

Nutrien FITNESS

VIRTUAL EMPLOYEE WELLNESS PROGRAM



**SPRING
2024**

LIVunLtd

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FIND MORE AT WWW.NUTRIENFITNESS.COM

Welcome to Nutrien Fitness!



LIVunLtd 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 Nutrien Fitness - the Nutrien Employee Wellness Program.

This service is free of charge to all employees of Nutrien 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 Nutrien Fitness offering, we are so happy to extend the use of the service to the immediate family of Nutrien employees.

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

To add a family member, you must first activate your Nutrien Fitness 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 nutrienfitness@livunltd.com.



NUTRIEN FITNESS LIVE CLASS SCHEDULE

April 1 - June 28, 2024



| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|--|
| 8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC | HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small> AMANDA | CARDIO SCULPT LISA C. | STRONG DEB | YOGA LISA C. | CARDIO BOXING AMANDA |
| 12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC | STRETCH | STRETCH | STRETCH | STRETCH | STRETCH |
| 1:10PM ATLANTIC 12:10PM EASTERN 10:10AM MOUNTAIN 9:10AM PACIFIC | CARDIO SCULPT BRENDA | BARRE KYLA | HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small> BRENDA | CARDIO SCULPT CHRISTYN | STRONG CORY |
| 2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC | MIND MAT | MIND ON DEMAND | MIND MAT | MIND ON DEMAND | MIND MAT |
| 3:10PM ATLANTIC 2:10PM EASTERN 12:10PM MOUNTAIN 11:10AM PACIFIC | BARRE KYLA | HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small> ON DEMAND | STRONG ANN | CARDIO BOXING ON DEMAND | HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small> ANN |
| 5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC | | | YOGA FUSION TRINH | | |
| 8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC | STRONG LISA S. | YOGA ON DEMAND | CARDIO SCULPT LISA S. | HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small> ON DEMAND | |

Register and join classes via the [Nutrien Fitness Member Portal](#) or App.

All sessions stream on Zoom. The passcode to join is **virtual**.

No classes on February 19, 2024

On Demand Classes will be replays of the classes indicated on the schedule. Register and join the sessions the same way you would for a live class.

NUTRIEN FITNESS LIVE CLASS SCHEDULE

April 1 - June 28, 2024



| | Description | Equipment Required |
|--|---|---------------------------------------|
| STRONG | This 30-minute session is dedicated to sculpting and toning your muscles through a series of high-repetition, strength-based movements. | 1 Mat Weights or Dumbbells |
| CARDIOBOXING | Set to energizing music, Cardio Boxing incorporates dynamic boxing moves like punches, kicks, knees, and elbows to elevate your heart rate and melt away tension. | None |
| CARDIOSCULPT | Using a combination of cardio exercises and strength training, Cardio Sculpt delivers a comprehensive fitness experience. Feel the burn as you work every major muscle group, all set to motivating music that propels you through the workout. | 1 Mat Weights or Dumbbells |
| YOGAFUSION | Yoga Fusion seamlessly combines the best of yoga and Pilates, guiding you through a flow of invigorating movements that enhance flexibility, build core strength, and promote mindfulness. | 1 Mat |
| HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small> | Get ready to elevate your fitness with our invigorating HIIT class! No need for fancy equipment - just grab your mat, and let's break a sweat together. This bodyweight-only workout is designed to push your limits and boost your energy. | 1 Mat |
| STRETCH | In this short but impactful class, we'll guide you through a series of gentle movements designed to reduce pain, and counteract the strains caused by prolonged periods of sitting. | None |
| BARRE | A fusion of Pilates, barre, and core exercises designed to sculpt and strengthen. Grab your light weights and find stability with a chair or barre as we guide you through a transformative core-focused experience. | Light weights Barre/chair 1 Mat |
| YOGA | Ignite your inner strength and flexibility in our invigorating Yoga class. This fitness-inspired session seamlessly blends flowing movements to improve flexibility, mobility, balance, and overall well-being. | 1 Mat |
| MIND | Immerse yourself in the present moment, cultivate inner calmness, and discover the transformative benefits of mindfulness in this immersive guided mindfulness session designed to forge a connection between body and mind. | None |

Group Classes Etiquette:

- Please try to arrive on time for class.
- All live streaming group classes are streamed via Zoom. Please ensure you have Zoom installed prior to you session.
- Please come prepared with the recommended equipment list above.
- If you register for a sessions, please try to ensure you attend. If you are not able to attend, please remember to cancel your reservation.
- Please ensure your microphone is off during class unless you require assistance or have a question.

stackable workouts

Create your own customized workout with Stackable Workouts!

Stackable Workouts are new in the on demand section of Nutrien Fitness. 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.

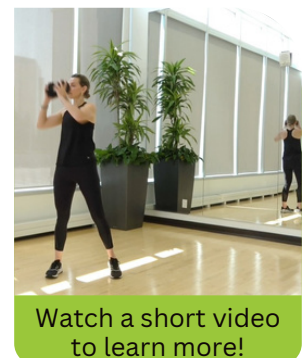
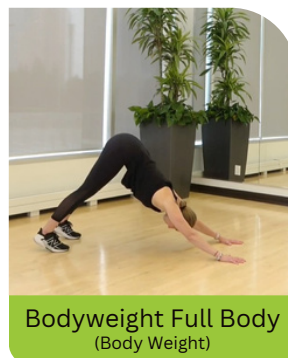
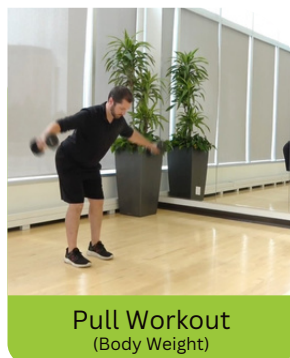
There are over 20 workouts available with a variety of options: core, upper body, lower body, HIIT, and full body.

How to use Stackable Workouts:

- Head to your Nutrien Fitness 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!



wellSMART

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.



EATSmart

EATSmart is a 14 day self guided wellness program. It will provide you with 1 tip or trick to improve your eating habits in a variety of ways including mindful eating tips, nutrition information, and action items.

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

April 2024



Discover the joys of staying fit amidst the open air, exploring the myriad benefits of outdoor exercise. Let us guide you in planning your outdoor fitness routine for a refreshing and energizing experience this season.

Learn more at nutrienfitness.com/event



Keeping your bones healthy only gets more important as you age - explore the positive impact of physical activity on bone health and discover the most effective exercises to enhance your skeletal strength.

Learn more at nutrienfitness.com/event

Challenges & Events

April 2024



15/30 Challenge April 1 - 30, 2024

As we step into April, let's embrace the season of renewal by focusing on our health and fitness goals. The 15 in 30 challenge is your opportunity to bloom alongside the flowers – attend 15 classes (any classes!) during April and earn a ballot for a chance to win an exciting prize drawn at the end of the month.

How to Participate:

- Join any LIVE class on our new spring schedule and earn one point per class.
- Attend 15 classes throughout the month to qualify for the prize draw.

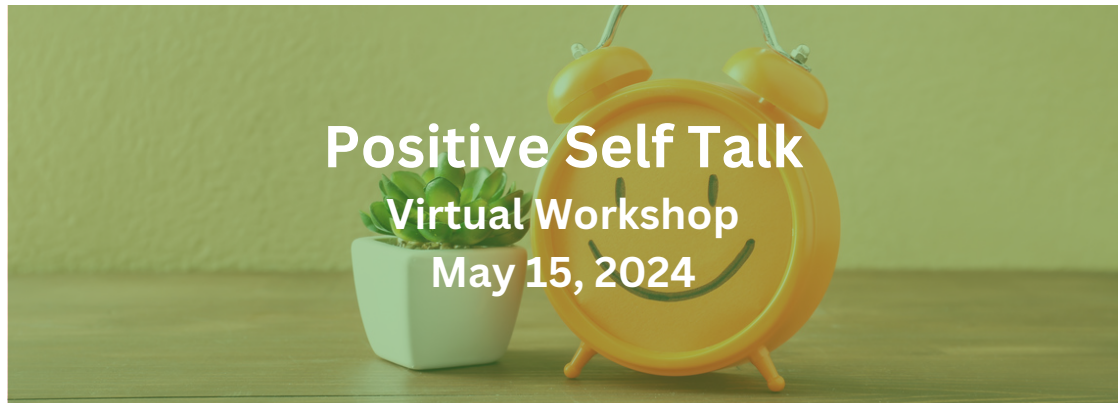
Your points will be automatically tracked on your Nutrien Fitness profile.

No registration is required for the 15 in 30 Challenge; simply start attending classes from the new spring schedule and you're on your way to winning the prize!

Learn more at nutrienfitness.com/event

Challenges & Events

May 2024



Discover positive self talk - a reassuring and optimistic inner conversation that can be easily integrated into your daily life with just a bit of practice. Explore the profound impact positive self-talk can have on mental well-being and its role in preventing burnout across all facets of your life. Join us on a journey of self-empowerment through uplifting self-dialogue.

Learn more at nutrienfitness.com/event



Join Megan as she helps you restore your natural energy flow and harmonize your mind and spirit in this sound event that combines ancient wisdom with modern therapeutic techniques. Whether you are seeking relief from physical discomfort or yearning for emotional equilibrium, this sound bath will offer you a unique path toward total wellness.

Learn more at nutrienfitness.com/event

Challenges & Events

May 2024



Mindfulness BINGO **May 6-17, 2024**

As we celebrate Mental Health Month in May, we invite you to embark on a journey of self-care and mindfulness with our special BINGO challenge. Mindfulness comes in many forms, and there's no 'one size fits all' solution. Join us for a game that's not just fun, but also promotes mental well-being!

Your goal is simple: complete a line on your BINGO card by engaging in mindfulness activities.

Whether you choose a vertical, horizontal, or diagonal path, each completed line brings you closer to winning. Once you've completed your line, return your card to WellNorth to be entered into our draw for prize!

How to Participate:

- Register for Mindfulness BINGO to receive an email confirming your enrollment.
- Your BINGO card will be sent to you via email on May 6th, 2024.

Let's make Mental Health Month memorable and uplifting together! Join us for Mindfulness BINGO and prioritize your mental well-being in a fun and rewarding way.

Learn more at nutrienfitness.com/event

Challenges & Events

May 2024



The Macro Challenge May 6-31, 2024

For most people, counting calories on a daily basis is a given.

The thing is, a calorie isn't just a calorie.

So instead of just counting the amount of calories you eat, we now know that it's the quality of the food we eat that has more of an impact on our health and weight loss. That means macros - the nutrients your body needs like carbohydrates, fats, and proteins - are a far better way to measure and fuel your body with what it needs.

Join the Marco Challenge and learn exactly what a macro-based eating plan is so that you can calculate your own unique macros, adjust your portions, create your own meal plans and implement them into a schedule that works for YOU!

Aside from weight loss and feeling better, this challenge can also lead to:

- Better sleep
- Lower inflammation
- Balanced hormones
- Improved memory & focus
- Better digestion
- Improved blood sugar balance
- Enhanced energy
- Enhanced mood & self-confidence
- Better libido
- And so much more!

Space is limited. Learn more at nutrienfitness.com/event

Challenges & Events

June 2024



Shopping on a Budget

Virtual Workshop

June 12, 2024

Explore practical strategies for maintaining a healthy and budget-friendly shopping list. Discover the tips for smart shopping, uncover food prep secrets, and embrace the value of leftovers. Join us as we guide you through delicious and nutritious meal options that won't break the bank, ensuring your well-being flourishes without compromising your budget.

Learn more at nutrienfitness.com/event



Fit in the Kitchen - Asparagus Potato Salad

Virtual Workshop

June 19, 2024

When it comes to achieving our health and wellness goals, what we do in the kitchen can be a major contributor. Fit in the Kitchen explores a healthy ingredient, shares education, and includes a live cooking demo using that ingredient. Join Amanda in the kitchen as she shares all about Asparagus, shows you how to use them and walks you through making amazing Asparagus Potato Salad.

Learn more at nutrienfitness.com/event

Challenges & Events

June 2024



The Amazing Race **June 3 - 28, 2024**

Grab a partner and join this race from coast to coast - virtually!

The 2024 edition will have you visiting and participating in challenge in Europe, Australia, the USA and Canada!

Through this 4 week journey you will be asked to complete weekly challenges related to fitness, mindfulness and nutrition, with the occasional road block or speed bump thrown your way. Each challenge will be themed on the 'location' you are visiting that week.

At the end, all teams that successfully reach the finish line will be entered into the draw for our grand prize!

Click below to explore more challenge details and to sign you and your partner up.

Learn more at nutrienfitness.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 Nutrien Fitness 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.

Wellness Coaching

Coaching that goes beyond fitness!

Wellness Coaching sessions are designed to help you explore your behaviours and habits, ensure you make the most use of the resources offered at Nutrien Fitness, and to support you in the process of changing and continuing to make positive choices.

Our Wellness Coaches are here to do all of that and more! Best of all, every Nutrien Fitness member gets 1 FREE Wellness Coaching session included in their membership. Continue reading to learn more about this services, how you can book your complimentary session and about purchasing additional sessions if you like.



Value Setting

Let our Coaches assist you in digging into your 'Why' and your values to ensure you long term success in any goal.



Nutrition

Nutrition can be complicated, and our Coaches can help you track, explore and make positive changes.



Sleep

If your goal is to improve your sleep quality to increase energy and decrease stress, our Coaches can help.



Movement

Movement is more than just fitness, it's finding way to move better and feel better everyday. Our Coaches can help.



Recovery

Ensuring adequate recovery from fitness, stress, etc., is crucial to success. Let our Coaches teach you.



And more!

Book your free consultation today to learn how a Wellness Coach can help you on your journey.

Nutrien Fitness offers 1 free Wellness Coaching session for every member. Individual sessions and plans are available to further you wellness if you wish. Additional sessions start at \$50 per session.

If your ready to get started or want to learn more, book your FREE Wellness Coaching today by using the button below or contact us at nutrienfitness@livnorth.com.

CLICK HERE to learn more about Wellness Coaching.

BRING NUTRIEN FITNESS TO YOUR NEXT MEETING!

LIVunLtd 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
NUTRIENFITNESS@LIVUNLTD.COM
TO BOOK



**Nutrien
FITNESS**

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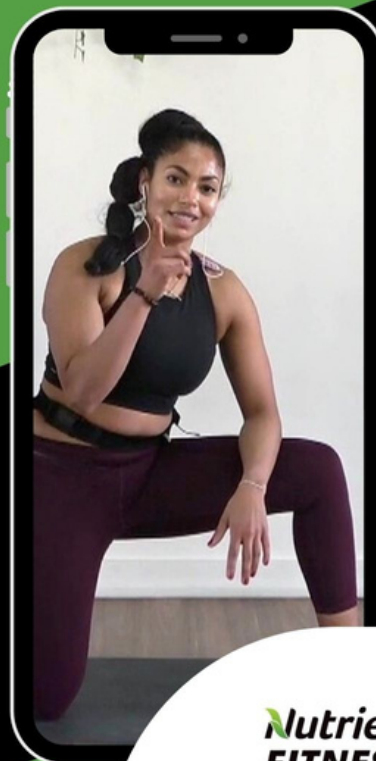
ANYTIME ANY WHERE ANY SESSION



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

Join Nutrien Fitness today for FREE!

Visit nutrienfitness.com to learn more!



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