



# LIFT session fitness: The best way to cope with social distancing

## Exercise is a great way to deal with social distancing

Exercise is so important to your physical and mental well-being and is a key component to self-care during this turbulent time. While many of us are encouraged to stay home and practice social distancing, there are still great options available to us to keep active and stay healthy. We want to remind you that you have access to LIFT session, our virtual fitness provider, through your EFAP website. LIFT's goal is to make fitness sessions available to anyone, from any location and on-demand. LIFT session virtual fitness programs can help you stay active from the comfort and safety of your home while providing you with consistency in your fitness regime during this period of constant change.

Once registered, you will get access to automated fitness journeys customized for your goals and capabilities, as well as access to live chat with coaches for any fitness, nutrition and recovery questions you might have. It's a great way to de-stress and let the endorphins kick in!

## What about Community?

Practicing social distancing and staying home doesn't mean that we can't find new ways to connect and engage with our community. In addition to their free automated fitness journeys, LIFT also provides virtual live group training classes at an additional cost. LIFT offers a wide range of fitness classes from HIIT to Pilates, yoga, dynamic stretching and mobility. There are options for all fitness levels and even better, you can break a sweat with the whole family, as loved ones get access to programs and classes too! LIFT is offering an additional discount on their group training classes, a full 50% off for the next 2 months to make it more affordable and accessible for employees to stay motivated and resilient – both mentally and physically – from the safety of their homes. If you're interested, you can sign up for a class, after registering, through the LIFT session web portal.



[Click here](#) to find out more and get started with LIFT session fitness today!