

AFTERBURN

Monthly Newsletter



5 Reasons Why Couples Who Sweat Together, Stay Together

By Trevor Manuel (Wellness Manager)

"We do not stop exercising because we grow old - we grow old because we stop exercising."

-Kenneth Cooper, MD, MPH, the "father of aerobics"

For many of us, we go through life strapped to our couches, our phones, and our computers. We're more immobile than ever – losing touch with real life and the person you want to spend it with.

More Accountability: You may notice that with your favorite workout partner holding you accountable, you're less likely to skip a workout after you've already committed. A 2015 study published in JAMA Internal Medicine found that "men and women are more likely to make a positive health behavior change if their partner does too."

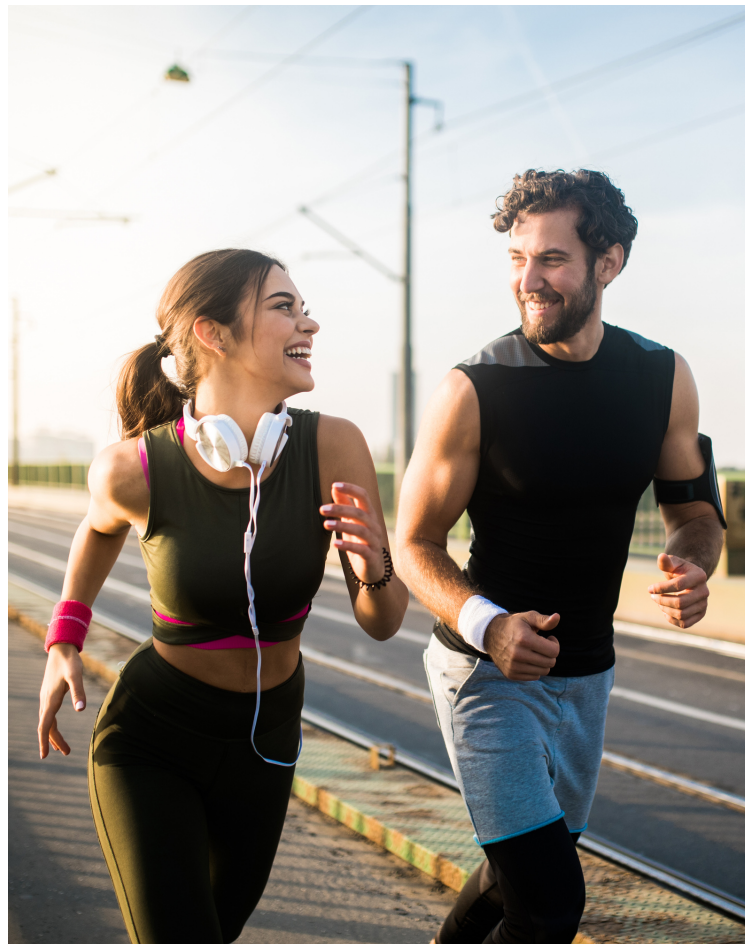
More Push: Do you notice you run a little faster, row a little harder, and lift a little heavier when you've got your workout partner right next to you? Your partner's presence during your workout can boost energy output, improve speed, and increase strength without even knowing it, according to Psychology Today.

More Quality Time: Planning an hour together in studio is an extra hour you get to spend with the one you love. When you struggle to schedule date nights during the week, working out together at the studio is a great way for both of you to make time for each other while also carving out time for yourself.

More Connection: You may sneak a kiss in between blocks, share a look across the treads, or even compare your individual workout summaries after class. When you do something in coordination, you are likely to experience a state of physical harmony and closeness that can intensify your emotional connection long-term. Plus, the clammy hands, shortness of breath, and racing heart rate can induce symptoms of physiological arousal, causing you to feel more romantically attracted to your partner than ever before.

More Experiences: Start embarking on a life full of more adventure so that you can share life-changing, unforgettable experiences with the one you love. And with the newfound sense of energy after each workout, you won't want to waste it on the couch.

Take your partner along for the ride because if you want to go far, you must go together. Use Promo Code "BURN2022" for a 100% discount on drop in session. Click here to book!



**Starting May 7th Saturday's classes will be as followed:
8:15am and 9:30am**

MEET YOUR COACHES



JOSEPH MCCOY

There's no shortcut to get the results you want. However, I am here to hold you responsible and to assist you in the change you desire. The combination of my Masters in Exercise Science and over nine years of experience as a Certified Personal Trainer gives me the experience to help you be the best you.

When I'm not working out, I like to watch movies, shows, travel, do physical activities and go out to eat at restaurants. Star Wars is one of my favorite franchises. Also, I like food and sweets even though I'm a personal trainer. Especially cookies.

Joseph McCoy, MS, BS, NASM-CPT

Certified Personal Trainer

Cell: 601.692.8801