

The LivingFit™ 12-Week Walking Program

Most of what we do on a daily basis is a function of habit, whether it's healthy or not. The fact is, habits and patterns rule in life. Not exercising is a habit, and it's one that is well worth changing.

Imagine feeling healthy and fit, with more energy and a bounce in your step. Imagine yourself exercising every day...not because you have to, but because you want to. Imagine yourself loving it, actually looking forward to it! This is what LivingFit can do for you.

How it works

As a non-exerciser, certain beliefs, thought patterns and habits have kept you convinced that exercise is something to avoid. When you take LivingFit, you will:



CHANGE YOUR THINKING

LivingFit is different than anything else you've ever tried. It's about more than exercise... it's about creating a new mindset... an exciting new way of life.



GO FOR A WALK

How far and how long is up to you. Start slow and easy, and watch your body, energy levels and thought process change as you follow the program.



LOVE EXERCISING... STEP BY STEP

Soon you will actually enjoy exercise and embrace it for what it truly is: the opportunity to restore vitality and youth to your life.

Here's the main point: Once you complete LivingFit, you will feel great and you'll wonder how you ever went a day without exercise.

The Details

LivingFit is a 12-week walking program that is divided into 3 phases. Each phase consists of four weekly modules and each has a specific purpose. During the program you'll track your walking progress while having access to tools such as the LivingHealthy video series, optional workout videos, and useful trackers. You'll also get simple weekly objectives and have the opportunity to participate in a 2,000 Minute Challenge with people from all around the world.