



# LIFT session fitness

Achieve your fitness goals with unlimited virtual fitness journeys.

Exercise is so important to your physical and mental wellbeing, and is a key component to self-care during stressful times. Finding workout that fits your lifestyle is one of the most important things you can do to get started and stay consistent. With LIFT session virtual fitness through your Student Support Program (My SSP), you have access to **free** unlimited fitness journeys that are customized to your goals and current fitness level.

## Fitness anytime, anywhere

Our virtual fitness programs powered by LIFT are available on your mobile device, so you can stay active anytime, anywhere. Each session lasts 30 minutes, and the typical journey is three sessions per week for a total duration of six weeks. It's a great way to de-stress and let the endorphins kick in!

## How to get started

- Unlock your virtual fitness journey by accessing LIFT through the My SSP app
- Follow the instructions to sign up and download the LIFT session app
- Complete your online fitness assessment
- Start the fitness journey right for you!

These personalized fitness journeys will keep you engaged, excited, and on track to hit your goals. Kick-start your fitness journey now!

Let us help



[Click here to find out more and get started with your virtual fitness session today!](#)

Download the My SSP app at your device app store or scan the QR code.

