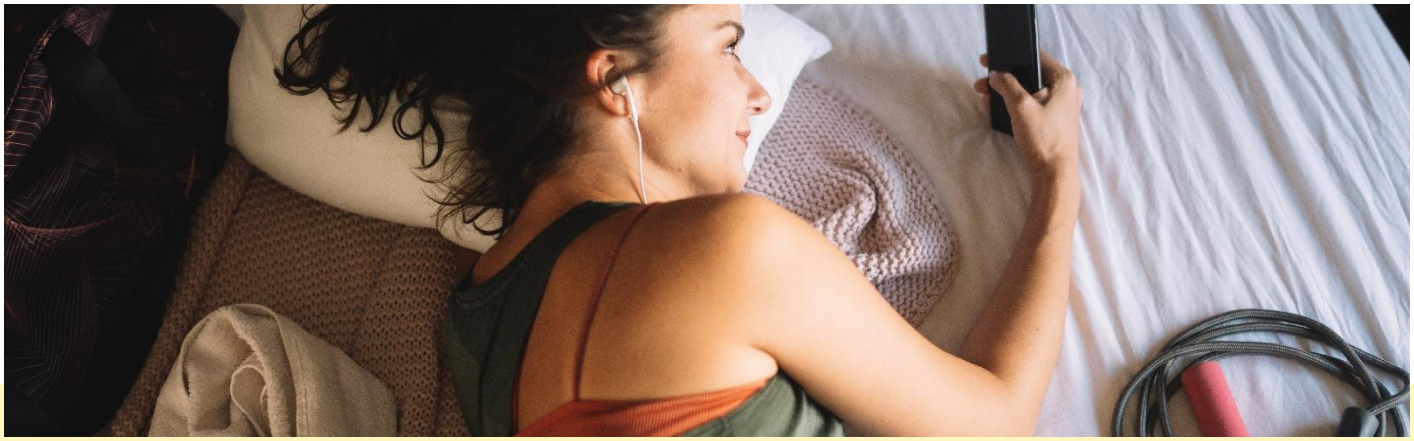
LIFT session fitness

Achieve your fitness goals with unlimited fitness journeys and chat with fitness coaches



Finding a workout that fits your lifestyle is one of the most important things you can do to get started and stay consistent. With LIFT session virtual fitness through your Employee Assistance Program (EAP), you have access to unlimited fitness journeys that are customized for your goals and current fitness level.

Fitness anytime, anywhere with coach support

LIFT session virtual fitness programs are available on your mobile device, so you can stay active anytime, anywhere. Chat live online with fitness coaches who can help with fitness, nutrition, and recovery questions you have. Each session lasts 30 minutes, and the typical journey is three sessions per week for a total duration of six weeks. No equipment required!

How to get started

Register for LIFT Session through WorkHealthLife.com.

- Find your organization on the splash page.
- Under “My Services” scroll down and click on “LIFT session virtual fitness”.
- Click on the “LIFT session virtual fitness” link.
- This will direct you to a special external site at liftsession.com that will provide you a “Sign Up” link to register for the basic service for FREE!
- Next, download the LIFT session app in Google Play or Apple App Store and sign in to complete your online fitness assessment and start the fitness journey right for you!

The support of live coaches and personalized fitness journeys will keep you engaged, excited, and on track to hit your goals. Kick-start your fitness journey now!

Watch this video to learn more about LIFT session fitness

To reach your fitness goals, get started with LIFT session fitness today. Visit workhealthlife.com

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