The following post is sponsored by Les Mills. For our sponsored post policy, click here. Anybody else in the mood to shake up their workouts? It feels like the perfect time of year to dive into something new and exciting … and we’ve got just the thing: A fresh, high-energy, and challenging take on fitness thanks to the new Les Mills x Reebok Nano Series of workouts. (And they’re even launching a sweet new fitness shoe to go along with it! Sign. Us. Up.) Even if we didn’t have these fantastic new workouts to get us pumped, we’d still be all for making your fitness a priority right now. Maybe you didn’t get a jump start in January — and that’s okay! Now, whenever that may be, is always a great time to make your health and wellness a priority — there are loads of reasons why this month in particular is the best month to get psyched about sweating it out, including an amazing 30-day free trial from LES MILLS On Demand that you’re gonna love. Not familiar yet with LES MILLS On Demand? It’s a fantastic platform that enables users to stream, cast or save 1000+ world-leading workouts wherever they may be. How much more convenient can it get? With LES MILLS On Demand, you have unlimited access to their most popular programs, like BODYPUMP, BODYCOMBAT, and BODYFLOW. And now, they’re introducing an exclusive new series of Les Mills x Reebok Nano Series of workouts, so you can get in the exercise you already love in brand new and science-backed ways, with world-class trainers. And we’ve got a few more great reasons to feel motivated to get sweaty … Warmer temperatures. Winter might not be quite ready to release its icy grasp (any day now, winter, any day), but in most parts of the country, there are at least a few signs of spring. Warmer weather serves as workout inspiration on its own, and hey, before long, we’ll even be swapping our cold weather sweatpants for some lightweight leggings, which will certainly make taking a quick workout break a little more appealing, whether it’s inside with one of these new Les Mills workouts (more on that later) or outside!