

# Better Together female walk or bike partner wanted



Location

Oregon

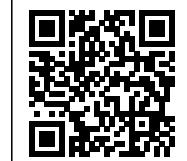
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Let's bump up the metabolism and clock off some calories together. A kernel of exercise leavens the rest of our respective lives to be more awake and alive. A pleasant partner makes the work to get or stay in shape a lot more consistent--and fun! Together, we each accomplish a little more. Not overdoing it, not slacking, but mostly nudging forward or at least not backsliding. Sharing conversation, regular activity, kind reinforcement, easy scheduling--good stuff.

Optimistic SWM, interesting retired professional who is in fairly good condition, seeks conveniently local female adult counterpart (open to ANY age, race, marital status, etc.) for nearby neighborhood and bike trail walking, biking, or whatever we come up with, several times a week.

Since last summer, I've succeeded in gradually shedding 35 lbs that had crept on since 40 and am close to owning the slimmer, happy body I was so comfortable with in the first half of my life. I know the continued quest to stay on my plan and avoid skipping when the weather isn't perfect would be much more enjoyable and reliable with you. Would a loyal activity partner make it helpful or more fun with your goals, too?

What are you looking for? Let's email, talk, and see if we'd like to give this a!



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