

Our Trainers Make the Difference!

What sets Live 2 B Healthy® apart? Its our Trainers! All of our Trainers are Certified Personal Trainers who are enthusiastic about our mission to create an outstanding fitness environment for the senior communities we serve. The Trainer's role is to design exercise classes (utilizing our proprietary protocols) appropriate to participants' physical abilities; lead enjoyable, interactive, motivating and safe fitness classes; and assess class participants' progress 3 times per year.



Live 2 B Healthy® Trainers encourage class participants to safely stretch their 'comfort zone' both physically and interpersonally, often encouraging senior residents to try fitness exercises exceeding what might be tried if the resident were working out alone.

As motivators and leaders, Live 2 B Healthy® Personal Trainers are outgoing, personable, enthusiastic and positive. They must be willing and able to motivate a variety of individuals with varying physical and cognitive abilities.



At Our Trainers' Fingertips:

- ❖ Class Protocols
- ❖ Sample Class Videos
- ❖ Testing Guidelines
- ❖ Videos of Testing Protocols
- ❖ Links to educational articles & research
- ❖ Comprehensive Database Management system to record class attendance and fitness test results

Within each Level, our Trainers have hundreds of choices for creating unique, safe and fun classes. Each level has between 12-40 individual different exercises in each category - ranging from muscle group emphasis (Abs, Biceps, Shoulder, etc.) to method (stretching, bands, loops, etc.) emphasizing, balance, strength and flexibility.

Our Trainers base their classes on our concept of Muscle Confusion.

Let Live 2 B Healthy® help you by helping everyone in your community achieve better health in 2015. A healthier group of residents leads to a healthier community bottom-line! Call your local Live 2 B Healthy® representative for more information and/or to schedule a demo class:

Contact Name: _____

E-Mail: _____

Phone#: _____

