Yes, You Can Find a Fitness Routine You’ll Love – and Stick With

When it comes to finding a workout or exercise you’ll actually stick with, there are a few important things to keep in mind. Here are some tips to help you get started.

1. MOVING GUTS IS A GREAT TIME OF THE MONTH

Most people think they need to go to the gym and sweat it out. But research shows that you can burn more calories and reduce stress by doing something simple like taking a walk.

2. FOCUS ROUTINES ARE NOT WORKING ANYMORE

You may have heard of how to burn fat and lose weight if you started a routine in your 40s or 50s. However, research suggests that people who follow these routines tend to gain weight over time.

3. GET THE TRAVEL NEWSLETTER FROM AARP

The AARP Travel Newsletter is a great resource for finding deals on flights, hotels, and car rentals. Sign up today to start enjoying discounts on your next trip.

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