policy

Site Map

Copyright © 2008 Metrocorp, Inc. All Rights Reserved.