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BRANDAMP BY AARP
MOVEMENT
by NM

Yes, You Can Find a Fitness Routine You'll Love - and Stick With

Here's how to overcome your biggest obstacles and excuses

Premium online fitness classes
Annual membership for only \$50. Join today!

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1. WORKING OUT IS A HUGE TIME COMMITMENT! I'M TOO BUSY TO GO TO THE GYM

Here's a beautiful fact: There are hundreds of ways to move your body. You don't need to carve out a huge chunk of time to feel stronger and instantly happier. An afternoon walk? Easy class. Standing up at your desk and swinging your arms? Exercise! To get inspired to fit more movement into your life, look for workouts that are time-saved, easily accessible, and match your schedule and lifestyle.

2. FITNESS ROUTINES ARE REPETITIVE AND BORING

Now is the perfect time to let go of the old and try new things! If you're tired of the same workouts or unsure where to start, experiment with a beginner-friendly class doing something you've never tried before. Choose stretching, dancing, kickboxing, or strength training. A new discipline can refresh your relationship to fitness, and restore and challenge you.

3. I CAN'T FIND ANY ROUTINES OR PROGRAMS FOR MY AGE AND FITNESS LEVEL

Healthy bodies come in all ages, shapes, and sizes. So look for a fitness program that meets you where you are. Movement by NM offers classes for a wide range of ages and abilities. It can help you get started with a Personal Movement Plan designed with your lifestyle and health goals in mind.

"Sometimes adding more movement into your life is as simple as shifting your mindset," adds Schorbach. "Expand your vision of what exercise can be and how it can mesh with your day. Pay attention to the kind of workouts that make you feel good and boost your confidence. Try new things and seek out classes or a platform that offers flexibility and a range of options."

Movement by NM is on demand, easy to navigate, and allows you to stream classes wherever you are. As a member, you get advice on how to get started, step-by-step user instructions, class recommendations suited to you, personalized movement plans, and more. Fitness classes range in length from five to 25 minutes, and are conveniently organized by discipline, time, teacher, and mood. You can access the platform via a web browser and on mobile and connected TV apps. And the customer service team is always available to answer questions, making moving from anywhere easy and fun.

[Click for a FREE 14-day trial and an annual membership for \\$50 \(50% off!\) with the special code FEELSTRONG.](#)