Northern COLLEGE

WellNorth

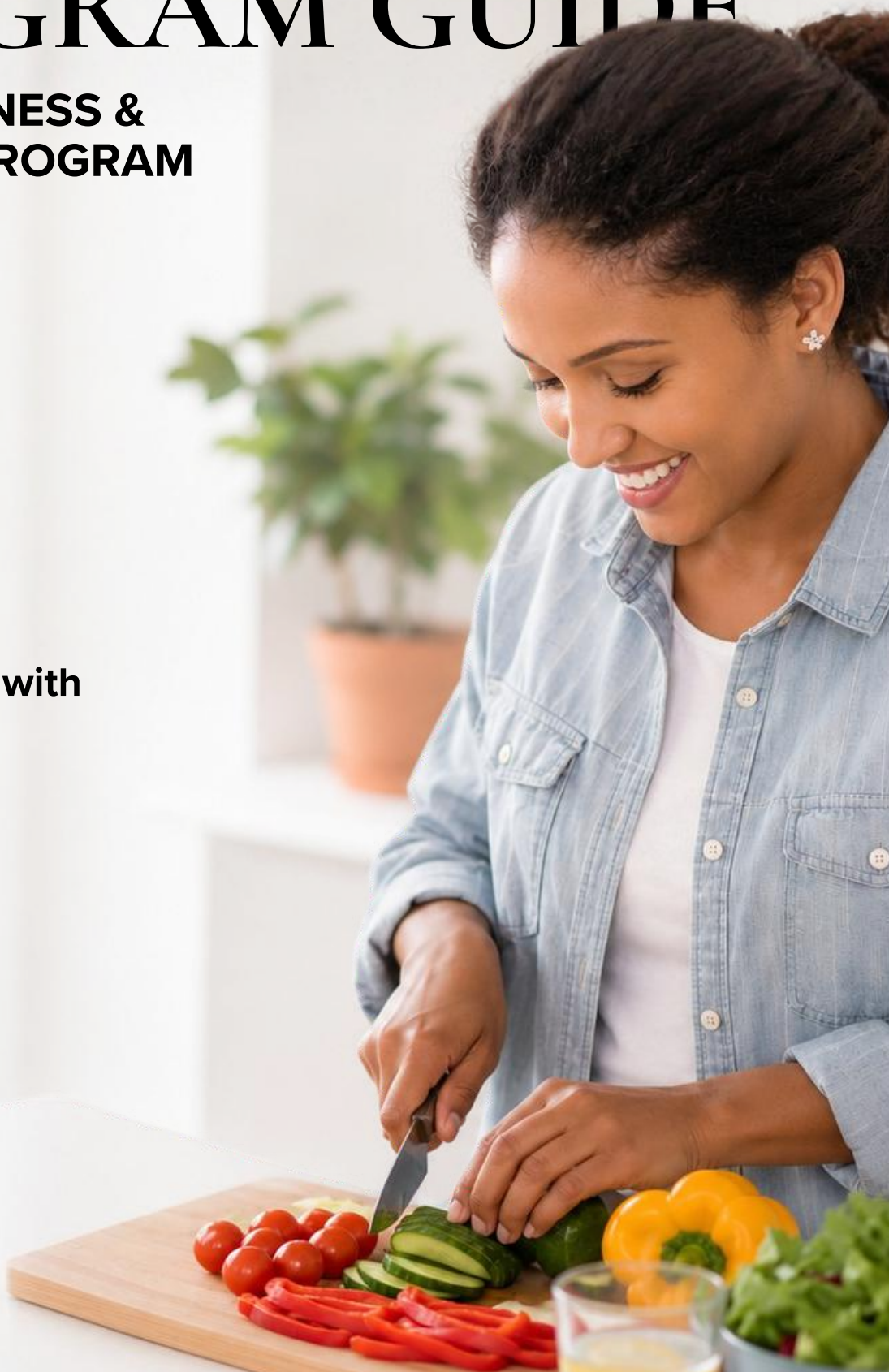
FALL 2026

PROGRAM GUIDE

VIRTUAL FITNESS & WELLNESS PROGRAM

Build Better Nutrition Habits with Eating Smart, Starting Small

~ Page 7



LIV unLtd

Welcome to WellNorth!

Welcome to WellNorth - your Virtual Fitness & Wellness Program.

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.

Activate your WellNorth Membership today!

About the cover:
Habits don't form over night. They take small, consitent changes to stick. Join the Eat Smart, Start Small Community Group to dig into how eating better can be simple and have a huge impact!
Learn more on page 7.

LIVunLtd is the North American 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.

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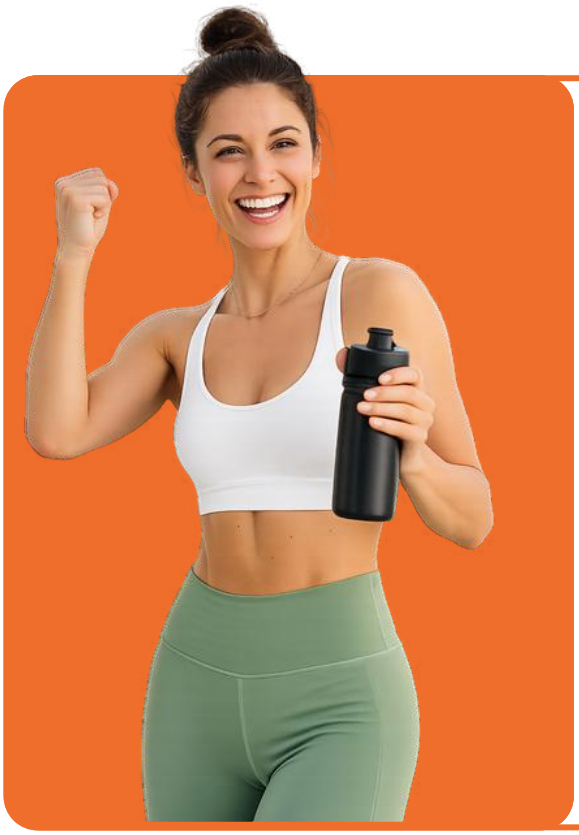
SEPTEMBER 2026 EVENTS



THE 21-DAY HABIT CHALLENGE

September 4 ctober 5,

an ou put our health first for just 2 da s?

 itch the “I’ll start next onday” mindset with daily, bite si ed habits anyone can stick to with the ay Habit Challenge!

Includes Success Guide, weekly emails, and weekly check in support sessions!

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Eating Smart

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A irtual Community Group

Simple nutrition habits that fit into real life.

Good nutrition doesn't have to mean counting calories, following strict meal plans, or changing everything overnight. Sometimes the most meaningful changes come from the smallest daily habits. Bring your challenges to the weekly discussions and explore mindset shifts without strict rules to help you make a smart shift to your nutrition and diet!

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SEPTEMBER 2026 WORKSHOPS

C ICK N AN I AGE BE W T EARN RE

Shop Smart:
Navigating the Grocer Store with onfidence

September 8,
pm AT / pm ET / am CT/ T / am PT

earn how to confidently navigate the grocery store and make informed choices. This session highlights what to look for on labels, how to compare products quickly, and simple ways to identify quality options across different aisles.

Nervous S stem Reset:
Breathe Out to reate More ALM
with guest speaker Karen Furneaux

September 4,
pm AT / pm ET / am CT/ T / am PT

This session combines Karen's years of lympic sport experience and her navigation of a difficult mental health diagnosis, emphasi ing how breath and body can calm the nervous system to promote optimal performance and a sense of ease.

World Gratitude a :
Quick Practices to elebrate

September ,
pm AT / pm ET / am CT/ T / am PT

Take part in simple, guided gratitude practices designed to help you pause, reflect, and appreciate the moment. This session focuses on easy, practical exercises to celebrate gratitude in real time.

Strong for Life:
How Resistance Training Supports
Ever da Tasks

September 8,
pm AT / pm ET / am CT/ T / am PT

Resistance training can improve strength, stability, and ease in everyday movements. Getting started, looking for motivation, or wanting simple tips to make strength training feel more approachable? Join us!

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OPTIMIZE
Virtual Wellness Fair
by

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O TOBER 2026 WORKSHOPS

C ICK N AN I AGE BE W T EARN RE

The Power of Thankfulness

ctober 5,
pm AT / pm ET / am CT/ T / am PT

Explore the benefits of gratitude and how it can positively influence mindset, stress levels, and overall wellbeing. This session highlights simple ways to practice thankfulness during the Thanksgiving season and beyond.

Macro Made Simple: Find our macros

ctober ,
pm AT / pm ET / am CT/ T / am PT

Walk through a simple step by step process to calculate your macronutrients and understand what the numbers mean. This session breaks down protein, carbs, and fats in an easy to follow way and introduces how to start applying them into your daily routine.

Optimi e: Virtual Wellness Fair

ctober ,

Join us for 4 days of learning and connection with ptimi e a virtual wellness fair from l un td. The 4 days will feature sessions relating to nutrition, mental wellness, physical fitness and more. These session are REE and best of all, you could win a pri e ust for attending a session

Shift Strong: Fitness and Nutrition Tips for Shift Workers

ctober ,
pm AT / pm ET / am CT/ T / am PT

iscover realistic approaches to staying active and eating well while managing shift work. This session offers practical tips to support energy, recovery, and consistency, no matter when your day begins.

NOVEMBER 2026 EVENTS

DEAL OR NO DEAL
WELLNESS EDITION

November ,

Think ou can handle the challenge?

eal or No eal: Wellness Edition puts a fun game show twist on fitness and wellness. Each week, you'll complete a new challenge designed to get you moving, thinking, and building healthy habits.

Complete the challenge and you'll earn the chance to open a mystery briefcase.

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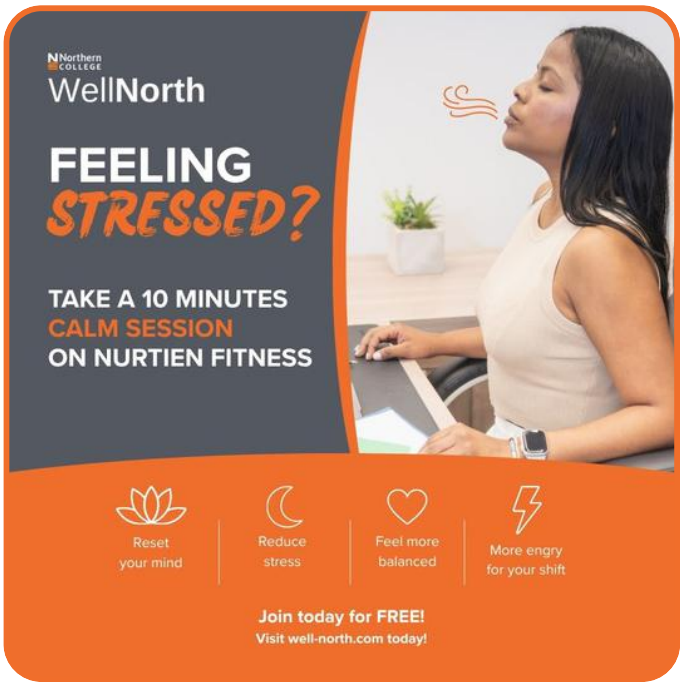

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NOVEMBER 2026 WORKSHOPS

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Stress Free Season:
Simple ail Habits

November ,
pm AT / pm ET / am CT/ T / am PT

iscover realistic ways to care for your wellbeing during the busy holiday season. This session explores small, sustainable habits that can help you stay grounded, energi ed, and focused on what matters most.

Embrace the hill:
Moving more in colder weather

November ,
pm AT / pm ET / am CT/ T / am PT

earn simple practices to set a positive, focused tone for your day. This session explores strategies to cultivate clarity, energy, and purpose, helping you approach daily tasks with intention and balance.

Fro en, anned & Fresh:
oes It Reall Matter?

November ,
pm AT / pm ET / am CT/ T / am PT

Explore the differences (and similarities) between fro en, canned, and fresh foods. This session breaks down how each option can fit into everyday eating, highlighting convenience, cost, and quality so you can make simple, confident choices at the grocery store.

Fitness for Blood Sugar:
Simple Wa s to Get Started

November ,
pm AT / pm ET / am CT/ T / am PT

earn how simple movement strategies can support healthy blood sugar throughout the day. This session highlights practical, evidence based approaches to using exercise more intentionally, including tips that can easily fit into your existing routine.

E EMBER 2026 EVENTS

the 12 days of FITNESS

ecember , 5

Get ready for a festive fitness countdown that builds ust like the classic holiday song! In The ays of itness, you'll start with one move on day one, then add a new exercise each day until you're doing all twelve in a fun, full body workout. It's quick, energi ing, and the perfect way to keep moving and motivated through the holiday season.

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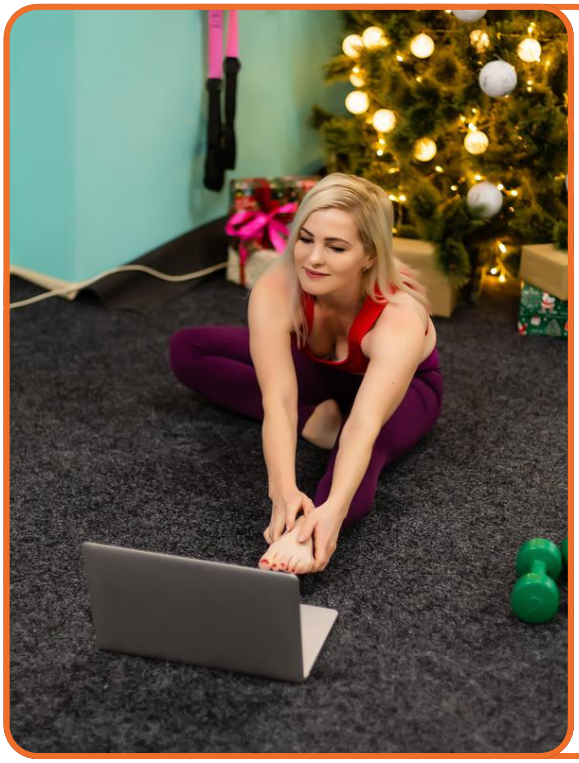

HOLIDAY SCHEDULE

ecember 5 , 5

We're wrapping up the year with a week of festive fun! rom ecember 5– , our instructors will be decking the halls (and their workout spaces) with holiday tunes, décor, and themed outfits.

It's our lively send off before we take a break from live classes come sweat, smile, and celebrate the season with us

iew Schedule

E EMBER 2026 WORKSHOPS

C ICK N AN I AGE BE W T EARN RE

Gratitude in Action:
Setting our mind for holida s

November
pm AT / pm ET / am CT/ T / am PT

earn simple gratitude practices that can help you navigate the holiday season with greater calm and intentionÀThis session offers practical ways to focus on connectionÃappreciationÃand the moments that matter mostÀ

Holida Mindset:
Enjo ing the Season as It omes

ecember 7Ã
pm AT / pm ET / am CT/ T / am PT

Explore the role of food during the holiday season and how it brings comfortÃtraditionÃand connectionÀ This session focuses on en oying seasonal meals and gatherings with awareness and appreciationÃ while embracing the variety and experience of holiday eatingÀ

Active Holida s:
Fun Wa s to Sta in Motion

ecember 4Ã
pm AT / pm ET / am CT/ T / am PT

Explore fun and flexible ways to add movement to holiday gatherings and traditionsÀThis session offers ideas to help make staying active feel en oyableÃsocialÃand stressçfree throughout the seasonÀ

WELLNESS REWARDS

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YOUR HEALTHY HABITS UST GOT EVEN MORE REWAR ING!

HOW TO EARN POINTS

Attend Classes
Earn points for every live class attended

Watch Videos
Earn points for watching on-demand videos

Complete Challenges
Earn bonus points by participating in challenges

Download Resources
Earn points for accessing wellness resources

Points to Prize Draw

10 points = 1 ballot entry

Every 10 points you earn automatically gives you 1 entry into the monthly prize draw.

Monthly Prize Draw

$25 Gift Card

At the end of every month, all ballot entries are entered into a prize draw for a $25 gift card. The more entries you have, the better your chances of winning!

Pro tip: Attend classes regularly, watch videos, and complete challenges to maximize your entries each month!

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