


# Find Happiness with Gaiam TV



 *This post is sponsored by Gaiam TV.*

We all know that fitness plays an integral role in how you feel both physically and mentally. So, chances are if you're workouts aren't up to par it's probably impacting your social life. After all, no one wants to date a downer. Fortunately for you (and your future catch) there is a fun and creative fitness alternative that can be done in the comfort of your own home. You'll be helping yourself to achieve both of these goals. It's called Gaiam TV. How's that for a full-body workout?

## **What is Gaiam TV?**

It's the first streaming video subscription designed to reach those interested in health, wellness, yoga, fitness and personal development. With over 2,000 titles, Gaiam is an essential "Netflix" for health, featuring content centered around wellness, yoga and fitness. Gaiam TV's yoga and fitness studios are also flexible and simple to use. With Gaiam TV, viewers can easily search for videos, make playlists and preview selections. But the part we love the most is the fact that viewers can customize their workout for weight loss, total body sculpting or increased energy and narrow down their options based on level, style, instructor and amount of available time. And when they say instructors, they mean top instructors like Rodney Yee, Seane Corn, Jillian Michaels, Mari Winsor and Kathryn Budig. It's like having a 24/7 personal trainer in your living room. This type of flexibility gives you the opportunity to exercise before, or even after your date if you choose. Hey, you could even invite your partner over and make a date out of working out with them and Gaiam TV. Gaiam TV's entire library of award-

winning videos is available anytime, anywhere. Streaming capabilities for Gaiam TV include personal computers, iPads and smartphones.

### **How Do I Enroll?**

Gaiam TV offers a Free 10-day Trial, No Strings Attached!" If you want to continue with Gaiam, it's only \$9.95 per month and the subscription fee allows subscribers to stream unlimited content. There is no commitment, and members can cancel at anytime. So, if you are ready to start feeling good physically and mentally, give Gaiam a try. You may find yourself improving more than just your personal health in a few weeks.