

Health And Well-Being

Mix It Up To Stay In Shape

(NAPSA)—Not only is variety the spice of life, it can also be a good way to help you stick to your exercise routine. Changing up your workout and adding new activities keep the body challenged and your mind motivated. Here are some easy tips to make staying fit both fresh and fun.

Exercise Your Right To Happiness

For a change of pace, head outside and enjoy a mix of fitness activities, from running and hiking to beach volleyball and swimming. A report from the National Institutes of Health suggests that being out in the sun can improve your mood—adding a lift to your workout. Mix up your workout by bringing it indoors and meeting a friend for a cardio kickboxing or hot yoga class.

In fact, participating in a variety of activities has another benefit that may surprise you. According to lifestyle and fitness expert Tom Holland, changing up your workout—such as alternating between running and strength training—engages new and different muscles. Holland says this helps prevent your body from adapting to a repetitive activity, and can lead to improved fitness levels and results.

No matter where or what form of exercise you do, just the activity alone can help you feel pretty euphoric. A study by the Harvard Medical School says this may be because exercise enhances the action of endorphins—chemicals that circulate throughout the body, improve immunity and reduce the perception of pain. Plus, exercise stimulates the neurotransmitter norepinephrine, which can help put you in a good mood.

Helpful Equipment

Whether you're walking the dog or lifting weights, there are versatile products to provide the boost you need to stay healthy and fit. Here's a look at three:

• **Bowflex Boost™**—a smart activity tracker designed for people of all fitness levels. It's a 24-hour monitoring band that tracks activities (calories, steps and distance)



Mix up your exercise routine to boost your mood and stay healthy. A new smart activity tracker can help you keep your pace.

throughout the day and into the night. It lets you personalize your daily goals and offers insights that empower you to make positive change. The band is designed with Bluetooth® Smart technology, provides extended battery life of up to 11 days and is available for iOS devices (4s and higher) and Android devices (4.3 and higher). See more at www.bowflexboost.com.

• **Bowflex MAX Trainer™**—This groundbreaking cardio machine burns more than 2½ times the calories than any other fitness equipment, engages the upper body 80 percent more than a traditional elliptical and is easier on the joints than running on a treadmill. In addition, a 14-minute interval workout maximizes afterburn and increases your metabolism up to 48 hours after a workout. Its unique upright design and small footprint make it ideal for in-home use. Learn more about it at www.bowflexmaxtrainer.com.

• **Bowflex Revolution®**—With this machine you can do over 100 exercises with up to 400 variations. It's designed to work every major body zone and support every workout routine, strength level and fitness goal. Find out more at www.bowflexhomegyms.com.

Learn More

You can find more fitness facts and tips online at www.bowflex.com.