



Take up one of these activities with your spouse—at least try one this month for a date night!

- ♥ Take to the dance floor (line, swing or ballroom dance classes)
- ♥ Take the water (kayak, jet ski, water ski, paddle board, surf, wind surf)
- ♥ Take to the air (parasail, sky dive, glider)
- ♥ Take to wheels (bike, motorcycle, skates)
- ♥ Take to the ice and snow (ski, snowboard, ice skate, snowshoe, sled)
- ♥ Take up a racquet (tennis, table tennis, badminton)
- ♥ Take a swing (baseball, softball, golf)
- ♥ Take a hike (walk, backpack, stroll a lake, park or the beach)
- ♥ Take advantage of technology (a wii fit, wii dance party, etc.)
- ♥ Take up a hunt (with a camera, rifle, or bow and arrow)
- ♥ Take to the gym (cross fit, a kickbox , Zumba, or martial arts class)

Excerpt from Red Hot Romance Tips by Bill and Pam Farrel (Harvest House) Available at <http://www.love-wise.com/product/red-hot-romance-tips-for-women/>

Pam runs a *Red Hot Wife Challenge* a few times a year. For 26 days we look at the 26 traits (A to Z) that make us more loving wives. Buy *Red Hot Romance Tips* book, then email info@love-wise.com and ask to be added to the *Red Hot Wife* email list and the *Red Hot Wife* PRIVATE face book group.