SHOW YOUR SCHOOL SPIRIT

For college graduates, back-to-school can be a time of nostalgia, but staying connected to your alma mater is easier than you might expect. Root for the team at a game or a sports bar. Donate time or money. Follow your college on social media. Add school spirit to your home gym with a limited edition collegiate-branded Bowflex Max Trainer M-five. It combines the movements of an elliptical and stair stepper for a one-of-a-kind cardio workout. Learn more at bow-flexmax-college--dot--com.