



Getting Active

Fitness ... The Enjoyable Way!



LEARN TO LOVE EXERCISE.

A unique, psychology-based online training course that gets you moving while also addressing the mental and emotional facets of exercise.

In 12 weeks or less, empower yourself to replace mental exercise barriers with ongoing internal motivation that will last forever.

WHAT'S INSIDE

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The key reason to say "Yes" to this course | p.2
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A scientific solution from trusted behavior-change experts.



When exercise feels like a burden, the brain will search for reasons to avoid it.

Retraining the brain to see exercise as an enjoyable activity makes people want to do it regularly. While this course does involve physical activity at a pace you're comfortable with, it isn't really about exercise. It's more about creating the mindset that encourages physical movement.

Our evidence-based training gives you knowledge, cognitive skills, and tools you need to:

- A. Retrain the brain** to develop a state of mind where exercise is no longer seen as a burden or chore,
- B. Empower yourself** to enjoy being active as an everyday part of your life.

The result is a life-long love of exercise that helps participants feel healthier, more fit, and more energized.

These results speak for themselves.

A leading wellness program compared the back-to-back annual health risk assessments of 12,000+ course participants. Of those who did not meet recommended activity levels before taking the course ...



77% had increased exercise to an acceptable level by the next annual risk assessment

We make it simple to participate and stay on course.

The course features highly engaging prerecorded video instruction, weekly goal setting, daily exercise tracking, and cognitive assignments. The training sessions simulate a live coaching experience and are private, convenient, and effective.



- ▶ Mobile access and companion app
- ▶ Video instruction from expert instructors
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support



“The program got me off the couch and making exercise a regular part of my life. This is the first time in 20+ years that I have exercised on a regular schedule. It made me confident that even with my age, I could become fit again.” – Course Participant

“I have lost a total of 23 lbs. by walking every day. My cholesterol, blood pressure, sugar, and other numbers were optimal. I feel better and have more energy. I have lost 6 dress sizes and 8 inches off my waist ...” – Course Participant

Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

Course Overview

Session Listing

12

Sessions

12

Weeks

Less than

1

Hour
per week

Session 1. The Fundamentals

Preparing for success: Put a smile on; this is going to be fun.

Session 2. Building the Walking Habit

Day by day, step by step, you are creating a healthy new way of life.

Session 3. Choose Your Big Rocks

And then the pebbles...You'll understand after the session.

Session 4. Lift Off!

Motivation is the rocket fuel that will lead you to the achievement of your fitness goals.

Session 5. Do You Hear Yourself?

We talk to ourselves all the time, but most of us don't understand the power of the words we say and the way they make us feel.

Session 6. Moving into Wellness – Part 1

Can you feel that? It's your body reverse-aging as you keep exercising consistently. You are getting younger. Keep it up.

Session 7. Moving into Wellness – Part 2

Acknowledge yourself for the progress you've made. Yes, you! Acknowledgment is an important part of future success.

Session 8. Nurture Your Sense of Possibility

Right now, you are in a place we call "the gap." This is a place of tremendous potential.

Session 9. See with New Eyes

Who is that? It's you, but a wiser you who is changing for the better. Let's make sure it's a permanent change.

Session 10. Make Yourself a Promise

And watch as the universe moves around you. There is freedom in commitment.

Session 11. The Master Game

Move with a sense of purpose.

Session 12. Completion as Beginning

Get excited about where you are headed!

Course
Creator



Lou Ryan

Personal coach and cognitive training expert Lou Ryan anchors a team of experts across a range of health and fitness topics. Lou has helped thousands of people get active and learn to love exercise, even those living a completely sedentary lifestyle.