

LifeSpeak



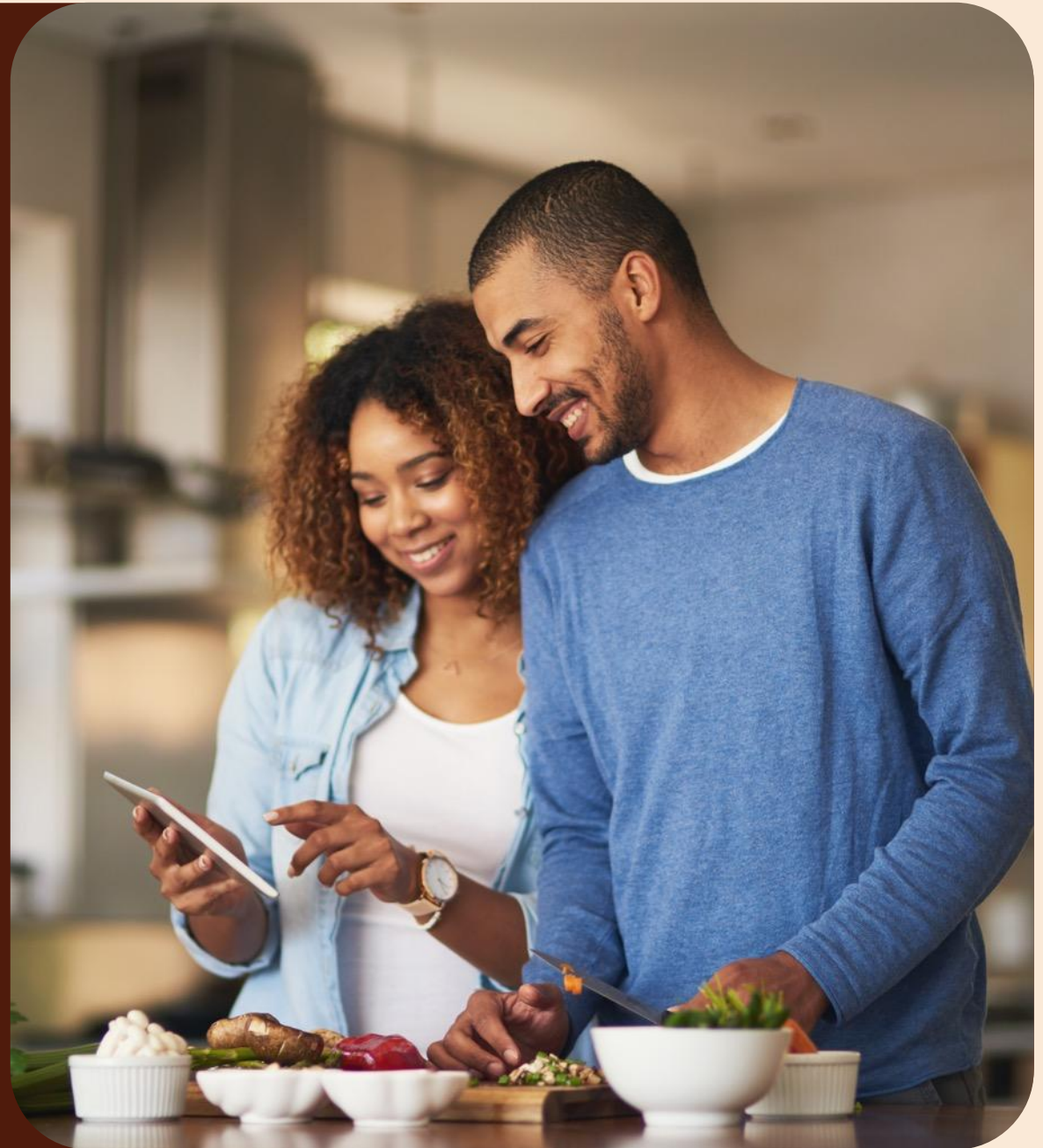
Expert wellbeing support for
everyday life

WELLNESS TRACK

Fitness & Nutrition

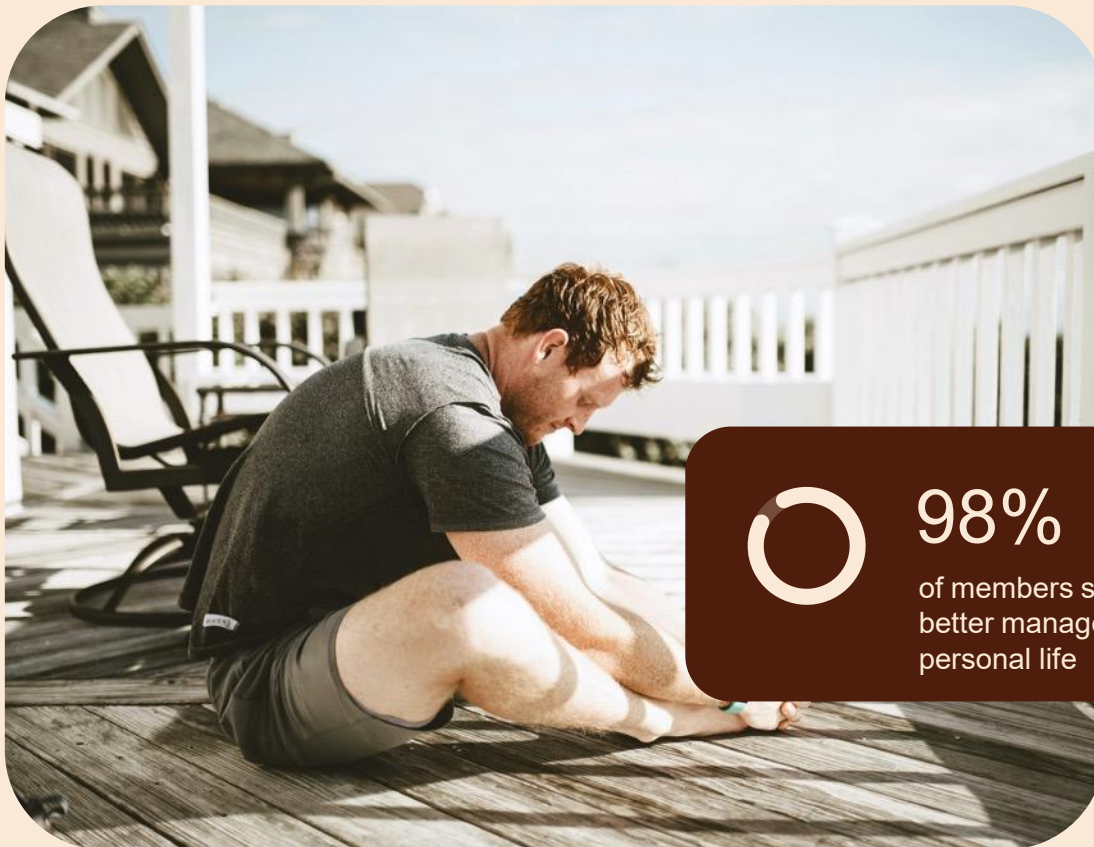


Stronger bodies.
Sharper minds.
Healthier workforce.



Fitness & Nutrition

Expert-driven fitness and nutrition support designed to improve health outcomes, sustain performance, and reduce preventable claims.



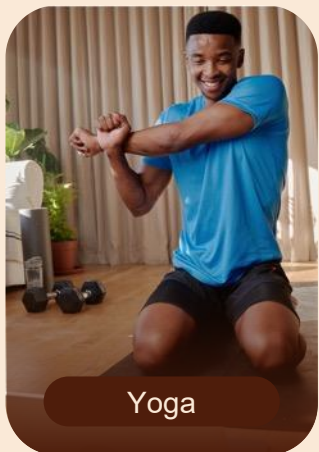
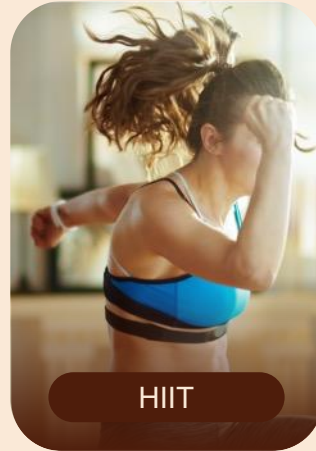
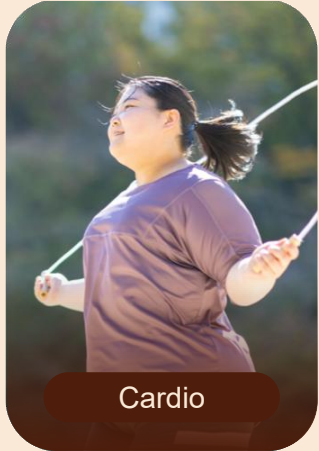
98%

of members say they can
better manage work or
personal life

- ◆ **Diverse content**
1000s of classes across 35+ areas like cardio, strength, chronic condition management, cooking tutorials
- ◆ **Live events**
Interactive Q&As and webinars
- ◆ **Trusted instructors**
Certified experts delivering high-quality, and engaging classes
- ◆ **On-demand & in-person fitness options**
On-demand access plus options for discounted memberships at U.S. gyms
- ◆ **Group challenges**
Gamified experiences that reward activity, inspiring teamwork and competition
- ◆ **Convenient access**
Anytime, anywhere from our mobile app and web portal

Fitness & Nutrition

Popular Topics



Featured Experts



Tina McAlpine
Fitness instructor



Jodi Sussner
MA in Exercise Physiology



Dr. Kevin Jardine
Functional Medicine Practitioner
& High Performance Coach



Jessica Wong
Group fitness instructor and yoga
teacher



Sheldon McBee
ACE certified Personal Trainer



David Sarwer, PhD
Director of the Center for
Obesity Research

Fitness & Nutrition

Group Challenges

Inspire healthy habits by rewarding members for classes or self-reported activities.

01

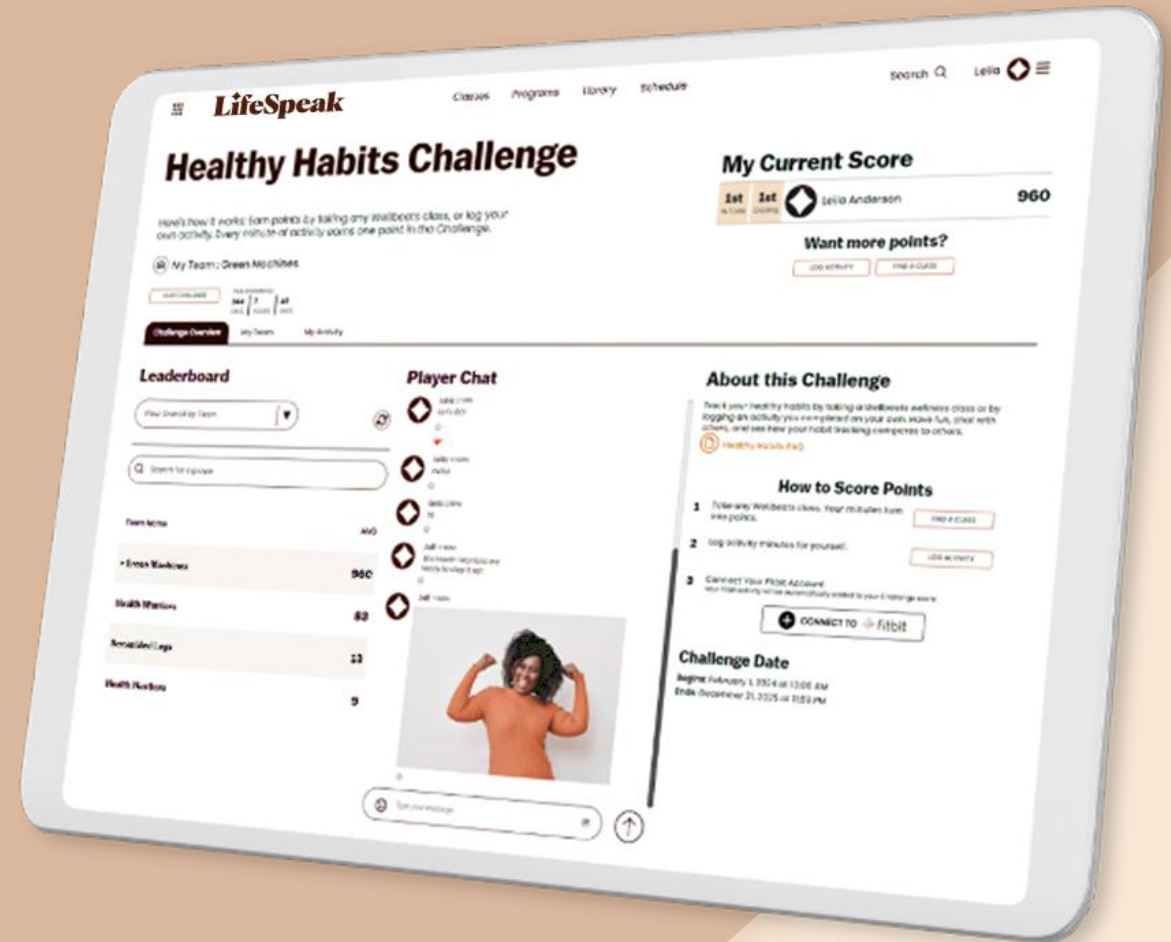
Build a sense of community and belonging

02

Accountability through social interaction

03

Inspire friendly competition and motivation



Fitness & Nutrition

In-Person Gym Network



Powered by Active&Fit Direct™. At no cost to your organization.



Members choose from 12,700+ gyms for \$28/mo., or 9,800+ premium studios for 20% - 70% off



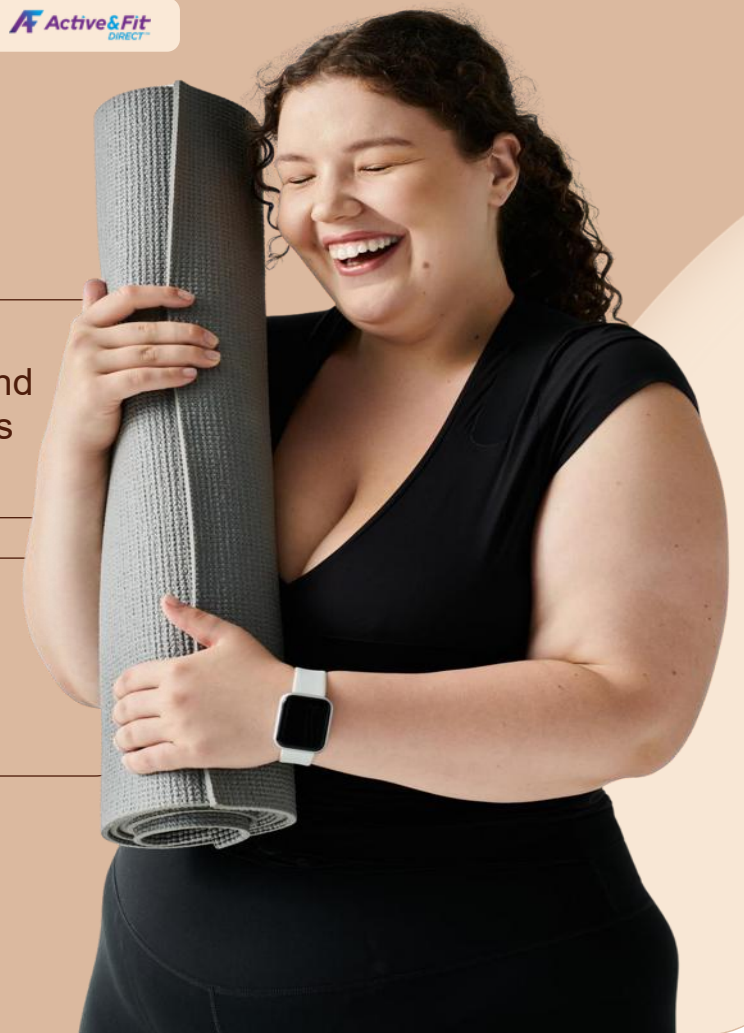
Bundle gym memberships and save on additional purchases



No long-term contracts. Switch gyms or cancel easily online



Enroll spouse/partner at the standard membership rate



Thank you!

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