

Facts On Fitness

Skip The Gym: Exercise At Home For Better Results

(NAPSA) If you prefer working out in the comfort of your own home, you're not alone. According to a recent survey conducted by Bowflex, 52% of people prefer to exercise privately at home over going to the gym, attending a group class or exercising outside.

Survey respondents were also honest in sharing that 59% were notorious for setting fitness goals and not following through. More than 67% said they want to see results of their efforts early on.

These statistics come as no surprise to Tom Holland, exercise physiologist and Bowflex fitness adviser. "Everyone's time is limited. People want to know they are on the right track and doing the workouts that are going to make a difference or they will get discouraged and likely not reach their goal," he explains. "Positive indicators and accomplishments can be more than weight lost being able to run longer distances without walking breaks, completing more reps than before or reaching a new personal record on your favorite digital fitness companion are all good signs."

If you prefer working out at home and like to keep track of your progress, one product Holland recommends is the Bowflex Max Trainer M8 cardio machine (www.bowflex.com/max-trainer), which features an artificial intelligence-driven digital platform. The platform's adaptive coaching technology uses the data captured from your previous workouts in combination with pre-



You can join the 52% of Americans who prefer working out at home and try the Bowflex Max Trainer M8 featuring digital coaching technology.

dictive analytics to create custom daily workouts for you, and it tracks and rewards your progress.

The platform also features a personal fitness coach who gives spoken instruction, motivation and encouragement as you push through your custom workouts. There's no need to go to the gym or pay for a pricey personal trainer.

Plus, if you're like most people whose main goals for working out are to stay in shape, have more energy and feel good, this machine and coaching technology can help you stay motivated over the long term, Holland notes.

Another perk of exercising at home, he adds, is your fitness routine better fits around your schedule and is more convenient for you. Only have 10 minutes now and 15 minutes later? Your home gym is only steps away, and yes, those workouts do add up.