



ONLINE WORKOUT PLATFORM

HEALTH IS THE NEW WEALTH

Engaging in **30 minutes** of physical activity 2-3 times a week can boost energy levels by **20%** and decrease fatigue by **65%**.

We understand that making the time to workout is not always easy, but it is worth it. Let us help by giving you an online platform where you can do it all!

With the online wellness platform, you will have access to:



- Library of over 1,000 exercises
- Workouts designed for your fitness level
- Weekly meal plans and grocery list

To get started please send your first and last name, company name and email address to wellness@northernfinancialgroup.ca