

## Why Your Trainer is THE BEST!

You get to see your Live 2 B Healthy® Certified Personal Trainer for about an hour a few times a week, but did you know how really hard your trainer works to prepare for that class?

1. All Live 2 B Healthy® trainers have complete access to a unique instructional website that they can use to create literally unlimited exercise routines for each class they teach. Our Trainers website has exercises for 4 levels of ability, concentrating on all the major muscle groups and featuring equipment ranging from loops and mini balls to bodyweight. Using this website, your trainer creates a class specially-designed for the abilities in your community's class.



Live 2 B Healthy® C.P.T. Austin Van Dyke leads a class at The Heritage Downtown in Walnut Creek, California

2. In addition to your class, your trainer is probably conducting 3-4 other classes in other senior communities in your area, plus he or she may be doing one-on-one personal training sessions when they are not doing group classes. Our trainers LOVE to keep busy and active in the fitness industry!
3. Your trainer receives additional training from Live 2 B Healthy® in the form of weekly Trainer newsletters, updates on other L2BH trainers across the country and their activities, ongoing area workshops and training programs, plus ongoing training from partners such as SilverSneakers and Silver&Fit.
4. Your trainer is part of a very large group of talented trainers across the country. There are currently over 300 trainers in over 250 senior communities across the United States. If each class runs an average of 3 times per week, Live 2 B Healthy® trainers are touching the lives of hundreds of seniors just like you, every day!

To locate FREE local senior fitness classes in your area,  
please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.

[www.Live2BHealthy.com](http://www.Live2BHealthy.com)