



FOR IMMEDIATE RELEASE

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“Senior Fitness Company Announces Nationwide Contest to Find the “Most Fit Live 2 B Healthy® Community”

December 1, 2018 – Live 2 B Healthy® announced today that they were sponsoring a nationwide contest to find the **Most Fit Live 2 B Healthy® Community** in the NATION! Live 2 B Healthy® conducts senior fitness classes in 100s of senior living communities across the United States and this contest will allow them to honor the community with the highest level of participation in their classes during the month of January 2019.

Live 2 B Healthy® is sponsoring this contest in to help the senior living communities they partner with increase awareness among seniors in their local area of the benefits of remaining physically active. Many studies have shown that regular exercise allows seniors to improve their health and regain control of their daily living activities. Live 2 B Healthy® has proven just that, having seen improvements in participants’ balance, sleeping and eating habits, improved cognitive skills, reduced medication, and reduced number of falls. Healthier senior residents make for healthier communities and help us to all to reduce spending on health care costs due to chronic diseases and falls.

Cory Czepa, Founder & President of Live 2 B Healthy® commented, “It’s a simple fact: we can’t improve balance, strength & flexibility to decrease falls and increase independence unless seniors attend classes. It’s an amazing thing that our partnership communities offer these classes to both residents and seniors who do not live in their communities absolutely FREE of charge to the participant! This contest allows us to focus on getting the word out about these FREE classes for the month of January, when people tend to be concentrating on making healthy new choices for the New Year.”

The community that raises their Live 2 B Healthy® class participation levels by the highest percentage will be named the Most Fit Live 2 B Healthy® Community in the Nation. The contest will be a fun way to help senior living communities across the nation communicate their interest in improving the health of their local senior populations.

You can help your local senior living community win the title of **Most Fit Live 2 B Healthy® Community** by encouraging the seniors in your area to participate in a FREE class during the month of January 2019. For a complete listing of all communities and their individual class schedules, please visit: <https://franchise.live2bhealthy.com/class-schedule/>. Classes last about 45 minutes and all classes are led by Certified Personal Trainers who are familiar with working with adults with adaptive needs. They welcome seniors of all ability levels to participate. Not only will your participation help your local senior living community increase their chances of winning the contest, but it will also benefit your local seniors by setting them on the path to a healthier 2019.

For more information or to register for a class, Cory Czepa at 612.702.2679 or email: Cory@live2bhealthy.com

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