

You don't have to be a world-class athlete to benefit from "The Blast!"

~ Madge Mudd, Burlington, Vermont

Dear BYB Dream Team,

My husband Ed and I laugh about it to this day!

Here's what happened.

I'd been practicing yoga twice a week for about a year. And I made some progress.

But, between you and me, it was starting to feel, well, *routine*. I needed a change.

Adding a class meant another night out. And I don't like driving at night.

When I researched yoga-hybrid workouts I found that:

Yoga Booty Ballet was too: (1) expensive, (2) tough on your joints, and (3) advanced for beginners. Plus, you had to purchase the squishy ball, separately.

Routines like: SUP (Standing Upon a Paddleboard) yoga, Snoga, and Trail yoga did not appeal to me. I also ruled out Bungoga (Bungee-jumping yoga) !

Broga™: Yoga for Men offered:

- a free 7-day trial,
- a recurring monthly fee, and
- nothing likely to get Ed off the couch.

Joining a gym is affordable, but we hardly used last year's membership.

Besides, a few afternoons a week we watch our grandson.

I gave up my search.

Until ...

I got home one night to find Ed asleep in his chair. A basketball game was on. I grabbed the remote, aimed it at the screen and spied a close-up of intricate footwork. I stared in awe, wishing I had agility like that.

The next morning, for the fun of it, I keyed in "basketball drills for yogis." Basketball Yoga Blast popped up at the top of my screen! I thought it was some kind of joke. Until I read that experts at Johns Hopkins created it with input from WNBA and NBA All-Stars.

I wasn't sure that I could do it, but since I had 120-days to decide, I ordered it.

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Basketball Yoga Blast arrived at the door, complete, in one box. All I had to do to was (1) set my pace, (2) listen to my body, and (3) have fun.

I started the novice program *that day*. And I haven't stopped.

It was so much fun that my genius grandson Michael jumped in. Days later Ed joined us! Ed says he feels good. He looks good too, more like when we first met. Ed logs what he eats and tries to be more active. I pop in the DVD and we're off!

Sometimes Ed and I laugh so hard; it's like we're in our 20's again! We don't usually laugh like that. Once in a while Michael and I get the giggles.

Michael has less trouble doing his homework. Even his mother Sharon noticed. My powers of concentration are definitely stronger.

Our friends can't believe our transformation. I just say, "We're having a blast!"

BYB is not only a game-changer, but it's also a life-changer.

I can't thank the BYB Dream Team enough!

Sincerely,
Madge Mudd

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