



**LIV**unLtd

VIRTUAL SERVICES

Your corporate fitness  
centre - online

[virtual@livunltd.com](mailto:virtual@livunltd.com)  
[virtualbyliv.com](http://virtualbyliv.com)

# Benefits of Providing Virtual Fitness & Wellness

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## **01 Convenient**

In a world of increasing remote, on the road and shift work, providing a wellness services that is available 24/7 is a necessity.

## **02 Accessible**

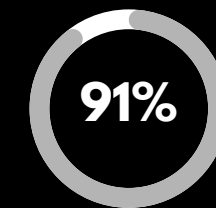
No onsite fitness centre? A workforce spread wide geographically? No problem! Virtual programming is accessible anywhere, anytime, with no equipment needed.

## **03 Affordable**

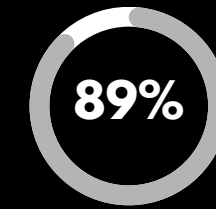
Compared to the cost of operating multiple in person services to reach all of your staff, Virtual is a much more affordable option.

# A recent survey of LIVunLtd Virtual Users showed:

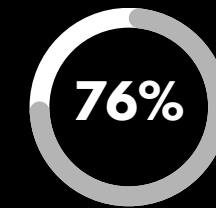
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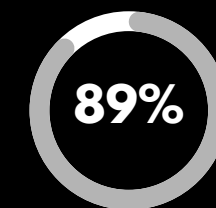
increased their activity level after their organization started working with LIVunLtd Virtual Services



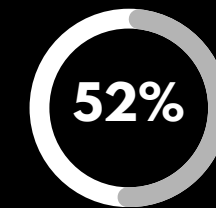
have more energy throughout the day



reported a better quality of sleep



saw improvements in existing repetitive strain injuries



felt noticeably less stressed in their day

# How is LIVunLtd Virtual different?

## **Live Streaming Sessions**

Unlike most online fitness services for corporate settings, LIVunLtd offers an array of live sessions that become on demand recordings. The ability to connect with a live fitness professional is appealing to users and helps to create a more safe and engaging community for all.

## **Lifestyle Challenges**

LIVunLtd Virtual draws on our 45+ years of facility management and know the power of engagement that challenges have. We include lifestyle challenges as a part of our core programming. Every challenge is different to ensure we engage different users as often as possible.

## **More than Fitness**

LIVunLtd Virtual is more than just a fitness service. Mindfulness, stretch breaks and educational workshops are all a part of our regular programming. We target multiple pillars of wellness in our programming to make the services as appealing to every employee as possible.

# What our clients are saying:

I am the Wellness Senior Advisor for my organization with nearly 30,000 employees across the globe. In an effort to find a better way of delivering fitness and wellness services to this employee base, I was recommended to connect with LIVunLtd.

The LIVunLtd Virtual Services team is doing an exceptional job! Customer service is something that is really important to me and LIVunLtd provides a superior customer service experience; they support me, the employees and the virtual platform with dedication, care and attention at all times.

**Mike P.** Wellness Senior Advisor  
Global Agriculture Supplier

Since closing our corporate gyms for safety (due to COVID-19), the LIVunLtd team has gone virtual. They have been hosting live fitness classes, building an on demand library, providing health challenges, webinars with guest speakers and daily meditation & stretch sessions available to all our team, regardless of whether you were a corporate gym member.

This is truly amazing to be able to offer these services to all 22 000 of our employees, regardless of their position or location in Canada.

**Jim R.** Chief HR Officer  
Canadian Telecom Organization

# What our users are saying:

I always look forward to my mid-morning stretch breaks. The classes are challenging enough but not too challenging for desk related stretches. I feel the tension in my neck, shoulders, wrists and hips melt away after class and I am able to focus better on work in the process.

Chantale S.  
Markham ON

First time trying this class and it was great! Kyla was very good at explaining each exercise before we did it. A great start to Friday.

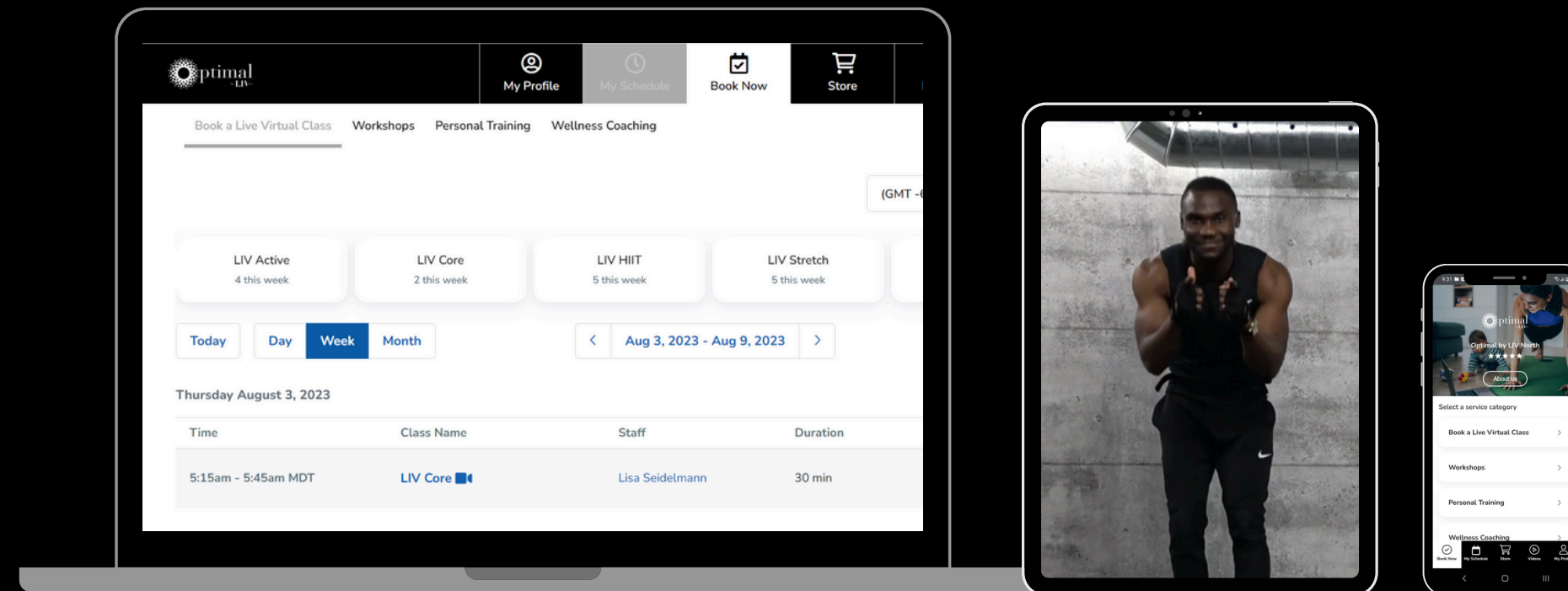
Jackie H.  
Kitchener, ON

I am a dedicated mother and wife, and joining the Biggest Winner challenge offered by LIVunLtd has been a game-changer in revitalizing my commitment to a healthy lifestyle. Through the program, I've found the structure and support I needed to make significant strides in reintegrating fitness into my life. The guidance received has not only helped me prioritize my well-being but has also sparked positive mental and perspective shifts, making this journey truly transformative.

Stephanie Z.  
Calgary, AB

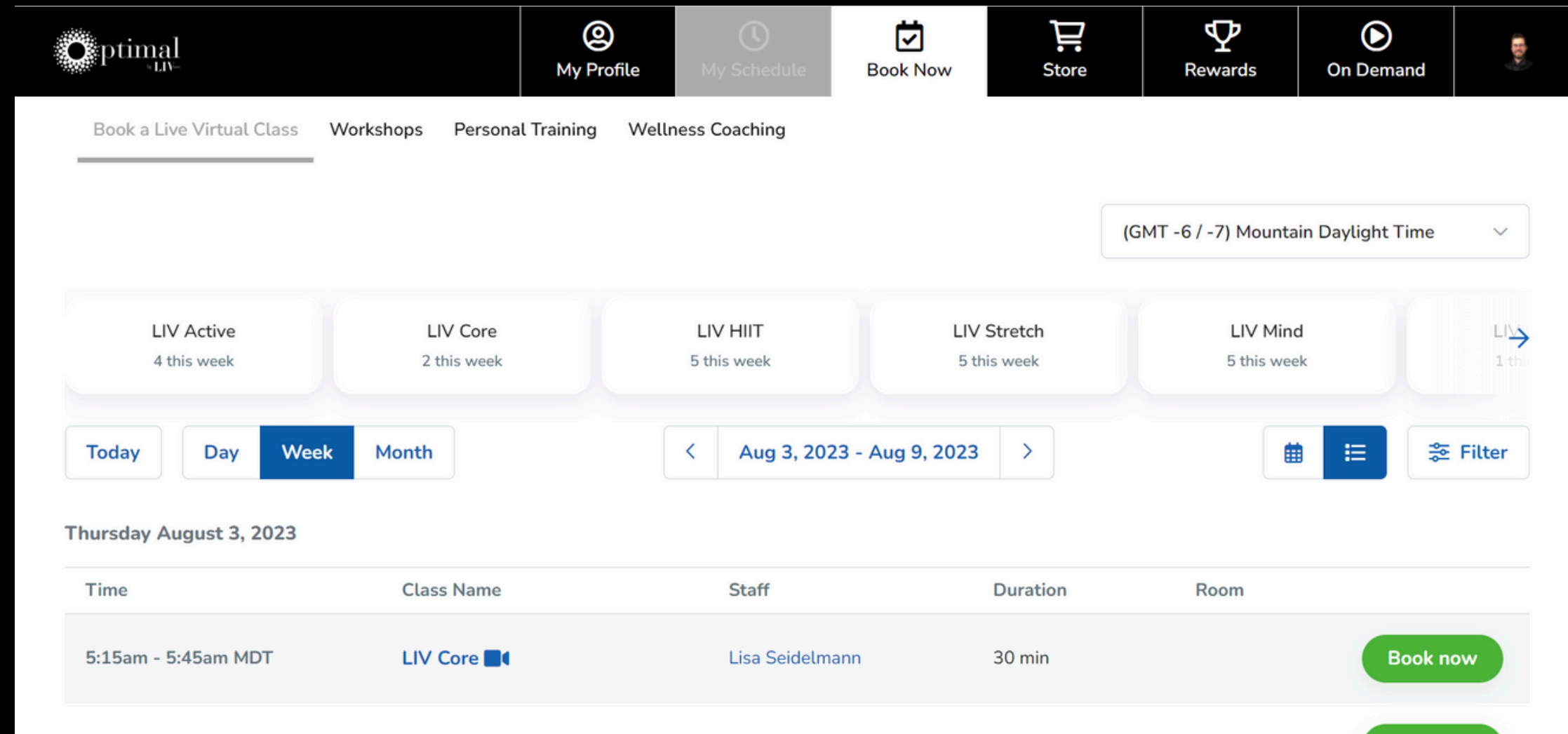
LIVunLtd Virtual Services

# Let's take a look inside



# Member Portal

The member portal is where users will access all content, from live and on demand classes to challenge registration.



**01** Easy to read and navigate on all sizes of screens (mobile adaptive)

**02** Brandable to your team, including logos, colours and fonts

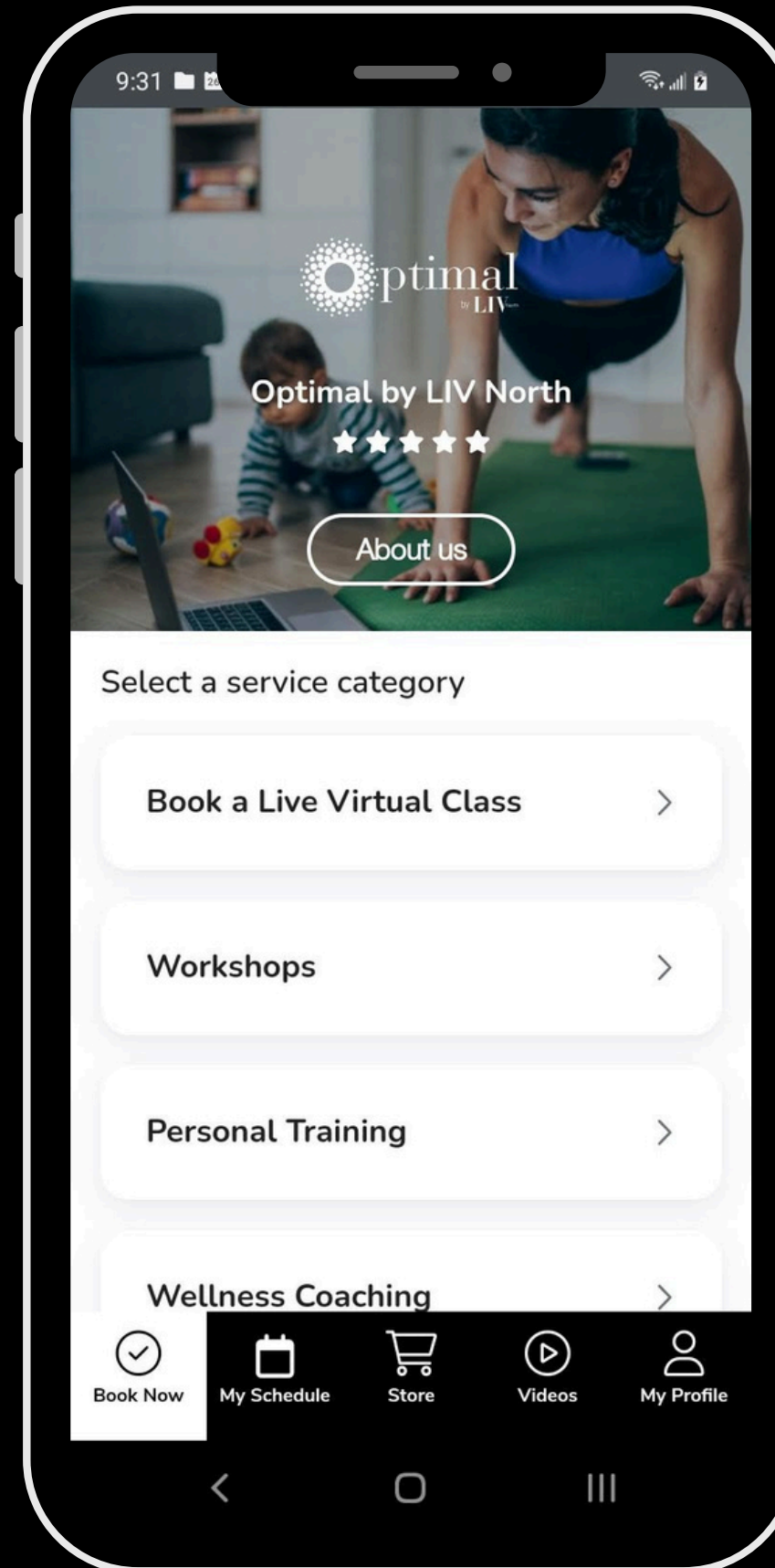
**03** Users can set time zones and toggle language (English, French)





# App

The app allows users to take the services with them and offers all of the access they have from the member portal including access to live and on demand sessions.



**01** Available on iOS and Android

**02** Can be custom branded to your organization including colours, logos, images and fonts

**03** Allows for push notifications to help ensure no bookings are missed

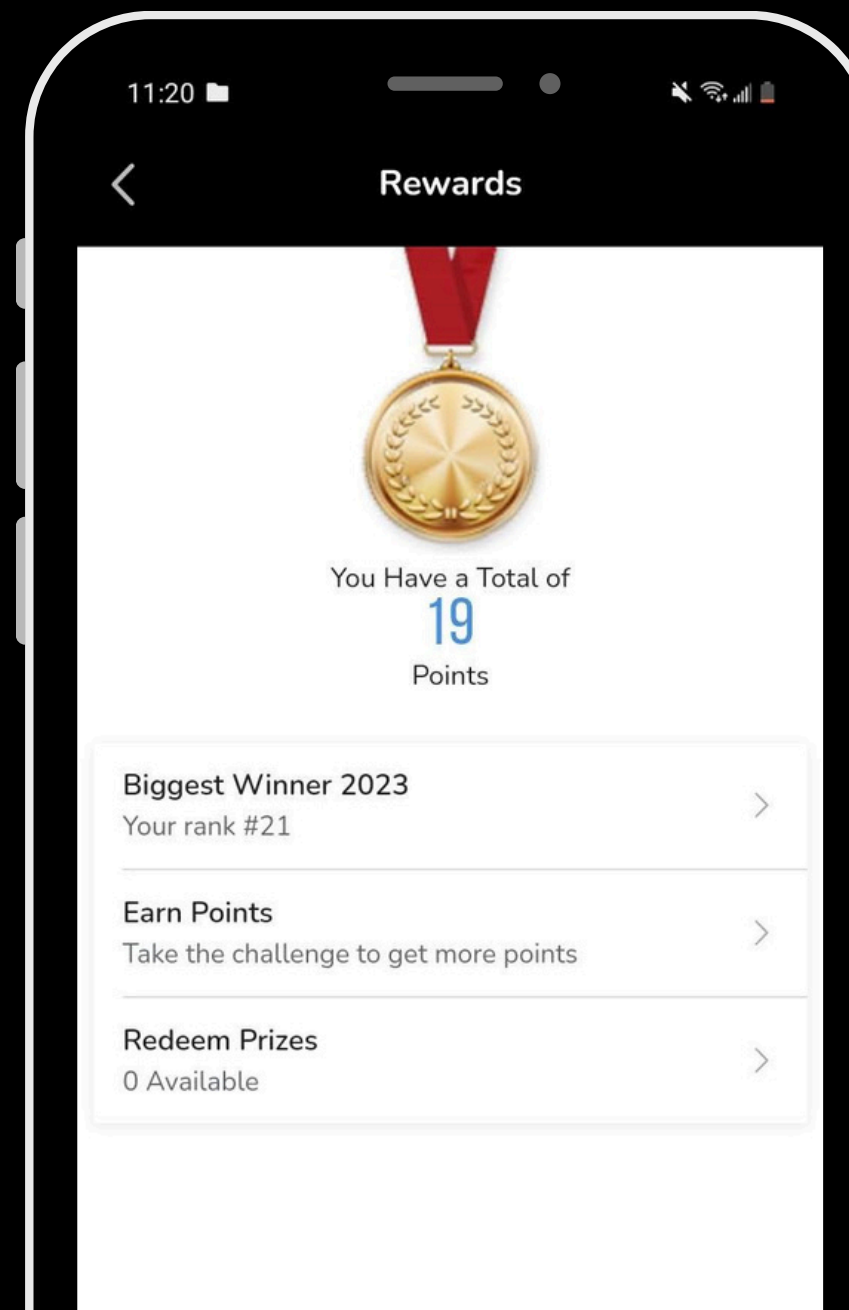


# Rewards System

A customizable rewards program to encourage adherence and healthy habit building

**01** You decide what activities earn points and the value earned

**02** You decide what the rewards are and the points required to redeem

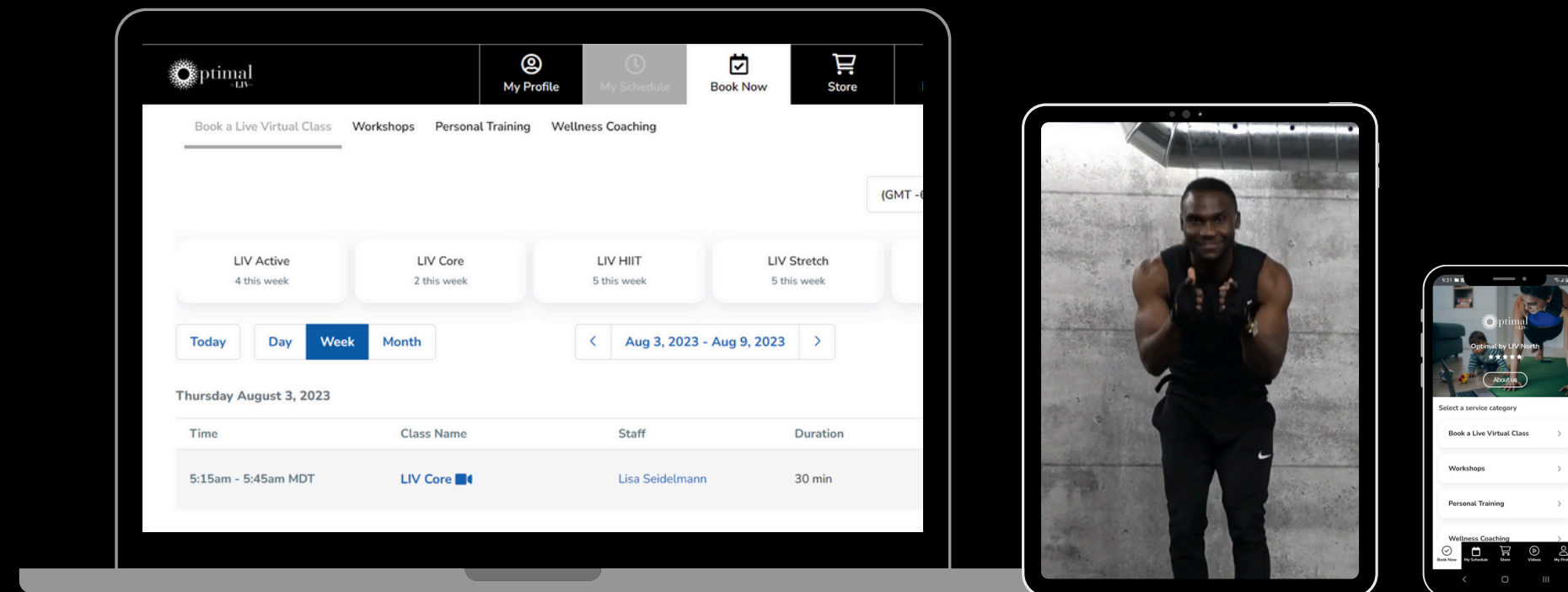


**03** Rewards can be earned from any live session, challenge or service

**04** Custom rewards not related to services are also available

LIVunLtd Virtual Services

# Services



# Live Streaming & On Demand Sessions

As we strive to be more than just a fitness platform, LIVunLtd Virtual currently offers over 30 live streaming sessions per week.

## OPTIMAL LIVE CLASS SCHEDULE

September 5 - December 22, 2023



**01** Fitness classes range include strength, core, yoga, Zumba and more

**02** Mind sessions are 10 minute mindfulness breaks users can build into their days

**03** Stretch offers a no-sweat stretch break users can do at their work station

**04** All sessions are recorded and feature in our on demand section.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM ATLANTIC 7:00AM EASTERN 5:00AM MOUNTAIN 4:00AM PACIFIC		Ride RON		Ride MIA	
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	Active LISA C.	Strength DEB	HIIT AMANDA	Zen LISA C.	Strength KYLA
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	Stretch >> KYLA	Stretch KYLA	Stretch PARVISH	Stretch KYLA	Stretch KYLA
1:05PM ATLANTIC 12:05PM EASTERN 10:05AM MOUNTAIN 9:05AM PACIFIC	HIIT BRENDA	ZUMBA KARMIEL	Active BRENDA	Core KYLA	Strength CORY
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	Mind MAT	Mind MAT	Mindful Eating >> AMANDA	Mind MAT	Mind MAT
3:05PM ATLANTIC 2:05PM EASTERN 12:05PM MOUNTAIN 11:05AM PACIFIC	Active AMANDA	Zen PAUL	Strength ANN	Long & Lean >> AMANDA	HIIT ANN
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			Zen TRINH		
6:45PM ATLANTIC 5:45PM EASTERN 3:45PM MOUNTAIN 2:45PM PACIFIC		Turbo Kick >> RIVKY <small>EN/FR</small>		ZUMBA RIVKY <small>EN/FR</small>	
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	Strength LISA S. <small>EN/FR</small>		Active LISA S. <small>EN/FR</small>		

>> Indicates NEW Class Series - 8 weeks of progressive programming.



# Workshops

Live educational workshops on a variety of health topics help to keep your team informed of changing health trends.

**01** 2 live sessions are hosted each month with sessions being recorded and added to the on demand library.

**02** Workshops follow monthly health themes with the option for organizations to customize and request topics.

Samples of some past workshops:

**CREATING YOUR VISION BOARD**  
Virtual Workshop

Register Now

August 16, 2023

3:00 pm AT | 2:00 pm ET  
12:00 pm MT/CT | 11:00 am PT

Presented by  
Lisa Richardson

[livnorthvirtual.com/event](http://livnorthvirtual.com/event)

LIV North

**HAPPY MINDS:  
UTILIZING MINDFULNESS & SELF  
TALK TO CHANGE YOUR OUTLOOK**  
Virtual Workshop

Register Now

August 23, 2023

3:00 pm AT | 2:00 pm ET  
12:00 pm MT/CT | 11:00 am PT

Presented by  
Mathew Cassidy

[livnorthvirtual.com/event](http://livnorthvirtual.com/event)

LIV North

**HYDRATION FOR  
HEALTH**  
Virtual Workshop

Register Now

July 19, 2023

3:00 pm AT | 2:00 pm ET  
12:00 pm MT/CT | 11:00 am PT

Presented by  
Amanda Scott

[livnorthvirtual.com/event](http://livnorthvirtual.com/event)

LIV North

**STAYING ON  
TRACK DURING  
THE SUMMER**  
Virtual Workshop

Register Now

July 12, 2023

3:00 pm AT | 2:00 pm ET  
12:00 pm MT/CT | 11:00 am PT

Presented by  
Mathew Cassidy

[livnorthvirtual.com/event](http://livnorthvirtual.com/event)

LIV North

# Lifestyle Challenges

Monthly challenges focus on engaging users across multiple dimensions of wellness.

**01** Challenges can be team based or individual focused in nature

**02** Incorporate physical, social, emotional and mental wellness pillars

**03** Outcomes of challenges can be catered to meet organizational goals.

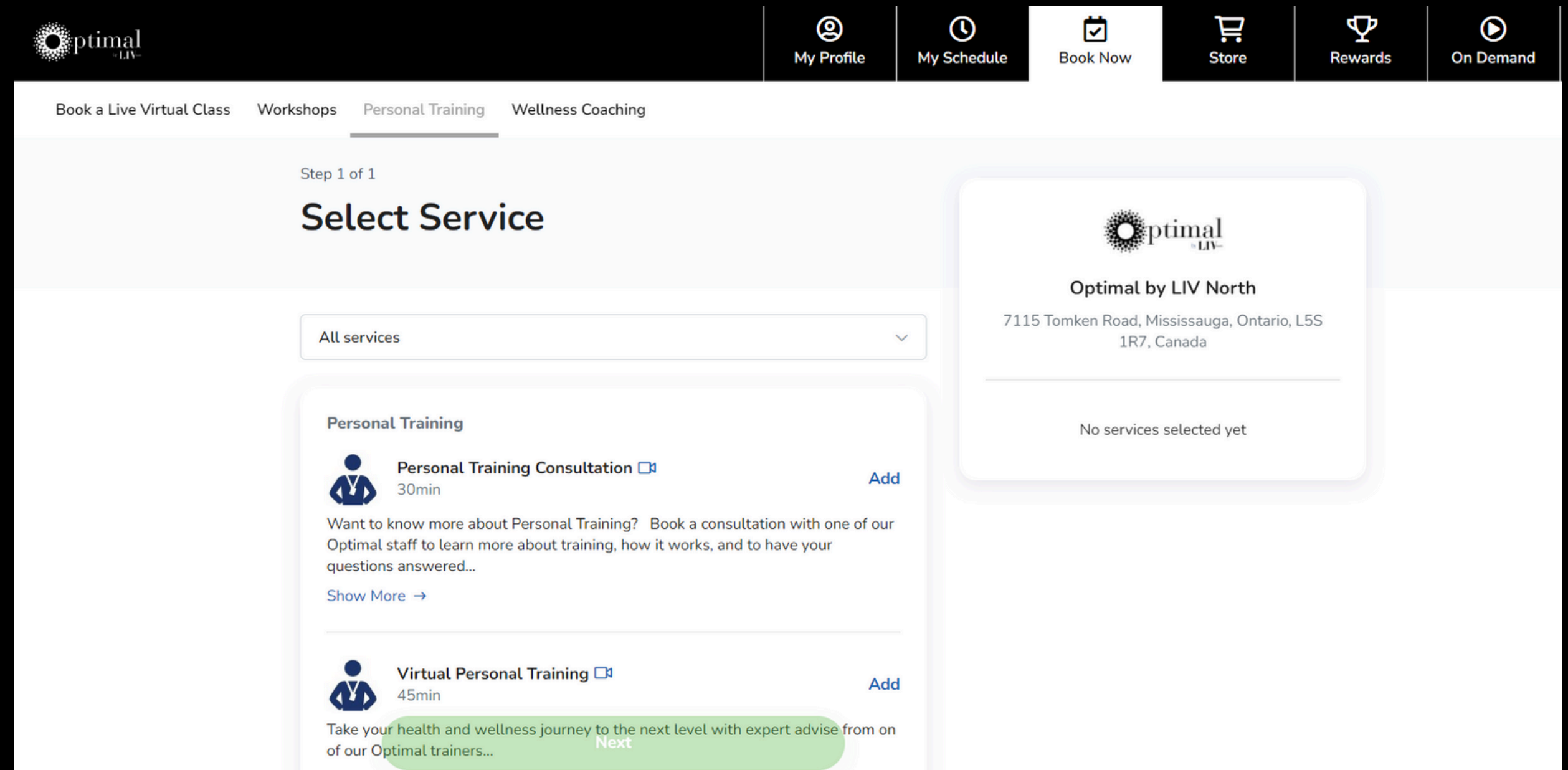
Samples of some past challenges:





# Coaching Services

LIVunLtd Virtual offers our users access to virtual Personal Training and Wellness Coaching



**01** Personal Training focuses on enhancing the fitness of an individual.

**02** Wellness Coaching explores all aspects of a users wellness.

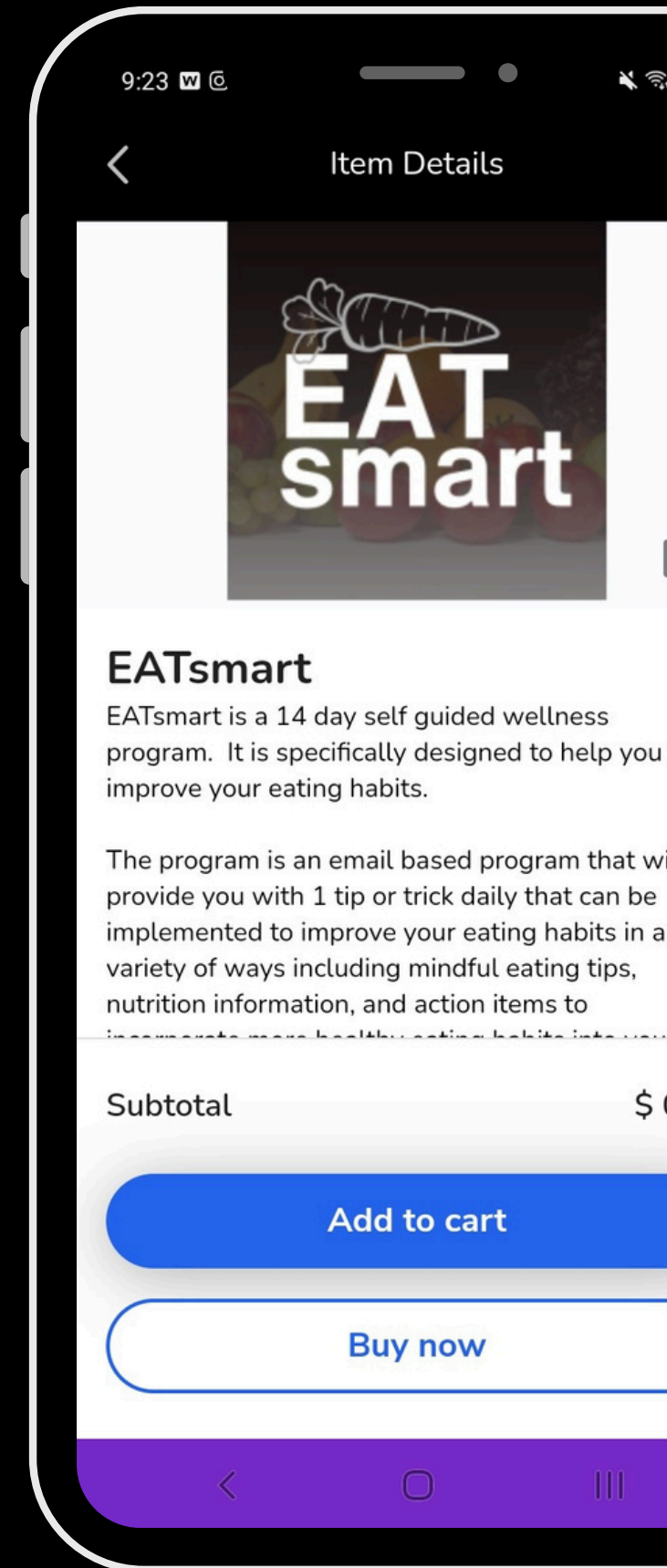
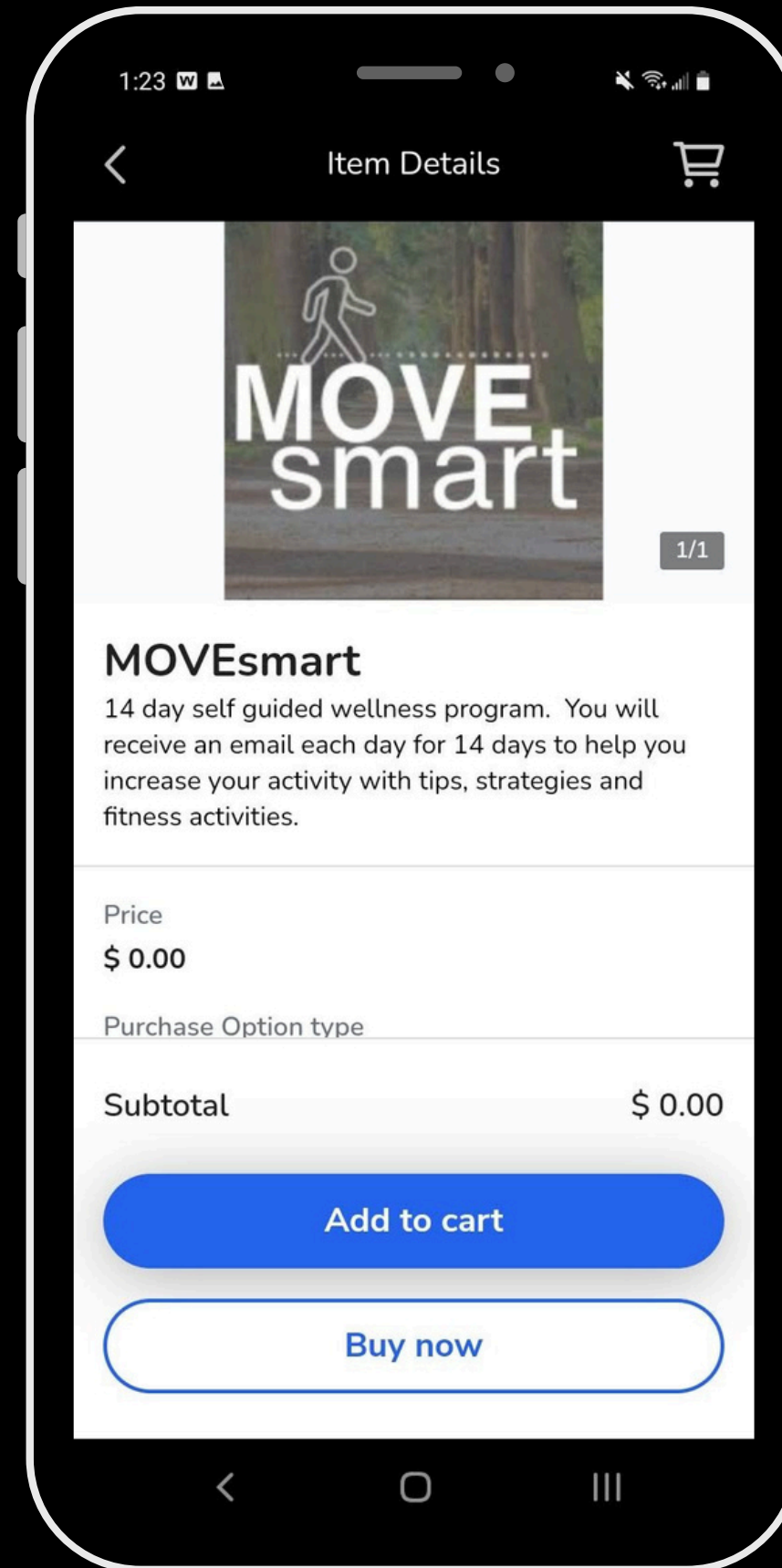
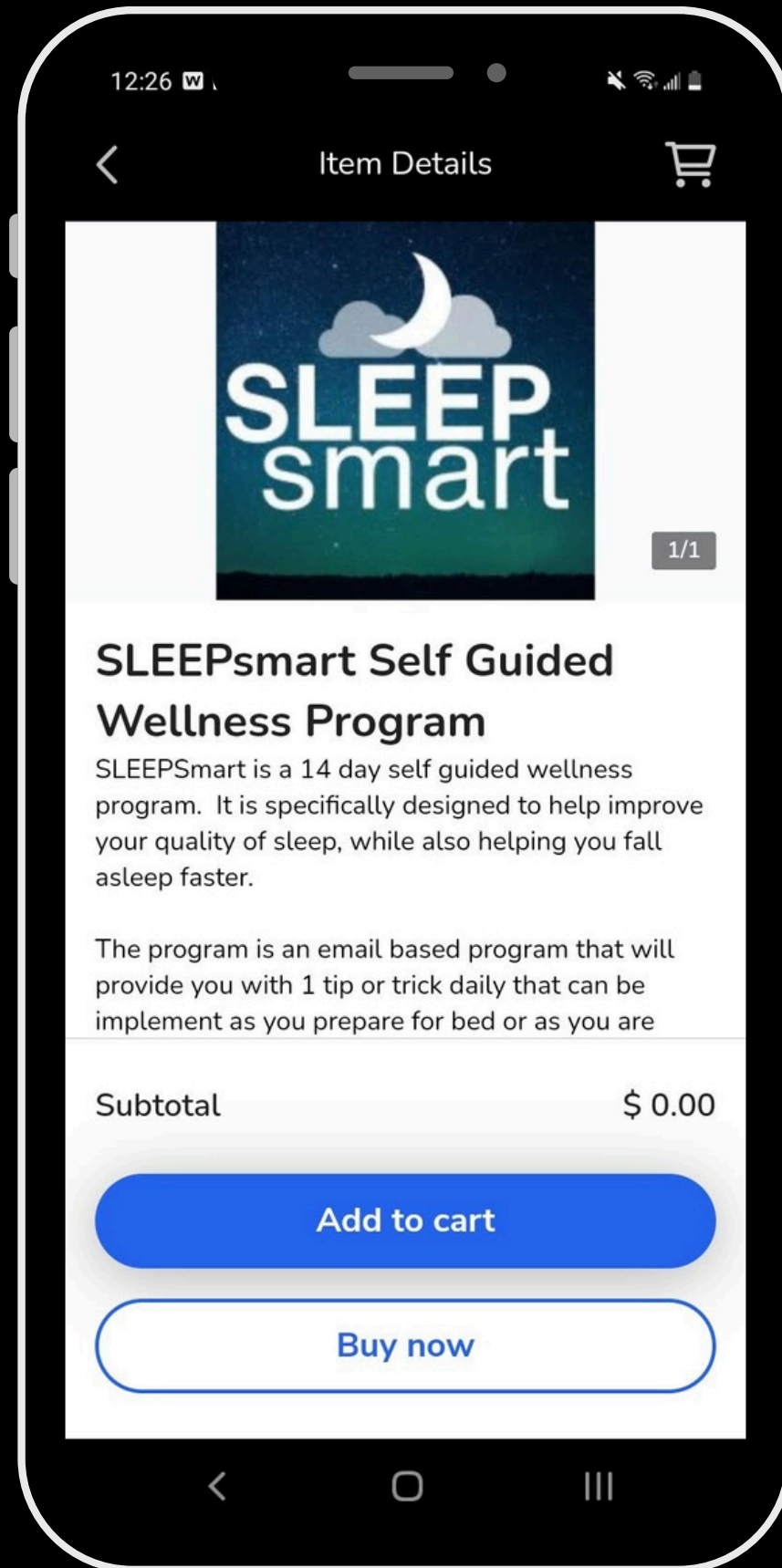
**03** Services can be charged to the individual user or billed to the organization.



# wellSMART Programs

Our wellSMART programs are 14 day micro-series with a specific wellness focus. They are self paced, email based programs that utilize the on demand sessions, Wellness Coaching services and skills users can implement immediately.

More SMART Wellness programs coming in October 2023 and January 2024.





# stackable workouts

**01** Short workouts designed to be stacked together to create full workouts, or fit in busy schedules.

**02** Designed to be easy to follow and fill a gap for those who want to have effective programming but short on time.

**03** Ideal for the employees who are looking for work-life balance and to prioritize health and wellbeing

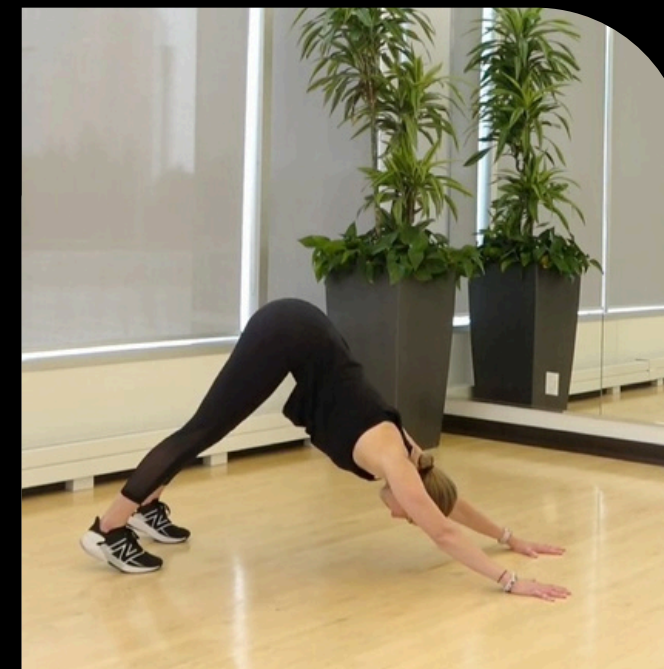
Some sample Stackable Workouts



Core Strength  
(Body Weight)



Pull Workout  
(Body Weight)



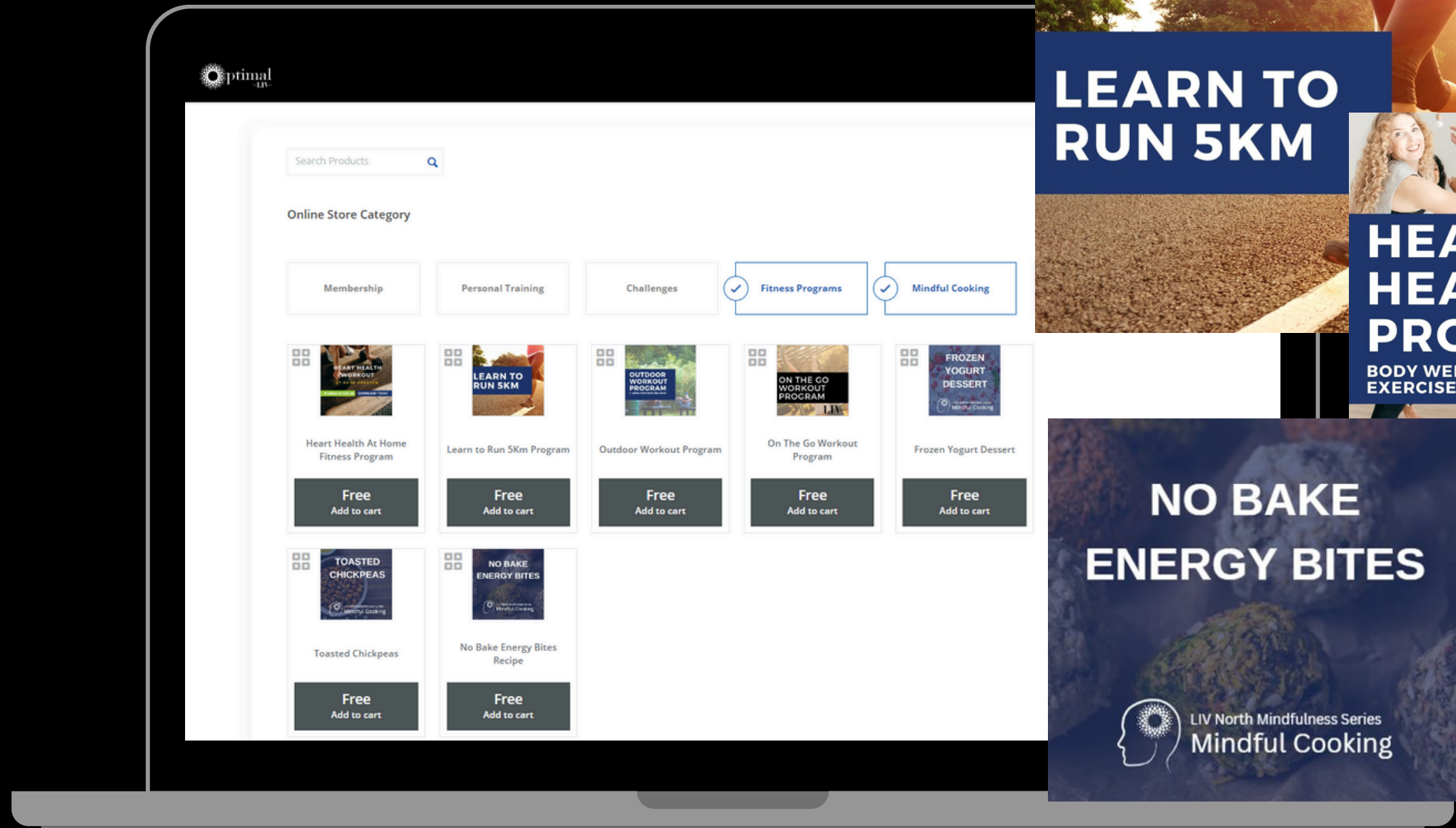
Bodyweight Full Body  
(Body Weight)



Watch a short video  
to learn more!

# Downloadable Programs

LIVunLtd Virtual offers downloadable, self paced programs and recipes for our users to use - offline.



**01** Learn to run and health specific programs are constantly evolving with more being added.

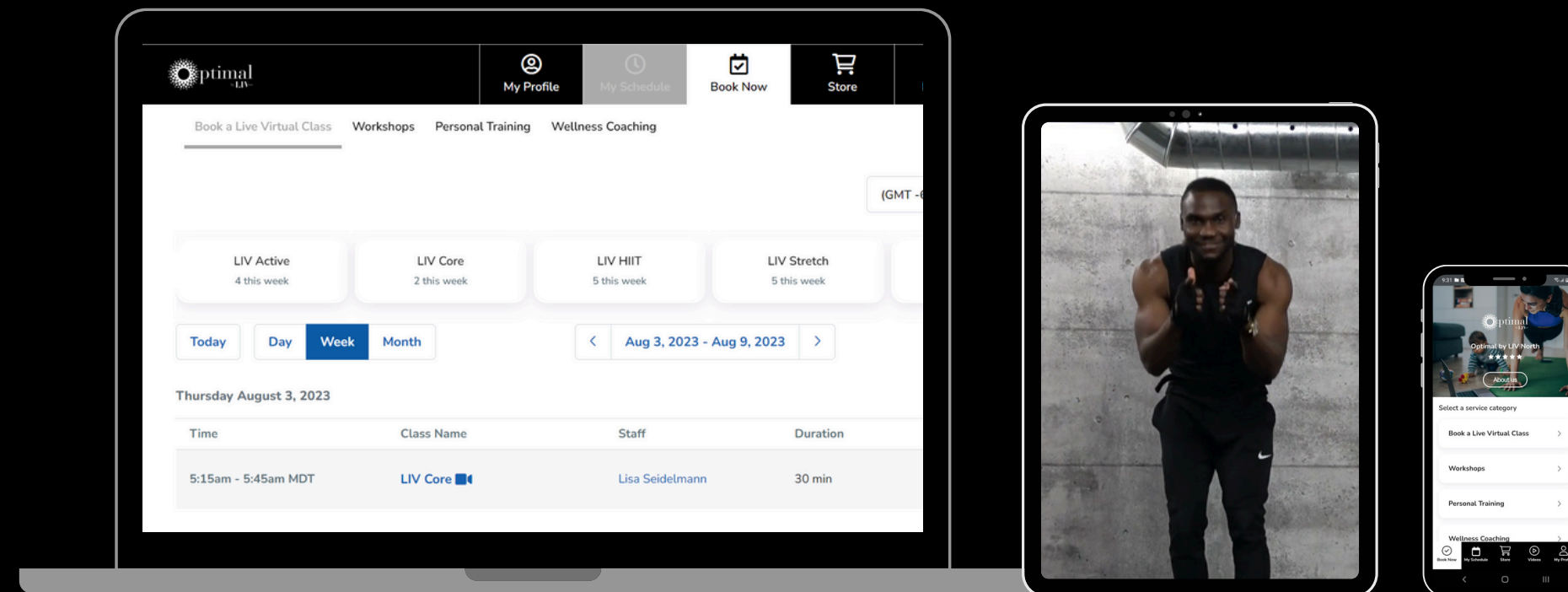
**02** Mindful cooking recipes combine the present focus building of mindfulness with a healthy recipe.

**03** Downloadable programs come in a PDF format and always offer access to support for users.



LIVunLtd Virtual Services

# Marketing & Reporting



# Marketing & Promotional Materials

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## 01 Website

To help increase information sharing and remove workload from IT team, LIVunLtd can host, develop and maintain a branded website for your service.

## 02 Newsletters, Email Campaigns and e-Marketing

Working with your marketing and branding team, LIVunLtd will develop all marketing materials required to market the service and all programming to your team.

## 03 Social Media & Internal Communication Systems

LIVunLtd works with many clients using Yammer/Viva Engage, Facebook Workplace, Teams Groups and more and will prepare and share any marketing materials needed.

# Reporting

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LIVunLtd provides our clients with meaningful, in-depth reporting to give you a full picture of how the service is performing.

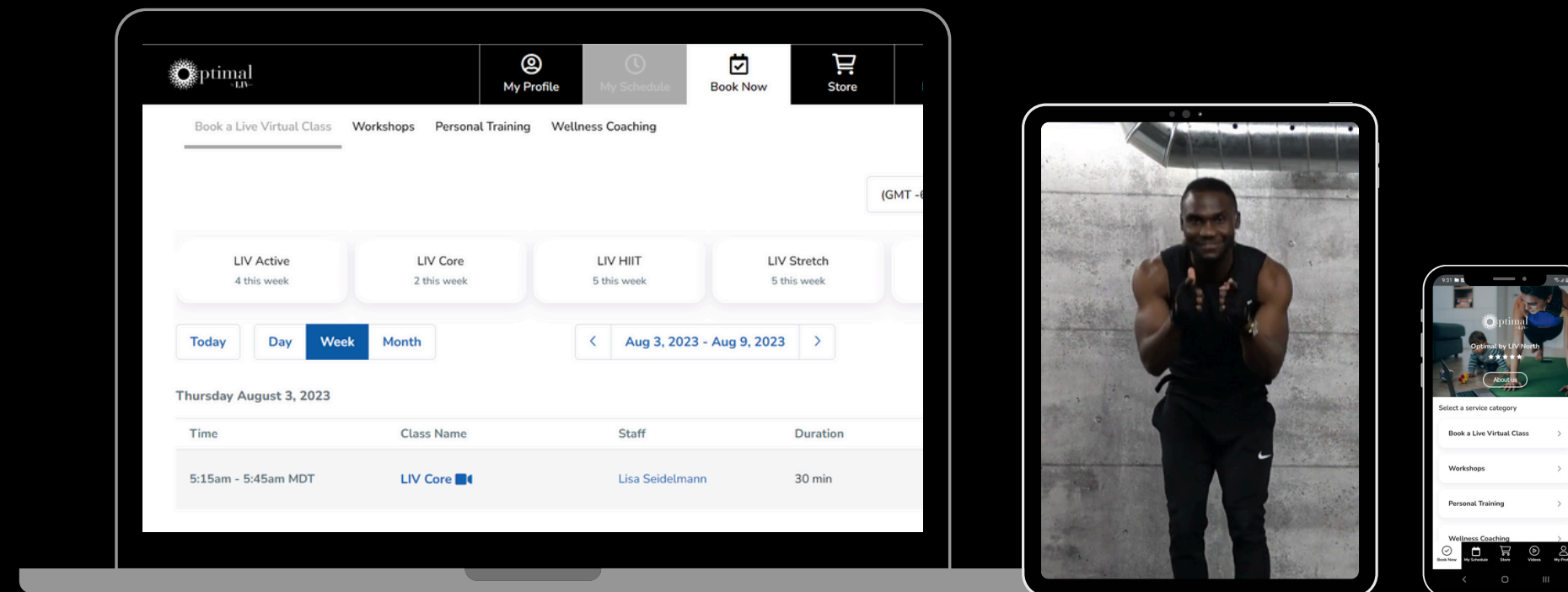
The KPI's we report on include:

- Registered users
- Live session participation
- Unique usership
- On demand views by category
- Downloaded resources
- Survey feedback
- And more!

Reporting can be fully customized to your organization to ensure all KPI's you are searching for are met.

LIVunLtd Virtual Services

# Virtual + In Office



# Offering Virtual Services in Office

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## 01 Ultimate Hybrid Wellness Solution

As organizations draw team members back to the office, a hybrid model of work can create challenges for health and wellness initiatives. LIVunLtd is prepared to assist our clients in promoting in office and at home use of all programming, increasing employee wellness no matter where they are working from.

## 02 Minimal Set Up & Space Requirements

Our minimal equipment virtual classes mean that any space can be turned into a wellness space! A 10x10 space is perfect for a small group, or a larger conference room allows multiple participants to join in.

The next page shows some sample layout and equipment options available to you from the LIVunLtd equipment team.

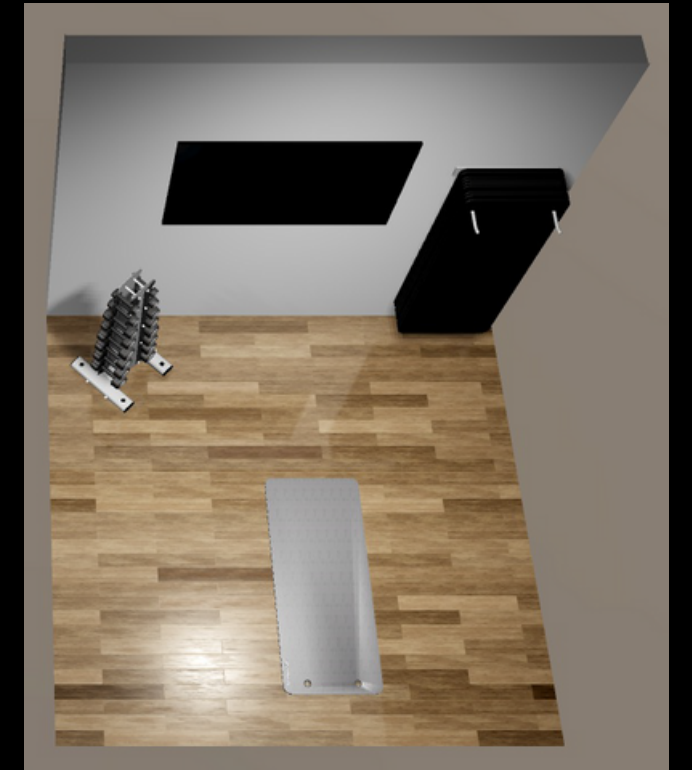
# In Office Space & Equipment

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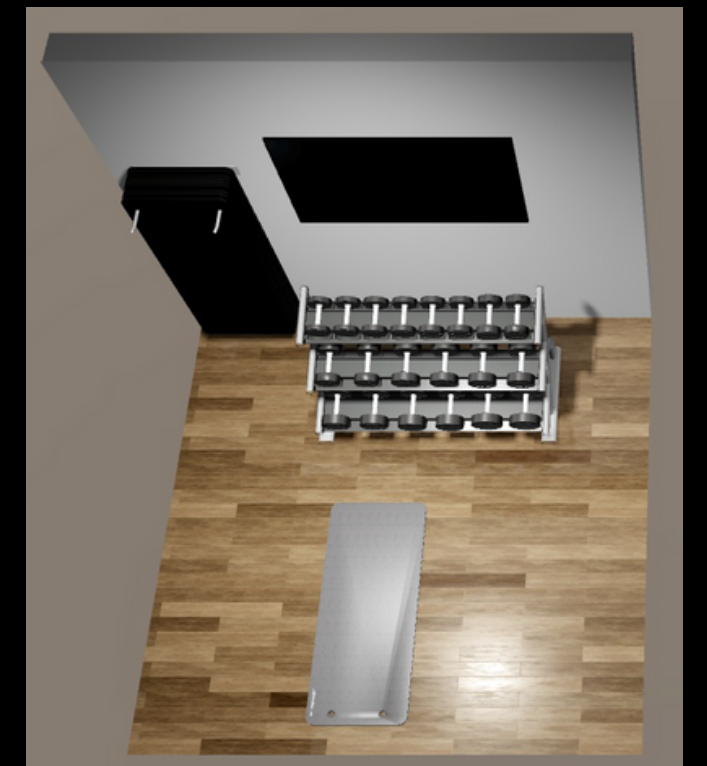
The LIVunLtd Equipment team has also developed 2 packages to meet the needs of most organizations looking to offer an onsite, in office space for your team to utilize the services. Best of all, a 10x10 space is all you need to get started!

## About LIVunLtd Equipment

Discover the pinnacle of premium fitness equipment with LIVunLtd's expertly crafted packages, where quality meets durability for an unmatched user experience. Our commercial-grade UMAX dumbbells, mats, and convenient storage solutions are not only built to last but also designed with affordability in mind. Elevate your office wellness space with our state-of-the-art equipment, ensuring your team's health and fitness journey is seamless and sophisticated.



2 Person Set Up



5 Person Set Up





# Are you ready to try Virtual?



**Contact us to set up a free 2 week trial of  
LIVunLtd Virtual Services for your team!**

virtual@livunltd.com

905-838-2543