

Make your  
**exercise** fit your  
**lifestyle.**

OCTOBER 2019

## At Home with Exercise

*get fit without a gym.*

**To save time, money and fuss, you can't beat the ease of at-home exercise.**

Create your own home workout zone for an excuse-proof routine. Even if it's small, you're more likely to use a space dedicated to exercise. Just add music and mix up your activities. Choose from **cardio workouts, stretching routines, weight training, or streaming and DVD exercise instruction.**