



WellNorth

VIRTUAL EMPLOYEE WELLNESS PROGRAM



FALL
2023

LIV_{North}

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FIND MORE AT WELL-NORTH.COM/

Welcome to WellNorth!



LIV North is the Canadian leader in fitness and wellness program management. With over 45 years of experience, we employ award winning and industry leading staff, from coast to coast, so you can be sure that the services you use are safe and effective.

Welcome to WellNorth - the Northern College Employee Wellness Program.

This service is free of charge to all employees of Northern College and their spouses/dependents.

This fully virtual program is accessible from anywhere and at anytime - from your computer or your mobile device.

Getting started is simple!

[CLICK HERE](#) to learn more about activating your membership and continue reading to learn about all of the services available to you.

Most services are included at no charge to you, so be sure to take advantage of all the amazing opportunities provided.

Adding a Family Member

As a part of the WellNorth offering, we are so happy to extend the use of the service to the immediate family of Northern College employees.

This applies to partners and dependents that reside in the same house as a Northern College employee.

To add a family member, you must first activate your WellNorth membership and then follow the steps at the link below.

[CLICK HERE TO LEARN HOW YOU CAN ADD A FAMILY MEMBER TO YOUR ACCOUNT](#)

If you require any assistance, please contact us at wellnorth@livnorth.com.



Fitness Classes

September to December 2023

WellNorth members can access the following classes through the member portal or app. All classes stream live via Zoom. If joining from a mobile device please ensure you have Zoom downloaded prior to the class starting.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM ATLANTIC 7:00AM EASTERN 5:00AM MOUNTAIN 4:00AM PACIFIC		Ride RON		Ride MIA	
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	Active LISA C.	Strength DEB	HIIT AMANDA	Zen LISA C.	Strength KYLA
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	Stretch KYLA	Stretch KYLA	Stretch PARVISH	Stretch KYLA	Stretch KYLA
1:05PM ATLANTIC 12:05PM EASTERN 10:05AM MOUNTAIN 9:05AM PACIFIC	HIIT BRENDA	ZUMBA KARMIEL	Active BRENDA	Core KYLA	Strength CORY
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	Mind MAT	Mind MAT	Mindful Eating AMANDA	Mind MAT	Mind MAT
3:05PM ATLANTIC 2:05PM EASTERN 12:05PM MOUNTAIN 11:05AM PACIFIC	Active AMANDA	Zen PAUL	Strength ANN	Long & Lean AMANDA	HIIT ANN
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			Zen TRINH		
6:45PM ATLANTIC 5:45PM EASTERN 3:45PM MOUNTAIN 2:45PM PACIFIC		Turbo Kick RIVKY		ZUMBA RIVKY	
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	Strength LISA S.		Active LISA S.		

Fitness Classes

Active

An all in one workout including cardio, strength, core and stretching - get ready to move.

Core

A strong core consists of more than just ab exercises, join this class to hit all angles of your core!

HIIT

Get ready for some high intensity interval training! This class will be driven by a tabata interval style (20:10) or class HIIT (45:15).

Mind

Take time out of your day to focus on yourself in this immersive guided mindfulness session as you connect your body to mind.

Strength

Just strength, no cardio. This class will be focused on pure strength, form and proper muscle activation. Watch for the notice of lower body, upper body or fully body!

Stretch

Follow along for a full body stretch and head back into your day feeling refreshed and revived.

Ride

Time to get sweaty on your favorite piece of cardio equipment. This class will provide guidance for intensity levels on any piece of cardio machine. (Spin bike, treadmill, rower etc.).

Zen

This yoga inspired class will get your full body flowing through vinyasa and holding some longer stretches. Revitalize your body with this class!

ZUMBA

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Series Classes

NEW OFFERING FOR FALL 2023

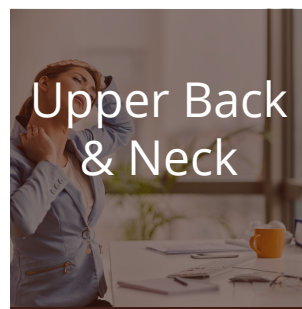
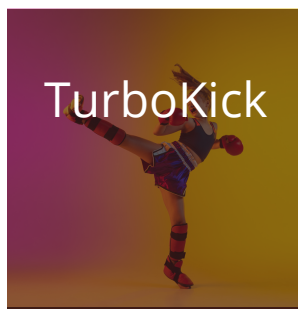
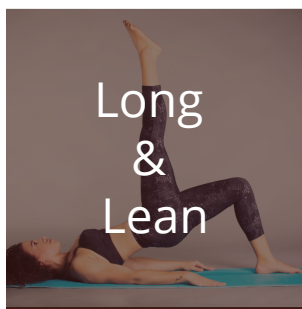
Series classes are NEW classes that are released for a limited time and take the place of an existing WellNorth class. Below are the Fall 2023 Series.

A Class Series is an 8 week class program that progresses week to week to help you get the most out of your commitment! These classes will run in the normal live space on the class schedule, be recorded and uploaded into the on demand section of the portal. After the 8 weeks are complete, the on demand videos will be removed making room for the next block of series classes.

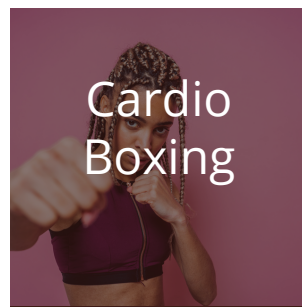
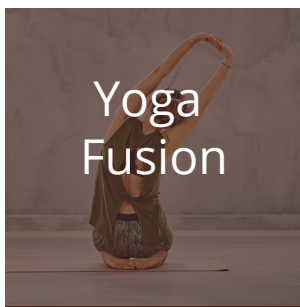
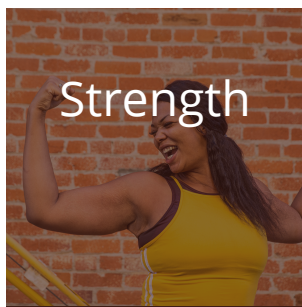
Series are free for users and all are encouraged to register for all 8 weeks of a series to get the most out of the program.

CLICK HERE to visit the Series website on WellNorth to learn more!

Block 1 - September to October



Block 2 - November to December



stackable workouts

NEW OFFERING FOR FALL 2023

Stackable Workouts are new in the on demand section of WellNorth. These are short (12 minutes or less) workouts that are designed to be quick, effective and easy to use. The workouts are either bodyweight only, or use dumbbells.

There are over 20 workouts available with a variety of options: core, upper body, lower body, HIIT, and full body.

How to use Stackable Workouts:

- Head to your WellNorth member portal and click On Demand
- Once you are in the on demand section, click the Stackable Workouts heading
- From here you will see all workouts available
- For the best results, STACK your workouts together to create a 20-30 minute complete routine!

We will continue to update the database of workouts 3 times a year - January, May and September.

[CLICK HERE](#) to learn more!

weI SMART

Self Guided Wellness Plans

Get SMART with your Wellness Plan!

Be SMART with your health and wellness - try out our SMART series of wellness programs to help you make changes that will improve your wellbeing.

Get tips, guidance and a plan. Choose the topic you want to start with and begin your self-guided program today!

Choose from one of our 2 current wellSMART plans:



MOVEsmart

MOVEsmart is a 14 day self guided wellness program. It is specifically designed to help you get more movement in your day and include an email each day for 14 days with a simple, actionable tip.



SLEEPsmart

SLEEPsmart is a 14 day self guided wellness program. It is specifically designed to help improve your quality of sleep, while also helping you fall asleep faster.

These program are an email based program that will provide you with 1 tip or trick daily that can be implemented to help you work towards you health and wellness goals!

As a part of the program, you will also have access to special Wellness Coaching sessions with LIV North Wellness Coaches. Be sure to take advantage of them as they are free and can really help you in your personal journey to improve your movement.

[CLICK HERE](#) to learn more!

Challenges & Events

September 2023



September 13, 2023

As September arrives and Summer comes to an end, we often start to settle back into our old routines of work, etc. What if you took some time this year to explore your habits and perhaps make some changes.

Learn more at well-north.com/event



September 20, 2023

Join LIV North for a 20 minute session as we share some tips to calm your mind, ease stress and anxiety, including some traditional and non-traditional methods. This session will conclude with a short mindfulness exercise.

Learn more at well-north.com/event

Challenges & Events

October 2023



October 25, 2023

Join Lisa as she leads you through how to make CHIA PUDDING! Chia seed pudding is a super-tasty and extremely easy way to sneak healthy fats into your day. Chia seeds are filled with omega-3 fatty acids — the good fats that promote heart and joint health and aid memory.

Learn more at well-north.com/event

Challenges & Events

October 2023



Mission:LIVWell October 2 - 27, 2023

Mission:LIVWell challenges your team of 2-4 competitors against other teams to see who can consistently complete 3 wellness objectives per week for 4 weeks.

It is available FREE of charge to all Northern College Staff as long as at least 1 team member is a WellNorth member!

Every Monday your team will receive a PDF BINGO card to their inbox. Each team player must make a row (can be the same row for all team members) and add a picture to their card to indicate their completion of that task.

For each week that the entire team completes a row - they earn a point.

At the end of the month we will draw from those with the most points for a \$50 gift card (to be shared amongst the team) and make a \$100 donation to the charity of the teams choosing.

Learn more at well-north.com/event

Challenges & Events

October 2023



Optimize Virtual Wellness Fair October 16-19, 2023

LIV North is committed to enhancing the overall health and wellness of the organizations that we work with. We are so excited to present Optimize - a 4 day virtual wellness fair.

Our clients are invited to join us for FREE!

Each day our attendees will have access to:

- A live virtual session on a wellness topic
- A helpful downloadable item with take home information on the topic discussed in the live session
- A discount voucher for a related service
- The chance to win a prize for attending a live session!

Learn more at livnorthvirtual.com/optimize

Challenges & Events

November 2023



November 15, 2023

Join LIV North and help create a positive mindset as we explore body image, eating, and our relationship with the two. We will share knowledge about these two items as well as some proven methods to build a healthy, positive relationship with yourself.

Learn more at well-north.com/event



November 23, 2023

Join LIV North as we discuss how to determine when a tune up is in order and some different methods you can use to progress or change up your fitness and wellness routines to improve your health and fitness.

Learn more at well-north.com/event

Challenges & Events

November 2023



ROLLvember November 1-30, 2023

Come ROLL with WellNorth!

The name of the game is to make your way around our game board and earn stars along the way! The more classes you attend the faster you will move and the more likely your chances of earning all of your stars!

Every live session you attend moves your token along our game board. Each star you collect will count towards a ballot in our grand prize draw.

Learn more at well-north.com/event

Challenges & Events

December 2023



December 6, 2023

Join LIV North as we share some easy tips to eat well during the holidays and also share some of our favourite healthy holiday treats - from main courses to snacks, even desserts! This workshop will include a few recipes for you to add to your festive season.

Learn more at well-north.com/event



December 13, 2023

Join LIV North for this 20 minute session that will have you moving through some easy to follow movements, designed to relax your body. The session will conclude with a mini mindfulness session to help quiet your mind and calm your body.

Learn more at well-north.com/event

Challenges & Events

December 2023



12 Days of Fitmas December 7-22, 2023

Fitmas is coming and the elves are getting ready for you!

From December 7 - 22 join LIV North for some special holiday themed virtual classes and events!

Every session you attend earns you a chance to win our holiday prize pack with our themes sessions earning you more points!!

Get your co-workers involved too! The more the MERRIER!

Learn more at well-north.com/event

Other Fitness Services

ON DEMAND SESSIONS

Looking for a fitness solution at any time of the day? Not to worry. With an ever growing library of on demand fitness, wellness and education sessions, you can find what you need on the Northern College Employee Wellness platform. On demand sessions include all live streamed fitness, wellness and workshop sessions. View videos from your desktop, tablet or phone using the member portal or app.

On demand videos are available at no additional fee.

PERSONAL TRAINING

You don't need to be in a gym to use the services of a Personal Trainer! Our industry leading and certified trainers will meet you wherever you are via Zoom and deliver a truly personalized workout to you. If you are not sure, you can book a complimentary Consultation through the member portal or app to find out more.

Personal Training fees range from \$50-\$65 per session.

SMALL GROUP TRAINING

Training as a group can provide you with support and motivation that you didn't know you needed. Small Group Training allows you to work with a Personal Trainer and up to 7 other individuals with similar goals to you. These sessions are still personalized to your abilities and goals with the cost being shared among the participants.

Small Group Training is available upon request. Fees vary. Inquire for more details.

GOAL SPECIFIC SELF PACED FITNESS PROGRAMS

Every other month a new goal specific, health themed fitness program will be released for you to download and use on your own time. Programs include Heart Health Program, Learn to Run 5Km and more.

BRING WELLNORTH TO YOUR NEXT MEETING!

WellNorth is pleased to offer free 5-15 minute virtual sessions during your meetings, events, etc.

- Mindfulness
- No Sweat Stretch Break

SEND US AN EMAIL AT
WELLNORTH@LIVNORTH.COM TO BOOK



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COLLEGE
WellNorth

LIV NORTH

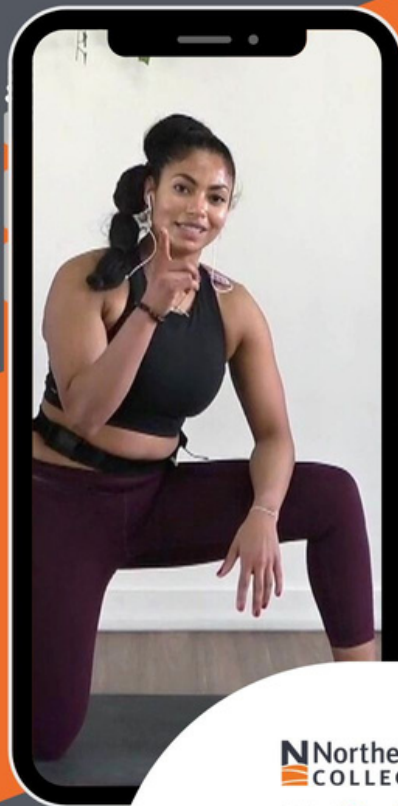
ANYTIME **ANY WHERE** ANY SESSION



WellNorth offers an ever growing library of on demand fitness, mindfulness, stretch and education sessions!

Join WellNorth today
for FREE!

Visit well-north.com to
learn more!



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