



LifeWorks
by Morneau Shepell

LIFT
session

Improve employee health and wellness with virtual fitness

Morneau Shepell and LIFT session bring virtual fitness to your workplace for healthier, happier, and more productive employees.

Introducing LIFT session

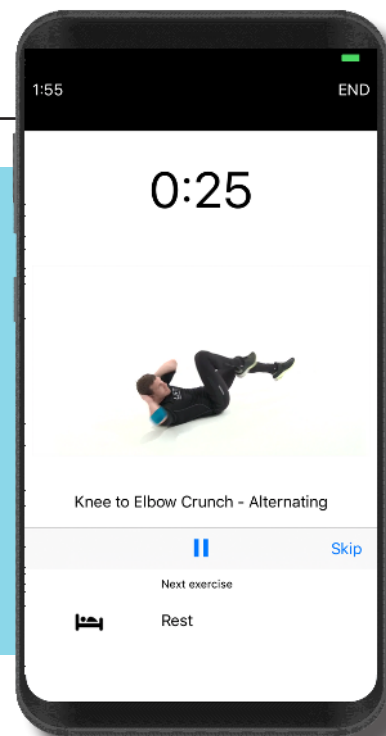
LIFT session, one of Canada's leading virtual fitness providers, has built a platform where users can work out on their own with personalized programs and access coaches if they have questions, or choose to work out under the live supervision of a coach online in 1-1 personal or group sessions.

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

Why virtual fitness works

Physical activity is a vital part of employee health and well-being. **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 session virtual fitness is now available through your Morneau Shepell Employee and Family Assistance Program (EFAP)

Included in your EFAP



Automated fitness journeys and chat access to coaches. Built by industry experts to help users achieve your fitness goals. An automated journey is a six-week program with three 30 minute automated sessions per week. [Watch more here.](#)



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.



Users access on their mobile device through the LIFT session app.

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.

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.

[Watch more here.](#)



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. [Watch more here.](#)

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 your organization today

Engage your people with LIFT session virtual fitness today for healthier, happier, and more productive employees.

Contact us to learn more
workhealthlife.com