

# 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 and Family Assistance Program (EFAP), 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

- Get started online at [workhealthlife.com](https://workhealthlife.com).
  - Head to the 'My Services' tab and scroll down to LIFT
- Sign up and complete your online fitness assessment
- Start the fitness journey right for you!
- Looking for additional support? LIFT also offers 1-1 Personal Training. Learn more about this service after sign up.

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!

Let us help



## [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](https://workhealthlife.com).



**LifeWorks**  
by Morneau Shepell

**LIFT**  
session

Download My EAP app now at your device app store or scan the QR code.

