

Health And Well-Being

How To Achieve A Healthy Mind And Body In The New Normal

(NAPS)—The way people live—from how they eat, sleep, work and move their bodies—has been disrupted in the last year-and-a-half, and adapting to and achieving mind-body balance amid these changes is no easy task. As the COVID-19 pandemic continues to alter routines and take a toll on physical and mental health, it's important to focus on overall well-being to achieve balance and overcome obstacles. To help, exercise physiologist, certified sports nutritionist and Bowflex fitness advisor Tom Holland has expert advice for reconnecting with yourself and creating the right routine to support your new normal.

Adjust to a New Way of Fitness

As many people were forced to adjust their fitness routines, they also discovered there isn't a one-size-fits-all approach to exercise. The new fitness normal is a hybrid approach of working out at home, at the gym or even on the road. Holland points out that as many people have shifted to a new work model that could include working from home, the office or while traveling, they also want solutions that allow them to work out whenever and wherever.

From livestream and on-demand classes to more in-person offerings, there's more flexibility than ever before to fit exercise into your schedule. With tools such as the JRNY digital fitness platform (<https://www.bowflex.com/jrny.html>), you can have 24/7 access to coaching and curated workout options.

Find Your Inner Greatness with a New Routine

In this new era of fitness, variety is key, so Holland recommends trading off between strength and high-intensity cardio workouts to keep your routine fresh, challenging and effective.

To stay engaged while exercising, try catching up on your favorite TV shows during your cardio workout. The new connected Bowflex Max Total 16 (<https://www.bowflex.com/max-trainer/mt16/100915.html>) lets you stream your HBO Max, Netflix, Hulu or Disney+ subscriptions on the built-in 16" HD touchscreen. For strength workouts, squeeze in a quick set of squats, crunches or push-ups in between your daily tasks. You'll get your body moving, increase your heart rate and build muscle—all while saving time.

Holland adds that finding a routine that works for you and that you look



The new connected Bowflex Max Total 16 offers a 16" HD touchscreen and integration with the immersive JRNY digital fitness platform, helping you stay engaged and motivated during challenging, high calorie burn interval workouts.

forward to, even if it's just five minutes a day, helps improve mental health, enhance mood, boost energy and combats health conditions and diseases.

Stay Motivated Anywhere

It can be easy to stray from your exercise routine while away on vacation, during periods of adjustment such as a return to the office or when daily life is pulling you in many different directions. Holland emphasizes that staying motivated to stay active, wherever you are, comes with a variety of rewards.

Thanks to connected fitness solutions, you can take your personal trainer with you—virtually—to help you stay on track and maintain those new healthy habits. For instance, you can enjoy on-demand workouts such as yoga, Pilates and strength, wherever you are, by simply downloading the JRNY (<https://www.bowflex.com/jrny.html>) app on your Android or iOS device. To kick your workout up a notch, add the Bowflex SelectTech 840 kettlebell (<https://www.bowflex.com/selecttech/840-kettlebell/100790.html>), a compact solution that can travel with you.

Prioritizing your Well-Being

Research shows that moving your body stimulates different parts of your brain to release feel-good chemicals including serotonin, endorphins and dopamine. This leads to a cascade effect of better sleep, reduced stress and enhanced mood.

Holland notes that prioritizing your health and fitness will also help you be better equipped to manage the stresses of daily life and achieve a balanced mind and body—no matter what this new normal may bring.