

# ***Bachelorette* Report: Kaitlyn Bristowe Hands Out Her Final Rose**

Spoiler alert ahead...



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**UPDATE, 7/27/2015:** Personal trainer Shawn Booth received the final rose. In the article below (originally published on May 19), we take a look at why so many of the bachelors from season 11 were fitness professionals.

As crazy as [The Bachelorette](#) has been in its past seasons, last night's premiere kicked off with a whammy, unveiling not one, but *two* single ladies—both former *Bachelor* contestants, per the norm—competing against each other to be the one to dole out roses and find her perfect match. And in typical reality TV fashion, many of the actual decisions were left open for tonight's hour-long follow-up episode, including which lady (either Kaitlyn or Britt) will be giving out those coveted flowers. All the non-happenings last night were important, though: They left me with the time and energy to focus on one random detail which I couldn't quite totally wrap my head around upon first noticing.

**UPDATE, 5/19/15 8:16 PM:** Congrats to Kaitlyn, who just won the title of this season's *Bachelorette*.

In a historic *Bachelorette* premiere, to put it in Chris Harrison terms, what blew my mind the most was the sheer number of fitness professionals who are vying to be last man standing: three out of the crop of 25, to be exact. Justin, Shawn B. and Ben Z. That's a lot! And that number doesn't even account for Josh, the [exotic dancer](#). (Come on, a lot of athleticism goes into that kind of thing!)

But back to my point: Would you ever think that tight-bodied fitness pros would experience the unlucky-in-love dating woes many of us have experienced? I mean, don't get me wrong: Married or not, I appreciate a well-groomed specimen with rock-hard abs and a commitment to his appearance (and his health!) every bit as much as the next girl. Would I date him, though, were I still looking? Not sure. I'd definitely be intimidated to approach him. Maybe that kind of attitude explains all the single [CSCS](#) folks?

Because for me at least, thinking about dating a fitness instructor has always been akin to a burning building: You can look, you can gawk from afar, but you keep a safe distance for fear of catching aflame. OK, maybe that's a *bit* dramatic, but you have to get where I'm coming from.

My gym buddy Trevor, who lifeguards and is far more ripped than I am—and, like me, likes men—agreed that dating a trainer would be a tough pill to swallow. “I simply could *not* do it. I'd be too insecure on body image.”

Antonio Compton, a trainer and owner at the Nashville branch of [Barry's Bootcamp](#), says it's no real surprise that such a high volume of fitness professionals go on such shows to find a mate. Or question why they might still be single. “There's a certain image they have to live up to, a certain amount of arrogance required, attention demanded, not to mention an excess of confidence and personality,” he says.

I asked my Denver-based friend Jen, who's a self-professed *Bachelorette* addict. “I would date a trainer briefly to get into shape for free,” she quipped, but then confessed that if he truly were an awesome guy, being a fit pro wouldn't be a total dating deal breaker.

In my opinion, there's something to be said for being with a guy who doesn't judge you if you polish off an entire pint of Talenti Sea Salt Caramel gelato in one single *Bachelorette* viewing. (Uh, not that I would know anything about *that*.)

Then again, when browsing through the rest of the [contestants' bios](#), I realize fitness buffs are the least of Kaitlyn and Britt's worries. Because think about it: being sequestered to a hot tub with an amateur sex coach from Canada who cites his biggest dating fear as passing gas (looking at you, Shawn E.) raises far more red flags than holing up in a fantasy suite with a dude who chooses to help others change their lives for the better through physical activity, don't you think?