



Group fitness

for workout success

We've heard them all.

**There's strength
in numbers.**

Together, we're stronger.

**Teamwork makes
the dream work.**

**We may sweat,
but together, we shine.**

Making regular physical activity a priority may be challenging. There might be hurdles even before you start. You have to make the time, choose the activity, find a place to do it, get the gear and so on. This can feel like a lot.

There is one thing that can make it easier—enlisting a buddy or joining a group. In practical terms, working out with others holds us accountable. You are more likely to show up, follow through and stay motivated. Working out in a group elevates mood and lowers stress. It also makes exercising fun and social, so it becomes even better for your body and mind.¹

Exercise quantity and quality are higher when working out in a group.¹

Enlist a buddy

Get moving with a partner.

- Schedule walking meetings with a coworker.
- Grab a neighbor or family member for a morning or evening stroll.
- Sign up for a dance class with a like-minded friend as your partner.
- Walk while you talk on the phone. Long-distance buddies can still help motivate you.



Stronger together

Develop a community of supporters by choosing a group activity to work on your fitness goals. **There are many options, like:**

- Classes at your local gym or community center. Consider yoga, Zumba, spinning and more.
- Join a sports league, like pickleball, bowling, volleyball or tennis. Groups like these get together regularly, sometimes even daily.
- Train for a competition. Whether it's a charity walk, a bike race, a fun run or a marathon, look for a group of like-minded friends through local clubs or online. You can push each other to new heights.



Whether working out with 1 or 100, getting active is important to reaching your health goals. Choose who can help you succeed.

Before you start any new exercise routine, talk to your doctor to make sure it's safe.

Learn how we can help support you on your wellness journey.
To sign up or learn more, go to
Go.Livongo.com.

¹<https://blogs.bcm.edu/2024/02/13/benefits-of-exercise-classes-and-groups/>