

Holiday Health Hints

Ring In The New Year With An 'Anti' Resolution List

(NAPS)—As the world celebrates the new year, many will make an annual list of resolutions and goals, which often include improving overall health and fitness.

As we continue to weather the COVID-19 pandemic, improving overall health is front and center, more so than usual. However, according to the U.S. New Year's Resolutions 2020 study conducted by YouGov, over half of those who set New Year's resolutions can't follow through.

Luckily, exercise physiologist and Bowflex fitness advisor Tom Holland has a new approach to setting and reaching your health and fitness goals this year.

Focus on Anti-Resolutions

Holland recommends turning the typical New Year's resolutions list on its head by creating "anti-resolutions" to focus on what you're *not* going to do. For example, instead of saying "I'm going to work out every day" or "eat only healthy foods," resolve to not make excuses. This can take the focus off the broader goal and onto in-the-moment actions. The next time you plan to go the gym or cook a healthy meal, and you start to come up with reasons today's not the day, you can remember your resolution to not make excuses. If you set unrealistic resolutions to transform your entire lifestyle all at once, it's more difficult to take the necessary steps to get there.

Most people have made excuses for not making a workout or sticking to a routine. This anti-resolution approach changes the focus from overly ambitious goals to a more subtle mindset shift.

To help you continue or take those first steps on your fitness journey, Holland also recommends connected fitness services and apps, such as the JRNY digital fitness platform (<https://www.bowflex.com/jrny.html>). With the JRNY app, you can easily fit exercise into your schedule with a wide range of personalized, trainer-led workouts. JRNY is integrated with Bowflex cardio equipment, including stationary bikes and treadmills, and features off-product workouts such as HIIT, strength, yoga, stretch and Pilates, which can be accessed from a mobile device or tablet via the JRNY app. So many options means no more excuses. No matter your fitness level, goals or lifestyle, JRNY has exercise programs to help you stay motivated and active so you can make exercise a habit in your life.

Determine What Works Best for You

Often people struggle to get started



The JRNY digital fitness platform features hundreds of workouts including strength, cardio, HIIT, yoga, stretching and Pilates. JRNY is integrated with Bowflex cardio equipment such as the Max Total 16 and features workouts perfect for use with the Bowflex SelectTech 552 and 1090 dumbbells.

working out because they think they need to go to the gym all the time or sacrifice privacy, comfort and entertainment to see results. Holland notes that it's important to not let trends, other people's opinions or even your own preconceived notions get in the way.

It's easier than ever before to find a workout routine that aligns with your lifestyle. If going to the gym isn't your speed, you could pick up a versatile fitness product such as a set of Bowflex SelectTech 552 dumbbells (<https://www.bowflex.com/selecttech/552/100131.html>) or download the JRNY mobile app (<https://www.bowflex.com/jrny/subscribe/checkout>) for access to hundreds of video workouts that can be done from the comfort of your own home—no expensive gym membership or commute required.

If you find your motivation is dwindling, the Bowflex Max Total 16 (<https://www.bowflex.com/max-trainer/mt16/100915.html>) is a great option that lets you do high-intensity, interval workouts at home while streaming your entertainment subscriptions including Netflix, Hulu, Amazon Prime Video, HBO Max, and Disney+.

This new year, try a different approach to health and fitness resolutions by kicking the overly ambitious goals of the past to the side in favor of setting anti-resolutions instead. At the same time, take advantage of what today's fitness technology has to offer to improve your odds of success and make this your year.