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There is a long list of benefits of sharing a regular date night with your partner!

Couples who take this time to nurture their relationship with one another are much more likely to enjoy high-quality relationships.

Regular dates offer couples the opportunity to enjoy each other's company and let go of the stress that comes with



day-to-day life.

The usual standby for a date is the "dinner and movie" option. However, if that sounds a bit old, there are many fresh and exciting date options for you and your sweetheart, right out there in your own city. I look forward to sharing great date ideas with you in this monthly



column.

Idea #1: Take An Improve Class Together!

One of the most special things about being in love is the sense of freedom that comes with it. You can just be yourself around your partner, and show them your true, unique sense of humor.



Attending an improve class together is a fantastic way to have a night full of side-splitting laughs with your date. Some phrases commonly used to describe the benefits of improv classes are "having fun," "letting loose," "forgetting stress and living in the moment," and "it's like a play date for adults." During



improve, you can let your hair down and let your imagination run wild at the side of your best friend and partner-in-crime.

Improve is one of those date ideas that works just as well for new couples as it does for long-time couples. If you've just started dating, improve can be a wonderful



and original icebreaking activity. For couples who have been together for a long time, this is a lovely activity to help you see a different side of your partner. The unpredictable and spontaneous nature of improve is also perfect for breaking up the mundane stress of day-to-day work and life demands that you



and your partner have to deal with.

Due to the group-oriented nature of improve, there are many skills that you can learn that will help you improve your relationship. Improv exercises develop self-confidence, communication, good listening skills, trust and collaboration,



optimism and playfulness, adaptability, empathy, and observation. It is an excellent bonding activity, and you will leave class with a lot of great memories - the spot-on impression your partner did of a pregnant mom of three at Disneyland, or the face they made when the instructor told them they had to be an angry fish. The fun



and laughter of an improve class could make you fall in love with your partner all over again.

Improve classes are available in all major cities. A simple and quick Google search of "improve classes in NYC" or "improve in Dallas" will take you to where you need to go to find more information. Enjoy!