



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.

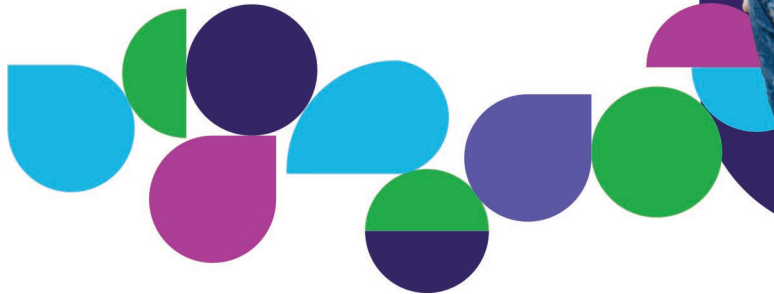
Before you start any new exercise routine, talk to your doctor to make sure it's safe.

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/>

WHO CAN YOU COUNT ON?

Friends



Friendships enrich your life.

Important events become more meaningful when they are shared with friends and loved ones.

Often, your relationships change as you go through the many phases of life. Things like school, sports, work, marriage, parenting and hobbies can bring new friends. Sharing life experiences creates feelings that are familiar and comfortable.

Friendship facts

- No friendship or relationship is perfect.
- Every friendship is different.
- Trust and respect are the two most important qualities in a friendship.
- Friendships change... and that's OK.¹

Open up

The instinct to get up close and personal with people often declines as you age.² You reserve your authentic self for a close few. However, you cannot maintain deep relationships by keeping people at arm's length. Talking about your secrets, desires and changes in your life is what really builds lasting connections.



Start small, and don't share things that make you feel uncomfortable. Your supportive friends will appreciate what it takes for you to share. They may even recognize your struggle and thank you for trusting them.

Seek new, similar-minded friends

You can be proactive about finding new friends as an adult. Find your community. Your next "BFF" could be someone you just met. Bonding during a shared activity could be your gateway to deep, long-term friendships.

Changing lifestyles can change the dynamic of your longtime friendships. With communication, trust and the intention to keep friends, you can keep the companionship, compassion and value your best friends have always given you.

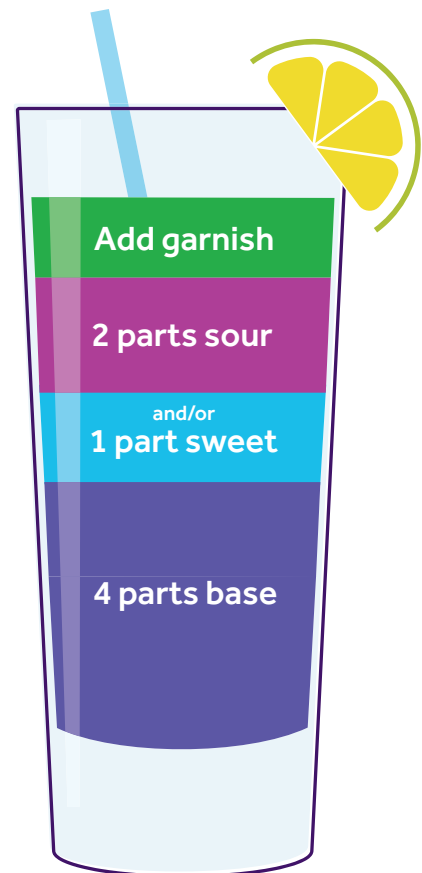
A toast to you

In social settings, it's usually easy to find friends to share the good times—weekly happy hours or special nights out. But what happens when a friend chooses sober living? Is your lifetime of shared parties and life celebrations over? Not if it's a good friend. When you and your friends share celebratory moments, alcohol doesn't need to be involved.

Mocktails are the way to go, and there are so many variations available. There are options designed to mimic the flavors of traditional cocktails. Try mixing up nonalcoholic versions of drinks like mojitos (club soda, lime juice, agave and muddled mint), piña coladas (pineapple juice and coconut water) and gin and tonics (tonic water and lime juice).

You can also create completely original combinations when you follow simple rules for building better drinks. Flex your flavor-mixing muscles by setting up a make-your-own mocktail adventure for your next special occasion.

Mocktail rule of thumb³



Make-your-own mocktail

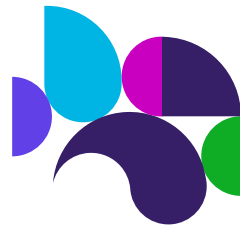
Allow your taste to direct you. If you like sweet, tart, herby or spicy, your drink can reflect those tastes. There are no hard-and-fast rules on this adventure.³



Follow these steps:

- Start with a tall glass and plenty of ice.
- Choose any combination of sour, spicy and/or sweet. Add 2 ounces of any flavored simple syrup. It can be flavored with berries, rosemary, thyme, honey or citrus.
- OR add 1 ounce of a flavored shrub, which is a vinegar-based syrup typically made from fresh fruit. It is used to layer in sweet yet acidic flavors.
- Add no more than 2 dashes of nonalcoholic bitters or hot sauce.
- Top with 4 ounces of a mixer. Options include anything light and/or fizzy, like club soda, tonic water, flavored seltzer, ginger beer, zero-sugar ginger ale or lemon-lime soda. Consider fresh-squeezed grapefruit, orange, lemon or lime juice, coconut water or flavored iced teas like passion fruit, ginger, chamomile or peppermint.
- Stir well and garnish with fresh fruits or cucumber slices. Herbs or spice blends can also be used to coat the rim of your glass.

Enjoy!



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

¹<https://urstrong.com/handbook/>

²<https://www.psychologytoday.com/us/blog/social-instincts/202303/2-tips-to-help-you-make-friends-as-an-adult>

³<https://www.wineenthusiast.com/culture/non-alcoholic/mocktails-recipes>