Benefits of Dating a Bodybuilder: Both Sides Speak Up!

1. Protein is always on deck!

This advantage can go two ways; you either love sharing or you hate it! I get it, not everyone stands by the rule “sharing is caring”, especially when it comes to our supplements and food. I have an easy solution that worked for me and my swolemate; we got a joint bank account for food and supplements. This worked for a while as we both put a percentage from a set monthly allowance that we budgeted. My fiancé’s calories sets him up to eat 2 times as much as me so we compromised on a 2:1 ratio for how much we put in the account. Sharing is indeed caring and learning the value of a budget isn’t so bad either!

1. Meal Prepping is twice as quick!

Everyone who preps their food knows that it may take an entire morning, afternoon or evening to prepping meals for their week. With the help of my fitness companion, meal prepping doesn’t take near as long! While one is baking, grilling, or cutting up vegies, the other can be weighing out food or packaging meals! Team work is a necessity in a strong relationship and what better than to work together to prep for success!

1. Lemme borrow that top!

This is my personal favorite pro to dating a bodybuilder. Though my man is twice the size of me, I still love wearing his clothes! I can turn any of his shirts into what I want. Other than the obvious night gown, I can also wear some of his clothes to the gym. Does your guy wear seamless shirts? These are comfortable and have a “fitted fit” which makes it a perfect size for us women. Grab a seamless shirt out of his closet, tie it up in the back and he will never see it again (muahahaha!). This is also a great way to show those other men in the gym who are scoping out your booty gains that you are TAKEN!

1. “He touched the butt!”

While my fiance’s favorite pro to dating me is wearing my shirts, my favorite pro might just be getting to touch her butt…Okay, okay what I mean by that is that I love seeing how hard she works for the body she wants. While yes, I do admire her behind, I also catch myself in awe with her intensity in the gym. Nothing is more attractive to me than knowing I’m putting in work in the gym only to look across the room see me getting outworked by my own fiancé!

1. My personal human alarm clock!

You may think that as a professional bodybuilder that I would wake up every morning with childlike enthusiasm to go to the gym. Well the truth is, that’s not always the case. I know some of you are nodding in agreement as you read this. We are human, just like everyone else, and like everyone else, there are days we don’t want to get out bed and workout! One huge pro to having a swolemate is that you get to feed off their energy and have that reminder to wake up and kick ass. When I’m at the gym and felt that I have done enough, I can’t tell you how many times she has walked by and told me to “do one more set”, or to “snap out of it” when I’m selling myself short.

1. Makes me a better man!

While you should be your own biggest motivation, sometimes we doubt ourselves, especially when in prep when we can’t think clearly, so having her by my side keeping me level headed, focused, and a supporting shoulder when things don’t go as planned, is the best pro I could ask for. My motivation that I get from her transpires much broader than just into fitness. Dating a swolemate is great because we both are experienced in the same principles that working out teaches you; patience, hard work, and discipline, all of which are crucial in any healthy relationship.