

Do You Need a Little Extra Attention?

Reach your personal goals faster with our One-on-One Personal Training Programs designed to help you reach your fitness goals, recover from falls or injuries or just gain confidence in your abilities.



I can &
I will.
Watch
me!

For More
Information

Fitness is best when it is personalized, and having the opportunity to work One-on-One with the trainer who conducts your regular Live 2 B Healthy® senior fitness classes in your community means working with someone who already knows you from class and is familiar with areas in which you may be struggling.

For more information: <https://live2bhealthy.com/one-on-one-personal-training-for-seniors/>

Maybe you have reached a plateau in your abilities and don't seem to be able to make any further improvements. Private sessions with one of our Nationally Certified Personal Trainers (CPTs) to focus on your personal goals may be just the ticket to pushing through to the next level. Or, maybe an old knee injury is preventing you from fully participating in your regular group classes. For an additional fee, CPTs are available to work individually with you to help you to set and reach your specific goals.

Physical Therapy Follow Up

If you have recently been working with a Physical Therapist on regaining mobility following a surgery or injury, ask your therapist if they recommend spending time with a CPT following your treatment. Often, once mobility is restored, people will re-injure themselves in a similar fashion if they don't work on building strength & flexibility around the injured area. A Live 2 B Healthy® CPT can make sure you are getting the correct kind of exercises and also help you with adaptations that you will be able to make once you rejoin your community's regular Live 2 B Healthy® classes.

Key Benefits

- ✓ Private or semi-private
- ✓ You choose your goals
- ✓ We come right to your apartment or community fitness room
- ✓ Half hour sessions
- ✓ Set schedules available
- ✓ Individual attention helps you stick with the program!



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.