



Healthier lifestyles start here.

Improving your health takes so much more than just working out. It's eating right, sleeping right and recovering quickly if you get injured. That's why Best Buy has focused on all of the following elements of health. From treadmills and stationary bikes, to sleep products, smartwatches, recovery gear, and even blenders and juicers to make your favorite healthy drinks. So don't just work out part of your body part of the time, get your workout on from inside to out, day and night, and help see those results faster.

[Schedule A FREE Consultation](#)



Fitness solutions.

Exercise is a big part of getting fit. Whether you want to firm up, slim down or bulk up, we've got the gear to help get you to your fitness goals. What's really cool is that inside select Best Buy locations, you can take select fitness gear for a test run (in some cases literally) to see what's right for you. With the help of a Home Expert, we can help you [find the right gear](#) for your size space, needs and budget. We can even help you create a workout room in your home. From treadmills and elliptical machines, to strength training and exercise bikes, we've got you covered. Plus, we have certified personal trainers you can consult within our [virtual store](#).



A proper nights sleep is priceless.

[Create the ideal sleep environment](#) with noise-cancelling earbuds or white noise machines, light therapy devices, sleep trackers and even alarms that help you wake up feeling your best. Talk to a Best Buy Home Expert either in your home or in a store to learn which of these solutions is best for you and your needs. A good night sleep can make a huge difference in your health, attitude and well being, let us help you get there.



Nutrition is crucial to your health.

Eating right is a huge part of getting fit. At Best Buy, we have juicers and blenders that will get you the nutrition you need, the way you want it. With brands like Vitamix, Breville, Ninja and more, we'll help you find [the right nutritional solution](#) for you.

Cooking healthy meals at home is another way to ensure you're getting the nutrition you need without the extra calories you don't. A Home Expert can help you bring the right appliances into your home to make cooking easy, convenient and fun. They'll measure your space and offer the right appliance packages to fit your space, design and cooking needs.



Recover at home.

Nothing pauses or stops the progress of your fitness goals like an injury or muscle strain. That's why Best Buy provides massage devices, recovery systems, rollers and massage balls, plus bottles for proper hydration. Staying in the game is just as important as getting in the game, and with [the proper recovery gear](#), we can help you get back up and running, biking, lifting, stretching and so much more in no time.

Let's get fit together.

When you're ready, reach out to a Home Expert and let them show you all the ways Best Buy can take your fitness goals to the next level.