

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.