

Health And Well Being

How to Create and Maintain New Fitness Habits During A Pandemic

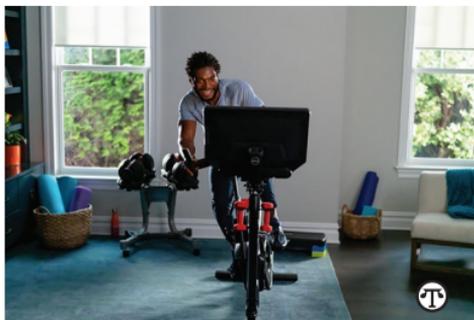
(NAPS)—The COVID-19 pandemic has made simple acts like seeing friends and family, going to the grocery store, or celebrating a life milestone more complicated. However, it has simplified the ability to create and maintain new fitness habits. Exercise physiologist and Bowflex Fitness Advisor Tom Holland says that since our time isn't as compartmentalized as before, we have the opportunity to be more mindful and make healthy changes to our lifestyles, including the following:

1. Try something new in the comfort of your own home

At home you can experiment with new stretches, workouts, and equipment without feeling the pressure of a gym setting. For a unique indoor cycling experience, the new Bowflex VeloCore bike (<https://www.bowflex.com/bikes/velocore/velocore-bike.html>) offers a choice between the traditional stationary setting, and lean mode – with a side-to-side leaning motion that mimics the feel of riding on an open road. The VeloCore bike integrates the JRNY platform, which delivers engaging digital content on a large touch screen, and custom coaching and workouts. It also connects with third-party cycling apps, including Peloton and Zwift. With products like this, you don't need to leave your home to have a challenging and fun workout.

2. Eat healthier because you are not eating out

Restaurant portions are often two to three times larger than the recommended healthy portion sizes. Now, most of us are eating at home more frequently, and it's an ideal time to develop healthy eating habits. You can cook every meal while being mindful of nutritional value and avoid the typi-



Try new fitness products like the new Bowflex VeloCore bike, combining the traditional stationary bike with a side-to-side lean motion, plus engaging content and custom coaching.

cal tempting foods that would be available at a restaurant by buying healthier options.

3. Build out your home gym

According to a recent survey conducted on Nautilus, Inc.'s behalf by YouGov, the percentage of consumers* working out at home on a weekly basis has increased from 43% before COVID to 73% during COVID.

Regardless of your home's size, investing in versatile and space-efficient fitness equipment, such as the Bowflex SelectTech 2080 barbell with curl bar (www.bowflex.com/selecttech/2080-barbell/100874.html)—which offers seven incremental weights in one—means you'll have 24/7 access to a calorie-burning workout on your own schedule.

Now, there are no more excuses for not having a healthy lifestyle or fitting in a workout. The only thing holding you accountable is yourself. That's why Holland recommends starting these habits now, so you'll be more likely to continue working out and eating healthy even past the pandemic.

Citation: *All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1066 US adults aged 18 to 64 years old who have spent \$500 or more on fitness in the past year. Fieldwork was undertaken between July 27 to August 3, 2020. The survey was carried out online.