

Meeting and Dating A True Bodybuilder

You don't need to be muscle-bound to get along with a bodybuilder; you just need to learn what their life is all about. Male and female bodybuilders are watching for people who look like they take care of themselves. Fitness is first priority in a bodybuilder's life, so it's important to have family, friends and partners who understand and support their goals and activities. One example of this is NGA & IFPA natural pro bodybuilder Layne Norton's fiancé. She goes to all his contests and wears a tee shirt emblazoned "Layne's #1 Fan." Another good example is the wife of Mr. Olympia, top IFBB pro, Jay Cutler. He has publicly acknowledged how he appreciates her support. She works out with him, cooks for him, runs his business, and travels around the world with him. Neither women are bodybuilders but they appreciate and endorse the lifestyle. Then there is Monica Brant, considered one of the most important figures in the women's fitness movement. Her husband looks after her, making sure she gets proper rest and nutrition before competition, traveling with her and helping coordinate her schedule. He is not actively competing but certainly shares her lifestyle. Some women are intimidated by the idea of dating a bodybuilder and think they will be "judged" on what they eat and drink when he's around. (Not a good way to start a relationship!) Or they see a handsome, muscular guy approaching, and think to themselves, "Gee – I hope he's not DUMB!" Let go of that stereotype: Layne is finishing his Doctoral thesis! If you think that muscular guy across the room walks with a certain kind of strut, it's because he has worked hard to look the way he does and he is proud of his body. He'll be attracted to you if your posture is good, your skin is clear, and you look like the healthy girl-next-door. What do you say if he stops to talk to you? You might ask him questions about what got him started on a quest to conquer body fat and build muscle. There is nothing more engaging to a true bodybuilder than to talk about fitness and nutrition; you'll see a spark in his eyes and passion in his voice, as he shares what he knows and practices every day. A female who competes in figure or fitness competition has an even tougher time finding someone to date, because the average guy doesn't understand her need to become lean and sculpted, and most men won't want to keep up with her rigorous diet and training. If you're interested in a woman who is especially fit and you're not, what better way to open a conversation than asking for advice or suggestions? Anyone who is going to be a part of a bodybuilder's life needs to share at least a few of their interests. In this lifestyle, it's not about "opposites attract." You may bike, jog, dance, or just walk your dog, but - male or female - you certainly don't sit and watch TV all night, eating a bag of chips. You must have some sense of a healthy lifestyle if you hope to get past the first date. Bodybuilders don't want to apologize for their dedication to nutrition or make excuses for missing social events because they are working out. It's no different than if they held a very demanding job that deprived them of the company of family or friends. Men and women who diet and train strenuously every week are "self-contained" packages – not part of a team, not a player who gets "up to bat" once in a while, but a solitary athlete, secure enough in themselves to be determined and disciplined to follow their personal goals. You can't eat for them or train for them but you might go to the gym together and enjoy tanning, or a sauna or swim together. It comes down to priorities; find something that will make both of you happy. Be secure in yourself and have your own interests as well, and don't be clingy or jealous of the time they spend away from you training. Most bodybuilders will be upfront about their priorities if it looks like the relationship is warming up. They have a lot to explain; about their need for special foods, about the water bottle they carry constantly, about the importance of daily workouts, and other idiosyncrasies. Just realize this is not a fad, so don't think they will change later. If you care – you'll understand and support him or her. What's most important in the life of a bodybuilder? Having familiar food available at all times, getting a good night's sleep and maintaining a regular schedule every day are critical. It is vital for them to schedule workout sessions, and incorporate their meals around their work or school schedules. Most bodybuilders won't want to start a long-term relationship if it poses a risk to their regular routine. To him or her, it's just not worth taking a chance of scuttling the progress they've made – as much as they would like to add someone special to their life. If you're not bothered by a pile of sweaty gym clothes and the constant smell of broccoli in the kitchen, then you might be ready to date a bodybuilder. Just make room in the fridge for five dozen eggs, and a five pound bag of chicken breasts. Hide the cookies and ice cream. Like taking turns using a piece of equipment at the gym, if they can "work in with you" and still keep the commitment they made to themselves, it will work out fine.

About the Author

Frequent exercise on a regular basis combined with plenty of rest and good nutrition are the keys to good health as well as building.

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