

93 WORDS, 30 SECONDS

## RING IN THE NEW YEAR WITH AN 'ANTI' RESOLUTIONS LIST

TRY A NEW APPROACH TO SETTING HEALTH AND FITNESS GOALS BY CREATING AN "ANTI" NEW YEAR'S RESOLUTIONS LIST AND FOCUSING ON WHAT YOU'RE NOT GOING TO DO. FOR EXAMPLE, DON'T MAKE EXCUSES. FIND A MOTIVATING AND ENGAGING EXERCISE ROUTINE SUCH AS ON THE JRNY (JUR-NEE) DIGITAL FITNESS PLATFORM. IT COMES ON CONNECTED BOWFLEX CARDIO EQUIPMENT OR VIA MOBILE DEVICE OR TABLET. WITH A JRNY MEMBERSHIP, YOU CAN EASILY FIT EXERCISE INTO YOUR SCHEDULE WITH PERSONALIZED, TRAINER-LED WORKOUTS AND ACCESS TO YOUR FAVORITE ENTERTAINMENT SERVICES. A COMPLIMENTARY ONE-YEAR MEMBERSHIP IS AVAILABLE. LEARN MORE AT BOW-FLEX-DOT-COM.