

# How to connect in fitness with someone new

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Corporate  
Fitness  
Works

# Overview

- Connecting with people on your fitness or wellness journey can be a great way to keep yourself accountable.
- If you open yourself up to meeting people outside your work, sport, gender, or age group, you can increase the scope of your learning.
- You could find a mentor or become a mentee as well as make life-long connections or friendships.



# Meet up Groups



Meetup.com has been hosting events for 20 years and it is a great low stress way to meet people with similar interests.

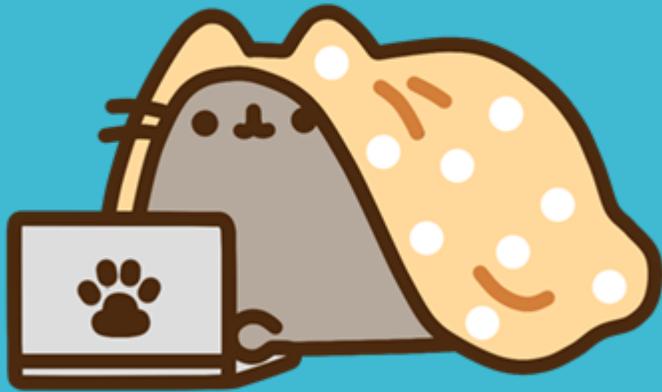
You can either scroll through events that have already been posted or post your own.

It can be anything from brushing up on your photography to carting or sledding with your pet.

Both in person and virtual events are available.



# PRO TIP: Turning on your computer camera



No matter what you are doing on a virtual platform, turn on your camera and unmute yourself.

If that makes you uncomfortable, can you turn them on for the introductions and goodbyes?

Ask about favorite recipes, what pets people own, etc. Or if someone asks a question, answer it.



# Dance classes



Everyone can dance, even if you think you have two left feet. Why not try out a Zumba or a Hip Hop inspired class?

Even if you do not get the steps, when the music is good, fun just happens.

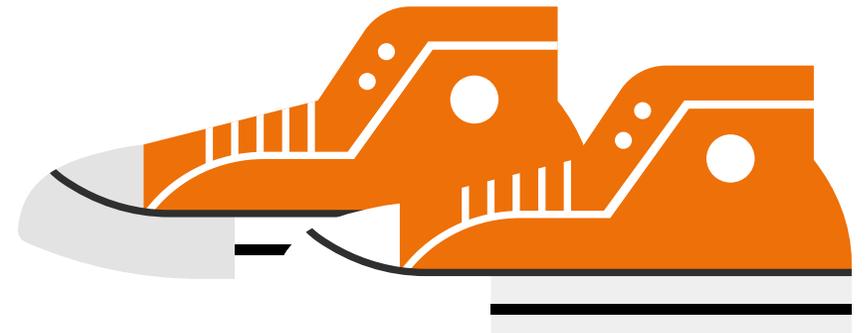
If you know you love dance already, why not try jazz, tap, Indian or African styles? The modalities are endless.



# Group fitness classes or running groups

Take advantage of any virtual or in-person group fitness classes that your employer offers or check out a nearby gym.

Some local running stores have running groups that meet outside for weekly or monthly workouts. They typically offer multiple skill levels from beginner to advanced and are great for finding people that match your pace.



# Intermural sports



If you used to play a sport in high school, or just really enjoy watching it on T.V., why not give it a shot.

Check out your local newspaper, community bulletin or online news source or search engine.

Many times, the costs are low, and 100% attendance is not required at games or practices.



# Pick up leagues

Pickup leagues traditionally do not have coaches or practices. If you have the time, get ready to sweat.

These may be announced more by word of mouth, at local ball parks or Fitness Centers. If you can, get on any email lists or community bulletin board sites.





# Animal events



If you have a pet, check out events made for them. Is there a charity walk for a local shelter, is there a horse-riding poker run?

These events are a great way to get your animal out of the house and be social, as well as you.

Asking to pet your cat, dog, hamster, kangaroo, etc., is a perfect opening line to meet someone new and you may meet two new friends, one with 2 legs and one with zero-four.



So, you went  
someplace or  
met someone,  
now what?

Great news, congratulations!

Jot down some basic info about the person somewhere safe, but easily accessible.

Try to connect with them through a social source like Slack, Facebook, LinkedIn.

Stay connected. If you have not been in touch in some way with this person within the time limit of your choosing, make a reminder for yourself to check in with them.

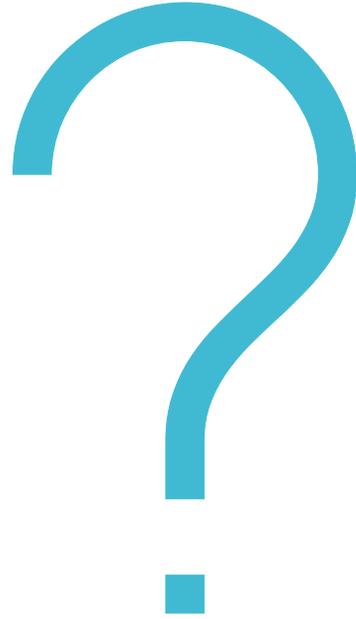


## And what if it does not work out?

No problem, just be sure to be polite and honest from the start.

You made a connection, and you never know where that will lead and who you will meet because of it.

You left your comfort zone and learned from the experience what to do again next time or try differently.



Where have you met people?

# References

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- <https://www.themuse.com/advice/3-things-you-should-do-immediately-after-meeting-someone>
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