

Top Gym Bag Essential for 2016 is Bodi Hut?s Microfiber Quick Dry Towel

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St. Saviours, United Kingdom - As the New Year rolls around, many people create resolutions that they want to commit to for 2016. The most common resolution that always tops the list is diet and exercise according to a clip from ABC News. The survey conducted asked 5000 people what their resolutions were for 2016 and, just as ABC News predicted, number two on the list was to live a healthier lifestyle, and number three on the list was to lose weight.

ABC news goes on to offer tips on how people can actually stick with their resolutions because unfortunately most people set resolutions but after a few months they fail at achieving their goals. One of the tips that was given was to announce their resolution publicly. This will help with keeping oneself accountable for their actions.

An easy way to announce ones resolution is via social media. Places like Facebook or Twitter are great ways to let others know specific goals and resolutions to help people stick with them.

One main reason many do not stick with their goals, is due to accountability but also due to lack of tools or proper resources. Since weight loss and living a healthier lifestyle is one of the top goals, it is important that one has tools such as a gym membership as well as gym bag essentials.

One of the top gym bag essentials is a microfiber quick dry towel. These towels are perfect for ones gym bag because they fold up small and expand large when ready to use. After using one of these quick dry towels to dry off after a shower, just hang it up for a short while during the time it takes to get ready for work. Once one is ready to leave, the towel is dry and ready to put back into a gym bag. This makes everything very easy and convenient.

?We know that exercise is always on the list of resolutions for the New Year, and our microfiber quick dry towel is extremely popular this time of year. It is great to take to the gym or to sporting activities. It comes with a travel bag and folds small to put in a bag AND it dries very quickly ? it really is the ideal towel for these types of activities. I can?t imagine dragging around a large bath towel anymore,? said Shane, a company representative for Bodi Hut Towels, a top microfiber quick dry towel retailer on Amazon.com.
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For more information about Bodi Towel, contact the company here:Bodi TowelBodi Towelinfo@benests.comLa GrandeRoute de St MartinSt. Saviours, United Kingdom JE2 7GT

Bodi Towel

The Bodi Microfiber Towel is an extra-large, super absorbent, quick dry towel perfect for travel, sports, beach, boats and other activities.

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