

# Health & Wellness

## Get Stronger Every Day With At-Home Workouts

(NAPS)—These days, people are navigating unprecedented times that have them rethinking how they live and work. While big shifts to normal, daily habits can be unsettling, this also provides an opportunity to start new routines and make positive changes.

Many are spending more time at home, so adding structure is more important than ever—especially when it comes to staying active. Studies have shown that exercise can help boost your mood, productivity and immunity.

According to Tom Holland, exercise physiologist, Bowflex fitness adviser and host of iHeartRadio's Fitness Disrupted podcast, it takes most people a minimum of two months to form a new habit. He recommends making the most of your time at home to establish healthy routines.

To help you get started, Holland offers these simple tips to add at-home fitness into your daily routine:

**Connect with a Coach:** When motivation wanes, there are plenty of subscription services and online resources. For example, there's the Bowflex JRNY app (<https://www.bowflex.com/jrny-app.html>), which features a personal fitness coach who gives spoken instruction and encouragement as you push through your custom workouts—available on the Bowflex Max Total (<https://www.bowflex.com/max-trainer/>) and Bowflex BXT216 treadmill (<https://www.bowflex.com/treadmills/>).

**Start small:** You don't have to commit to an hour or more; aim for several



**Staying active at home is easier with the Bowflex Max Total, which offers personalized workouts and coaching technology that can keep you motivated over the long term.**

micro workouts of 5, 10 and 15 minutes throughout the day; those add up and count as much as one long workout.

**Put it on the Calendar:** Keep exercise at the top of your to-do list by scheduling a daily walk or run or streaming a yoga class.

**Multi-task:** Connect to streaming content and sweat through your favorite daytime show, or catch up on the news.

**Home Gym Essentials:** Holland recommends including one piece of cardio and one piece of strength equipment in your home gym.

If space is limited, two good cardio-strength options are the Bowflex Max Total (<https://www.bowflex.com/max-trainer/>) and Bowflex 840 kettlebell (<https://www.bowflex.com/selecttech/>).

Creating healthy habits now can carry you through the current times, and help set you on a path to finish up the year feeling healthy and stronger than ever.