

Our Trainers Make the Difference

We wanted to remind you of why **Live 2 B Healthy®** classes are the industry standard for quality Senior Fitness Classes – it's all about our trainers! You get to see your **Live 2 B Healthy®** Certified Trainer for about an hour a few times a week, but did you know how really hard your trainer works to prepare for your class? Here are 6 reasons your trainer is **THE BEST!**:

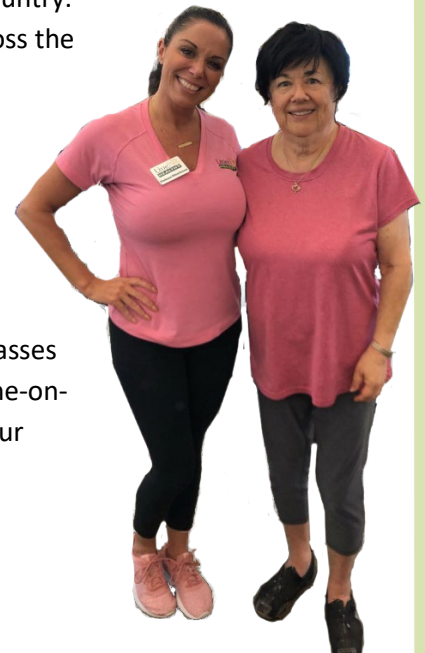


- 1** All of our trainers are nationally certified trainers with a passion for working with seniors.
- 2** All **Live 2 B Healthy®** trainers have complete access to a unique instructional website that they can use to create literally unlimited exercise routines for each class they teach. Our Trainers 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 of the participants in your class.

- 3** 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 every day!

- 4** Because we have so many trainers, we seldom (if ever) need to cancel class due to illness or vacation because we have other trainers who are able to substitute for your community's regular trainer in the event your trainer is unable to teach a class.

- 5** 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!



- 6** 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, Silver&Fit & Renew Active by UnitedHealthcare.

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

<https://live2bhealthy.com/classes/>

Enter your zip code to find locations near you.