

83 WORDS, 30 SECONDS

WITH BODY NEUTRALITY, WORKING OUT IS MORE THAN A FEELING

TOO OFTEN WHEN IT COMES TO HEALTH, PEOPLE FOCUS ON THE NUMBER ON THE SCALE INSTEAD OF THE WAY THEY FEEL. JUNE IS BEAUTIFUL IN YOUR SKIN MONTH AND BOWFLEX ENCOURAGES YOU TO EMBRACE BODY NEUTRALITY AND FEEL-GOOD FITNESS. WITH THE JUR-NEE DIGITAL FITNESS PLATFORM, YOU'LL GET CUSTOM WORKOUTS BASED ON YOUR MOOD AND ABILITY, PLUS TRAINER-LED WORKOUTS FEATURING STRENGTH, YOGA, AND PILATES. FOCUS ON THE NUMBERS AND ACHIEVEMENTS THAT MATTER. A FREE ONE-YEAR JUR-NEE—J-R-N-Y—MEMBERSHIP IS AVAILABLE. LEARN MORE AT [BOW-FLEX-DOT-COM-BACKSLASH-J-R-N-Y](https://www.bowflex.com/backslash-j-r-n-y).