

# STAFF FITNESS

Live 2 B Healthy<sup>®</sup> is not only here to enhance the lives of seniors, but also to staff members within their own workplace. With our convenient printable fitness programs, you can exercise in the comfort of your own home or gym with our customized fitness plan! Ask your coordinator for your password or contact us via the [Sign Up Now](#) button on our website.

Beginner, Intermediate, and Advanced programs are all available and designed to help you reach your fitness goals!



**SIGN  
UP  
NOW!**

## Benefits to you:

- ✓ Lower Risk of Work Injuries
- ✓ Enhanced Flexibility & Balance
- ✓ Renewed Energy & Endurance
- ✓ Possible Insurance Discounts
- ✓ Healthier, Happier Workplace
- ✓ Enhance or Maintain Weight Loss

