

90 WORDS, 30 SECONDS

CREATE HEALTHY HABITS DURING A PANDEMIC

WHILE IT'S TRUE THE PANDEMIC HAS MADE SOME SIMPLE ACTS MORE COMPLICATED, IT ALSO OFFERS AN OPPORTUNITY FOR LONG-TERM, HEALTHY HABITS. FOLLOW THESE TIPS TO CHANGE YOUR FITNESS ROUTINE AND DIET: BE MINDFUL OF PORTION SIZES AND NUTRITION WHEN COOKING AT HOME. TRY NEW PRODUCTS, SUCH AS THE BOW-FLEX VELO-CORE INDOOR CYCLING BIKE. CHOOSE BETWEEN A TRADITIONAL STATIONARY SETTING OR LEAN MODE THAT MIMICS THE FEEL OF RIDING OUTDOORS. PLUS, YOU'LL HAVE ACCESS TO ENGAGING DIGITAL CONTENT AND CUSTOM COACHING ON THE INTEGRATED J-R-N-Y PLATFORM. LEARN MORE AT BOW-FLEX-DOT--COM.