



You're invited to this free virtual event

# Exercise Myths that are Preventing Your Progress

January 14, 2026 |

1 PM ET/ 12 PM CT/ 10 AM PT

You're invited to learn about common exercise myths with Hinge Health. Here are three things you'll take away:

- The importance of consistent movement
- How to find time for exercise in your busy schedule
- How to motivate yourself to keep moving



Scan the QR code to save your seat or visit:

[hinge.health/register-january2026](https://hinge.health/register-january2026)

This is a free virtual event. While all are welcome to join the webinar, please note that you must be enrolled in your employer's medical plan in order to participate in Hinge Health. This presentation will be recorded and a link to view will be emailed to all registered participants one day after the event concludes. Questions? Email: [hello@hingehealth.com](mailto:hello@hingehealth.com) | Phone: (855) 902-2777.

Una transcripción de este seminario web estará disponible en español 2 semanas después de que concluya el evento. Para activar las transcripciones en español en Vimeo, haga clic en el botón "CC" y seleccione "Spanish/español".