

The Athlete

You might have it all together, and know what you want in a man and exactly how to get it. Then again, you might be just like the rest of us, constantly trying to figure out what guys mean, why they do what they do, and what they think about you. Following are some tips and useful info about the types of guys you're drawn to -- insights on their personalities, conversation starters and how to decipher their man-speak. Some are perfect for a first date, some are more appropriate once you're in a serious relationship, but we'll let you be the judge of that.



- 1.** Be his cheering section. Turn up at his basketball/football/baseball/soccer game and holler for him. Just make sure you know the right lingo ("Great lay-up!!"). He'll appreciate your support, and yelling burns calories.
- 2.** Find a sport you can do together to increase your face time. Try hiking, kayaking, golf, even Frisbee.... any sport that will bring the two of you together... especially if it involves close contact.
- 3.** Ask about his workout, his nutrition plan, how his training is going, how he's clicking with his teammates – sports are an important part of his life, so get involved. Remember, athletes are sensitive too.
- 4.** Since he's into sports and appearances, don't be afraid to wear some of the new sports-inspired fashions – tennis-style skirts, leggings, braids under a baseball cap, etc. He won't be able to take his eyes off of you, even if the big game's on.
- 5.** He's into staying in shape, and he prefers women who are as well. If he asks you to go for a run with him, go, it'll be fun. It won't hurt for him to see you heading off to the gym, too. And the best part is, you'll reap the benefits: a great body, and a great guy to appreciate it.
- 6.** Find a cool restaurant near his gym, surprise him after his workout (we suggest giving him time to shower) and buy him a great meal. You might just be in for a little dessert.
- 7.** Be a little flexible: If his weekends are packed with practice sessions and league tournaments, find a new routine – maybe Tuesday night at the movies or date night on Sundays. Then, when game season is over, it's his turn to work around your schedule.
- 8.** Find out what his favorite team is, go get their jersey... and wear it (but not much else) when you really want his focus to be on you. You might just find he's speechless, for once.
- 9.** Learn how to soothe his sore muscles. Check out massage how-to's online or pick up a book. The two of you can practice on each other until you're professionals.
- 10.** Introduce him to something you're passionate about: art, music, movies. It's good for him to have another hobby other than sports. Maybe he's intimidated to explore a museum or bookstore on his own. But with you there, he'll feel just as at home as he is on the field.

Schick® Quattro for Women® Go!®
Designed just for women, this razor provides you with a shave so close, you can skip a day or two. It even comes with its very own travel case. Go to www.quattroforwomen.com for more info.



For more dating advice visit www.girlsguidetodating.com