

burnalong

Coming to you live in April!

This month, we are focusing on taking control of your health. With ways to keep your heart pumping, increasing your mobility, and taking preventative measures, your future health will thank you! Ready to join us?



APRIL 12 @ 12 PM ET

Mark your calendars and join us for this live event to take control of your health! Don't wait. Your future self will thank you for improving your diet, exercise routine, and relationship habits today. Take preventative measures now to ensure a healthier tomorrow.



APRIL 6 @ 12 PM ET



Ways to keep your heart pumpin': From cardio-specific workouts to chasing after your kiddos to taking a hike outside, we'll provide you the tools you need to get your heart rate up and your stress levels down!



APRIL 27 @ 12 PM ET



Increase your mobility & reduce long-term discomfort: Improve your balance, flexibility, and mobility. We'll break down some helpful tips to ensure you can stay active for years to come, while experiencing less pain and a better quality of life.

