

93 WORDS, 30 SECONDS

ACHIEVING A HEALTHY MIND AND BODY IN THE NEW NORMAL

THE LAST YEAR AND A HALF WAS CHALLENGING AND STRESSFUL, AND ACHIEVING MIND-BODY BALANCE AMID THESE CHANGES HAS NOT BEEN EASY. STARTING WITH THE RIGHT FITNESS ROUTINE CAN HELP YOU THRIVE IN YOUR NEW NORMAL WITH A HYBRID APPROACH THAT INCLUDES WORKING OUT AT HOME, AT THE GYM OR ANYWHERE IN BETWEEN. STAYING ACTIVE WHEREVER YOU ARE IS EASY WITH THE INTEGRATED J-R-N-Y (JUR-NEE) DIGITAL FITNESS PLATFORM FROM BOWFLEX. TAILORED WORKOUTS, ON-DEMAND CLASSES, STREAMING SHOWS AND MORE WILL KEEP YOU MOTIVATED AND ENGAGED WHEREVER YOU ARE IN YOUR FITNESS JOURNEY. LEARN MORE AT [BOW-FLEX-DOT-COM](https://www.bowflex.com).