

83 WORDS, 30 SECONDS

## EXERCISE: YOUR RX FOR IMPROVED PHYSICAL AND MENTAL HEALTH

REGULAR EXERCISE IS CRITICAL FOR MAINTAINING NOT ONLY YOUR PHYSICAL HEALTH BUT YOUR MENTAL HEALTH AS WELL. IF YOU'RE LOOKING TO GET BACK ON A REGULAR SCHEDULE AFTER A BREAK OR TO TRY SOMETHING NEW, THERE'S NO BETTER TIME THAN NOW. WITH THE JRNY (JUR-NEE) DIGITAL FITNESS PLATFORM, YOU CAN GET IN A WORKOUT OR FIND YOUR ZEN WITH ACCESS TO HUNDREDS OF PERSONALIZED, TRAINER-LED WORKOUTS, INCLUDING STRENGTH, STRETCHING, YOGA, AND PILATES. A COMPLIMENTARY ONE-YEAR JRNY MEMBERSHIP IS AVAILABLE NOW. LEARN MORE AT [BOW-FLEX-DOT-COM](https://www.bow-flex.com).