

Improve employee health and wellness with virtual fitness

LIFT session



Introducing LIFT session

LIFT session, a leading virtual fitness provider, has built a platform where users can work out on their own with personalized programs and access coaches if they have questions, or choose to work out under the live supervision of a coach online in 1-1 personal or group sessions.

LIFT provides your people an easily accessible, effective, and affordable way to reach their fitness goals anytime, anywhere for better health and wellbeing.

Why virtual fitness works

Physical activity is a vital part of employee health and wellbeing. Fitness improves mental and physical health, resulting in healthier, happier, and more productive employees. Providing your workforce with a turnkey fitness program that fits their schedule and lifestyle is important, which is why virtual fitness works. Combining technology and live coaches who interact with users creates an environment where users are held accountable, workout safely at maximum efficiency, achieve results faster, and have fun! LIFT works because it is convenient with anytime, anywhere access to programs and experts who keep users motivated and accountable, and removes all the complexity related to working out.

LIFT session virtual fitness is available through your LifeWorks Employee Assistance Program (EAP)

Included in the EAP

Automated fitness journeys. Built by industry experts to help users achieve their fitness goals. An automated journey is a six-week program with three 30 minute automated sessions per week.

Included in Wellness Add-on

- **Users can chat live with certified coaches** to receive customized fitness recommendations, personalized guidance and monitoring. Coaches can answer questions about fitness, nutrition, sleep, and how to use the app/platform.
- **LIFT Global Challenges are pre-defined wellness challenges** based on LIFT automated fitness journeys. After logging in to the LIFT Session app, users opt-in to monthly challenges and compete in a friendly environment with users across the globe.*

Add-on fitness services for your organization

Corporate Challenges - Based on LIFT Group Training, Corporate Challenges are a great way to kick-start a fitness program at your organization. Both teams and individuals can participate and earn points for each session they complete. Challenges are managed by LIFT and kick-off with hosted webinars to engage your workforce. Challenge dashboards track participation and standings.

Group Training - Live training with LIFT coaches and a small group of participants connected virtually. Coaches ensure proper form and intensity during workouts via real time two-way communication. Programs vary to keep participants engaged and motivated.

*Wellness Silver and Gold come with one automated LIFT session challenge per year. If you want to provide more than one, please let us know as it may affect pricing.

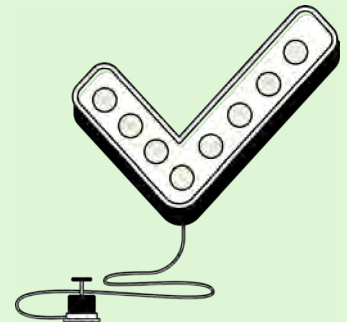


NEW fee for service offering: Private Broadcast Classes

LIFT Private Broadcast Classes are a perfect solution for organizations looking to improve their employees' health and wellness, especially in this pandemic climate, but also in the new digital workplace.

How it works:

- LIFT Private Broadcast Classes are live, online classes led by world-class instructors.
- With a wide variety of class types such as mindfulness, mobilization, strength, yoga and much more, organizations have the liberty to choose what speaks to them most based on their specific wellness goals.
- Classes are 30 minutes in length, accommodate up to 3,000 participants, making them a great solution for both small and global organizations.
- Class schedules are entirely customizable and are accessible to all levels and require no equipment.



LIFT also offers 1-1 Personal Training for a completely customized fitness experience with a LIFT coach. Employees can purchase 1-1 Personal Training sessions directly in the LIFT session app.

Kick-start a fitness program at you organization today.

Engage your people with all that LIFT session has to offer. Speak with your LifeWorks Customer Success Manager.