



Greetings fellow SMFM Thrivers!

In keeping with the virtual spirit of SMFM 2021, SMFM Thrive is putting together two virtual workout sessions via Peloton! The MFM Peloton community has grown tremendously over the past year, and now is a great time to try it out and ride, run, meditate, or workout with your SMFM friends and colleagues, even though we can't be together. Even if you do not own a Peloton bike or treadmill, the Peloton Digital app offers all their workout via any device, and right now you can get full access for [TWO MONTHS](#) free. Once you create an account, you'll choose a leaderboard name and then start following friends and colleagues. During each scheduled activity, we'll be able to see each other on the leaderboard and high five along the way! We can start sharing leaderboard names via the SMFM Member's Facebook page, Twitter (#MFMPeloton #[your leaderboard name]), or even place it on your virtual SMFM Meeting Bio! There is also a #SMFM21 hashtag within the Peloton app that you can attach to your leaderboard name.

Each one-hour session will include two half hour activities of your choice. On [Thursday, January 28th](#) from 8-9am eastern, and [Saturday, January 30th](#) from 9-10am eastern, you can choose to spin or run, followed by either yoga or full body strength training. Click on the links for full details so you can find the workouts in the app and have them bookmarked and ready to go!

So if you don't have Peloton Digital yet, follow this link to start your free trial: <https://www.onepeloton.com/digital/checkout/digital-60d>

Then, search for me and follow: **SpinInUteroMD**

Let's have some (virtual) fun, everyone!

-Jerry

Jerry Ballas, MD

SMFM is not sponsored by nor does it endorse Peloton®.