

# READY. SET. PLAY. FIND THE FUN IN FITNESS

## Workout Buddy Benefits

### STICK WITH IT.

Exercise with a friend to be more accountable to your fitness goals.

### PUSH YOURSELF.

Friendly competition boosts your workout time and intensity.

### KEEP IT FRESH.

You're less likely to get bored and more likely to try something new.

### BUILD YOUR RELATIONSHIPS.

Create new friendships and stronger bonds with old ones.

### CELEBRATE SUCCESS.

Emotional support is a powerful reinforcement for your fitness goals.

