



Email [love@thelondonpaper.com](mailto:love@thelondonpaper.com)  
Web [www.thelondonpaper.com/love](http://www.thelondonpaper.com/love)

## COMBINING ROMANCE WITH NEW YEAR'S RESOLUTIONS

# No need to give up on dating

HELEN CROYDON  
for thelondonpaper

JANUARY can put a bit of a strain on our love lives. Many of us have given up the booze, or we're watching our spending, cutting out anything that tastes nice, or we're slaves to the gym three times a week.

It poses the question of what to do if the man or woman of your dreams asks you for a date in the middle of detox January?

A sober date would be terrifying. And you can hardly ask if they could come back next month when you're feeling a little bit more fun. But cutting out everything naughty or nice doesn't have to spell the end of romance. Here's our guide to resolution dating:

### TURN UP THE HEAT

Suggesting dinner at an organic vegan cafe as a first date is not the way to anyone's heart. But if you must insist on



IN THE KITCHEN | A cooking class can be a fun date

sharing your new healthy eating habits, why not book a private cooking class where you get to sample the fruits of your labour?

It's a great way to learn another healthy dish and a fun way to get to know each other. Not to mention the merits of boosting your partner's culinary skills. **The Kitchen, New King's Road, Parsons Green, offers private sessions for couples, from £40**

### RISE TO THE CHALLENGE

Vowing to get fit for 2009 doesn't mean you have to turn down every date in favour of the daily jog. There are plenty of ways of toning up as a couple.

Indoor climbing is better than a workout and girls, it's a great way to check

out if your date's muscles ripple. If you want to get out of the City, there are a couple of dry ski slopes nearby.

**Arch Climbing Wall, London Bridge, has courses available for all levels, from £10. Sandown Ski Centre, Esher, has an outdoor slope open for free-style or lessons, from £12. Snodome in Milton Keynes is bigger and indoors, sessions from £17.50**

### FLIRTY DANCING

Given the choice of night school or a hot date, I know which I'd take. But you could actually combine romance with learning something.

Dance classes are perfect to get smoochy. Lambada is fantastically raunchy - the strong torso movements will have both of you gasping for more. Or get your legs tangled

up in each other with Argentine tango.

**Digress, Beak Street, W1, runs lambada classes and a club afterwards on Mondays. Tangology, Wild Court, WC2, offers classes for all levels and a club night on Sundays**

### GET BACK IN THE SADDLE

OK, so five layers of clothing waterproofs and thermal underwear isn't the most attractive outfit. But, apparently, fresh air can boost your libido and loosen the mind, which is a good reason to coax your date out of a darkened bar.

Horse riding is a great way to pass an afternoon, exercise and take in some of the scenic spots of London.

Or, if you're brave enough to suggest something quirky, head to Hyde Park for inline skating. You can hire a pair of skates for the day and loop the Serpentine hand-in-hand to your hearts' content.

**Wimbledon Village Stables and Hyde Park Stables offer private or group hacks from £50 per hour. London Skate Centre, Leinster Terrace, Hyde Park (near the entrance), rents out skates for £15**



LATIN LOVING is a great way to someone while



SADDLE | There's room on my horse for two ...

# LET'S TALK ABOUT SEX, BAB

man about town



ever found out about them, his reputation would never recover. Once the pet names start flying sex can feel a little less like making

unusual and uncomfortable development but in this instance, I actually quite like it. Is it ever acceptable for a man to admit

girlfriend. She chooses what he wears in a temper, has sex and skin-again with