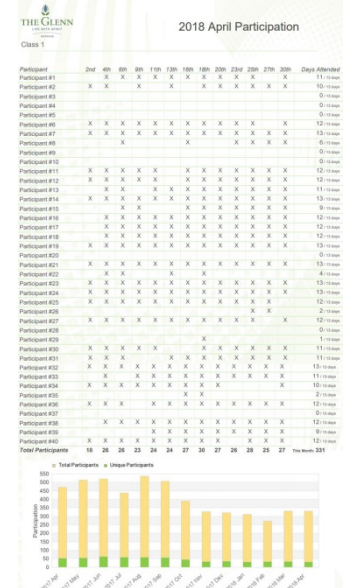


How Our Data Benefits Class Participants

You may have noticed that your trainer takes attendance in your class each day, but did you know that, at Live 2 B Healthy®, we actually use our attendance data to help us provide a better class experience for you? We provide a full Participation Report (right/[click](#) for larger view) to each of our community's management teams so that they can keep track of how many participants we have in our classes. If you notice that your class is getting a bit crowded, for instance, know that our Regional Owners are working closely with your community to monitor class size and adjust dates and times our classes are offered to ensure you are having the best experience possible.



In addition to our Participation Reports, we also do Fitness Assessments in most of our classes and provide Class Test Reports (left/[click](#) for larger view) to community management as well.

Some class participants avoid testing day, not realizing the importance of the process to the success of everyone in the class. Assessing the progress of participants through regular testing is a vital component of our program. We use the data we collect from our classes to plan our class's exercise routines. For instance, if we look at the testing data from Mainstreet Village (left/[click](#) for larger view), we are able to determine that Balance and Lower Body Strength are doing great, but maybe our classes in the next several weeks will be including some additional Upper Body and Stretching exercises. We can also see individual results so that we are able to track and recognize challenges that individuals might be experiencing.

We are able to cross-reference the two reports to find correlations between progress and attendance. We bet you can figure that those who make the greatest progress probably also attend the most classes! Next time you are tempted to skip a testing day, keep in mind that your results help your trainer to better plan your classes so that each participant is getting the most out of each class.

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