

Senior Fitness Program Benefits

Not only do our Live 2 B Healthy[®] programs benefit individual participants ~ our programs also make good business sense.

Your Investment Includes

- Nationally Certified Personal Trainer
- Trainer Background Checks
- Equipment
- Insurance
- Three Sessions a Week (12-13 Sessions a Month)
- Program Management – 100% Outsourced by a Local Regional Owner
- Results Driven Program – Preventative
- Customized Group Classes – Individually Tailored (Based on Muscle Confusion)
- Participant Reports
- Testing Reports (Baseline & Test Every 4 Months)
- L2BH Co-Branded Marketing Materials (Brochures, Posters, Direct Mail Post Cards, Flyers, Tour Talking Points, Press Releases, Website, Social Media)
- SilverSneakers-Flex Co-Branded Marketing Efforts (Website, Social Media)
- Silver&Fit Co-Branded Marketing
- Award Programs for Participants
- Monthly Class Participant Newsletter
- Free Self-Starter Staff Fitness Class

“Participation is more than I ever dreamed it would be - 18 to 20 regular participants versus 7 or 8 in our old classes. L2BH is easy to work with; we ask, they give. Their marketing program is wonderful! I even try to schedule our tours so that visitors can observe our class. Most of all, I have noticed our seniors have more strength and flexibility. I would recommend Live 2 B Healthy[®] to any and all facilities.”

~ Debbie Klatt, Director, Otsego Place, Storm Lake, IA

“We decided to go with a strengthening program to help keep the seniors healthier longer to reduce the number of falls to help them remain independent. Not only is it good for them to exercise, it’s a social event for them. They’re really having a great time with it!”

~Jen Rasmussen, Senior Living Activity Director



For more information, or to schedule a class in your business community,

please contact:
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Proud to Partner with both:

