

Facts On Fitness

Three Summer Tips To Get You Fitter Now

(NAPS)—Summer is here, and Floridians seeking the best deals to help them get beach-ready and fit for swimming, surfing, biking, or family travel adventures have a variety of options to get active and fit. Here are three ways to take your fitness to a new level while saving some dough:

1. Take advantage of summer gym savings.

Many gyms are offering summer discounts to help you start a new fitness program or maintain your current one at a more affordable rate. You can search for individual deals at your favorite gym or fitness studio. Or, if you're thinking about switching gyms but aren't sure which gym is best for your needs, visit an "online market" or gym aggregator site that offers thousands of gym choices for one price, with no long-term contracts. For example, the Active&Fit Now™ program offers a fitness membership that lets you choose from more than 7,900 gyms for \$29/month. Programs like this allow you to try multiple gyms and cancel at any time to find the one that suits your fitness goals without long-term contracts or any hidden fees.

2. Explore boutique fitness studios.

If you're more motivated by the idea of joining a smaller, more specialized, and personal gym, a boutique studio may be the perfect option. Boutique studios tend to offer a more tailored fitness experience with like-minded people who want a focused approach. These studios are surging in popularity and offer specialties like Pilates, or yoga, or even spinning. Others focus on dance, barre, or strength training. The point is, a boutique studio can help you find your fitness vibe and maybe even your workout "tribe."

If you think you can't afford a boutique studio, shop around for summer discounts. Or check whether fitness membership programs include studios, too. If you shop around, you'll likely find a program that offers the right boutique option for you with discounted rates ranging from 20%-70% off. Be sure to



Good news, Floridians! There are lots of summer gym deals to help you get fit.

look for no long-term contracts, or initiation or cancellation fees. You'll want the flexibility to find the focused fitness activity that meets your needs.

3. Train in the cool comfort of home with online classes.

Sometimes you just don't have time to make it to the gym, but you don't want to skip on your workout routine—so, let technology be your workout buddy. Many fitness programs allow you to train in the comfort of your home with on demand workout videos you can tailor to your needs. Some programs even offer free workout classes on streaming platforms like YouTube. Simply go to YouTube and put in your gym or program's name to see if they offer a workout playlist. The Active&Fit® family of programs, for example, offers hundreds of free YouTube classes, including dance, cardio, strength training, and yoga. By joining one of the Active&Fit programs, like Active&Fit Now, you can gain access to more than 5,500 videos from top video workout producers like Les Mills, Shift, and Cycling Fusion.

It's not too late to get active and fit for summer fun. Take the first step today by exploring the many gym and fitness program offerings and summer deals in your area.

Always remember to consult with your doctor before starting a new exercise routine and to discuss what types of exercises are safest for you. Persons depicted are not Active&Fit program members.