

## Stories of Triumph!

'Live 2 B Healthy® teaches ON-SITE senior fitness classes in senior living communities across the United States.' It's what we do. What happens when our whole reality changes, almost overnight? When we have a team of professionals, caring community support and a very motivated group of class participants (*just like YOU!*) we work together to figure it out. Within less than 2 weeks of the lockdown, **Live 2 B Healthy®** and their talented team of professional trainers were beginning to offer LIVE Virtual Streaming Training Classes. We were back "into" our communities – *and into your living rooms*, helping to alleviate the detrimental effects of isolation and inactivity. We hope that you have been able to access our LIVE virtual classes! For those of you who have been able to "attend", we have received wonderful feedback.

In this challenging time, we wanted to share some of those stories with you, and hope to inspire you to [share your own stories!](#) If you are struggling to attend a virtual class, we'd also like to hear from you. [Let us know](#) how we might be able to help you get back into your fitness routine!

*Hi Kara! I am so excited to be able to participate in the Evergreen-Richardson exercise program offered by **Live 2 B Healthy®** which is now offered via "Streaming" technology. In the past, I have not been able to participate in your program; but currently, I am grateful to be getting a great workout in my own apartment! Socializing of any kind is great for mental health...just "seeing" and / or communicating with someone / others can be quite uplifting*

*My hope is that **Live 2 B Healthy®** will be able to continue the "Streaming" opportunity when the social-distancing period in our nation is lifted.*

**Kindest Regards,**  
**W. Jane Young, Class Participant**  
**Richardson, TX**



[Share your story!](#)



*During the seclusion of the Covid-19 pandemic Jena has truly been a lifesaver! In addition to the circumstances of the shutdown, I have been hobbling around in a therapy boot due to a broken ankle. Jena has been able to tailor the content of the online class to build on my strengths as well as give me specific suggestions of how I can address the areas of my body that have been affected by the injury. Her bright, optimistic attitude has encouraged me enormously during this recovery period, and I know that my body is healing more efficiently with her guidance. Thank you, Jena! And thank you, **Live 2 B Healthy®** for setting up the live classes during this stressful time for so many.*

**MariLyn Joy**  
**Class Participant**  
**Woodbury, MN**

[More Stories!](#)

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.