


DIGITAL WORKOUTS and CLASSES from MOVE123



MOVE 123 has partnered with myFitness Waterloo and created a link for all Sun Life Employees to access a collection of their workouts **FREE OF CHARGE.**

You do not have to be a myFitness Waterloo Member to access these videos!



MOVE123 is offering a wide variety of video options including:

- **Move123 Exercise Videos**
- **Mind123 Wellness Education Sessions**
- **Move123 Silver Senior Exercise videos for older adults**



HOW TO ACCESS THESE VIDEOS:

Use [THIS LINK HERE](#)



Username: livnorth@wellnessolutions.com.au
Password: Mywellness1!

