

4 Active Dates for Valentine's Day

Put on your dancing shoes.

Keep you and your partner's heart healthy by dancing the night away. Sign up for ballroom lessons, go dancing in a club or turn up the music at home and dance in your living room.



Head to the bowling alley.

Make it a game night and get your "roll" on. Make it a double date for more friendly competition.



Take a long walk.

Romance is in the air, so why not take a stroll outside together? Enjoy each other's company while taking in the sights.



Go for a bike ride.

Pick a destination, hop on your bikes and enjoy some quality time together. Go somewhere to watch the sunset or ride to the park for a picnic.



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