

# Spring Fever

## Four Ways to Turn Up the Heat in Your Relationship

WRITTEN BY JULIANNE CANTARELLA

After this winter, I am sure you are ready to welcome spring. I bet many of you have already packed up those heavy sweaters, long pants and boots and have made room for a more carefree time. It's easy to notice the difference in each of us as spring approaches. Many of us experience restlessness or an excitement as temperatures begin to climb and we welcome longer days filled with sunshine and cool breezes. There is a newfound freedom that we are eager to embrace. As we shake off the sluggishness of winter, we look to become active, and to reconnect and strengthen our intimate relationships in spring. Without further ado, here are four ways to further connect with your significant other this spring.

### Plan a Picnic

Spring is the best time to check out your neighborhood farmers market. Bring a wicker basket and a blanket,

and load up on locally grown fruit, cheese, and baked goods. Go find an inviting location and remember that all-important bottle of wine! Spending some alone time with no distractions except good food and good company will allow you the chance to grow communication with your honey. If you're looking for a great picnic spot in Bergen County, look no further than Wood Dale County Park. This 118-acre gem spans parts of Hillsdale, Park Ridge, and Woodcliff Lake.

### Stop and Smell the Roses

Well, any flowers will do, but Valentine's Day has long passed by now. Nothing says romance more than spending quality time together walking hand-in-hand through a beautiful garden teeming with vibrant colors and pleasant fragrances. With the sun caressing your faces, and that loving feeling washing over you, it's sure to bring you closer. Not sure where to take your lover to enjoy the beautiful buds? Take her to the New Jersey Botanical Garden at Skylands. Nestled in the heart of Ringwood, this is a date destination I always recommend.

### Go Stargazing

Is there anything more romantic than a star-filled sky? According to astronomers, spring is the best time to take in the night

sky. Cuddle up under a blanket and discuss what you see. Having a new topic to speak about will infuse joy into your relationship and continue to increase intimacy. You can take a peek at the stars in your own backyard, or you can get in touch with the North Jersey Astronomical Group (NJAG).

### Go Dancing

Or take dance lessons. This activity is more likely to take place indoors, but it's a surefire way to bring you closer. Any activity that can increase your heart rate and in turn increase those feelings of attraction is one worth trying. You will be sure to laugh together as you learn more about each other's bodies. Lucky for you, there are many dance studios in New Jersey. Do a quick search online to find one that fits your needs.

As a relationship expert, I believe every day is a chance to grow intimacy between you and your partner. However, springtime can be the motivating factor to help you renew your relationship. Spring is about new beginnings, and fresh perspectives. Take this opportunity to grow intimacy within your relationship. Have fun, laugh and just enjoy yourself. Spring fever only lasts so long. Take advantage of it.

*Julianne Cantarella, MSW, LSW is New Jersey's premier relationship expert. She is a former therapist turned matchmaker and dating/relationship expert. A Bergen County native, Julianne is dedicated to helping mature singles in New Jersey & Rockland County find love. She offers matchmaking and date/relationship coaching through her company, New Jersey's Matchmaker, LLC. Find out more at [www.newjerseymatchmaker.com](http://www.newjerseymatchmaker.com).*

