

84 WORDS, 30 SECONDS

## DON'T "FALL BACK" ON YOUR FITNESS ROUTINE

A RECENT YOU-GOV SURVEY FOUND THAT TWENTY-SIX PERCENT OF U-S ADULTS SAY THEIR AT-HOME WORKOUT ROUTINE HASN'T CHANGED IN THE LAST YEAR. YOU CAN USE THE CHANGE IN SEASON AS A REMINDER TO SWITCH THINGS UP TO ACTIVATE OTHERWISE DORMANT MUSCLES AND CREATE A MORE WELL-ROUNDED FITNESS ROUTINE. WITH A JRNY (JUR-NEE) ADAPTIVE FITNESS MEMBERSHIP, YOU CAN ACCESS VARIOUS CUSTOM AND TRAINER-LED WORKOUTS BASED ON YOUR MOOD AND ABILITY, FEATURING STRENGTH, YOGA, AND PILATES. A COMPLIMENTARY ONE-YEAR JRNY MEMBERSHIP IS AVAILABLE. LEARN MORE AT J-R-N-Y-COM.