

Live Well

A Physical and Mental Training Program

Uplift Your Body & Mind in 6 Weeks

Live Well is a 6-week fitness & wellness program systematically designed to build a healthier you. It is a holistic approach to well-being that discusses all aspects of life with a focus on how to adapt your life into being more balanced and joyful. The program is altered to meet an individual's needs.

Body: Enjoy a variety of fun, challenging physical activities to condition your body.

Mind: Fitness is followed by training your brain with a new, healthy strategy each session.

Mind-Body

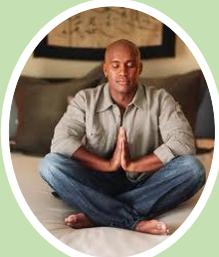
The mind and body are key in optimizing your health. Your mental approach to work, family, or life drives your choices, habits, character and, thus, the outcome of health and well-being. Physical activity is also a well-known predictor of life satisfaction and vitality.

Balance your life by developing an optimal **Mindset** that empowers you to consistently live the life you've always wanted.

"I got more out the Live Well program than I have in anything else in a long time." –Mark T age 52

Mental Exercises

- Session 1: Create a Vibrant Personal Vision
- Session 2: Set SMART Goals
- Session 3: Powering a Positive Attitude
- Session 4: Weight-Wellness Mindset
- Session 5: Shield Against Stress
- Session 6: Build More Momentum



"Chris is an energetic, knowledgeable, and encouraging teacher. She offers many tools and exercises to help you explore and evolve any area of your life, from fitness and diet to work and relationships. It was a class I looked forward to each week and it opened my eyes to many opportunities and changes in my life. I liked that it developed more than a strong body and strong mind!" –Tanya A