



An On The Go Workout & Garmin Vivosmart Giveaway

Description

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My out of the box challenge for February was to try a new physical activity or exercise class. Sometimes you can have the best intentions for exercising and then life happens. Circumstances don't always allow you to go the gym, exercise outside or attend a class somewhere. My friend Angela shared an exercise App with me that is easy to do in your own home or when you're on the go. I'm excited to share this free smart phone App with you and I'm giving away a Garmin v-

vosmart fitness tracker to one lucky reader.

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SWÖRKIT

STRENGTH

CARDIO

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YOGA

STRETCHING

+ CUSTOM WORKOUT

New featured workouts available

Footer Tagline

The [SworKit App](#) offers different types of workouts based on your needs, Their motto is no gym, no excuse. You choose the type of workout you are looking for and select the amount of time you want to exercise. I typically go to a gym to exercise, but I decided to get out of my box and try [SworKit](#). I did some traveling this month and found this to be a great option to fit in a little exercise every day even if it was for only 10 minutes.

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Not Really

Yes!

Select a workout type

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Full Body



Upper Body



Core Strength



Lower Body



As you can see from the list above you can work on different parts of your body at a time or you can choose a full body workout. The strength exercises also don't require any weights which make them perfect for when you are on the go. While I'm far from being the next Ronda Rousey I have a fair amount of strength and I felt like these exercises were challenging enough even after only 10 minutes.

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EXERCISE LIST

 Search for exercise

Core Strength



Abdominal Crunch



Bent Leg Twist



Burpees



Elevated Crunches



Genie Sit



Good Mornings



I'm not very good about doing core exercises on my own so I really like the variety of core exercises Sworkit provides. I was also pleasantly surprised that I worked up a sweat doing the beginner full body workout under the custom workouts. There are many workouts I haven't had a chance to explore yet. Some of the options are premium functions, but there are enough free options to keep you busy. The only workouts I didn't really love are the yoga options. I enjoy my yoga class at the gym and the App doesn't quite compare.

Another great exercise you can do anywhere is walking. My husband purchased three of the [Garmin vÅvosmart fitness trackers](#) back in December. We both wear one to keep track of our daily activity. Our health insurance company Humana also gives incentives such as gift cards for completing certain activities and for every 10,000 steps you take per day. I have yet to beat my husband when it comes to steps.

I'm giving away a [Garmin vÅvosmart HR fitness tracker](#) to one lucky reader. The HR stands for heart rate which is one of the many things this smart wristband will tell you. You can read more about it [here](#). The Garmin vÅvosmart retails for \$149.99. In order to have your name entered for the drawing there are two things required.

1. I ask that you be a **subscriber to my blog**. Chances are if you're reading this you already are. When you subscribe to my blog you'll also receive a download to my free eBook with 31 Challenges to Live Curiously. You can subscribe [here](#).
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This giveaway will be open until March 15. There are no sponsors involved with this giveaway. All opinions regarding the Sworkit App and Garmin vÅvosmart are my own.

This giveaway is now closed. The winner is Shelley.

Date Created

2016/02/29

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