HEALTHY MOVES

When life gets busy, you may feel pulled in too many directions. Fortunately, following three Rs can help. First, Release your mind by escaping into nature. Next, Reset your soul with brief meditation. Finally, Refresh your workouts by adding dimension to your routine. You can improve the way you move with the Bowflex Lateral-X cardio machine. Strengthen and activate muscles with side-to-side, push-and-pull, and stand-and-squat motions for a full-body, low-impact workout to help you move the way you live. Learn more at bow-flex-lateral-x-dot-com.