



FOR IMMEDIATE RELEASE

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Why Active Wellness is The Healthy Life Company®, It Starts From Within

SAN FRANCISCO, CALIF., July 2023 - Active Wellness, LLC, a leading fitness design and services company, also known as The Healthy Life Company® has been inspiring others to live healthy, more active lives since 2014. From their nearly 50 partner wellness centers, workplace amenity spaces and active aging facilities across North America, they engage over 90k members to lead healthier lives daily through fitness and wellness to positively impact all aspects of optimal health.

Active believes that in order to truly be The Healthy Life Company®, it must start from within. They hire individuals that are passionate about wellness in their own lives, who can in turn inspire others to live well by design. This kind of passion comes deep within, from individuals who've experienced the impact of health, wellness and fitness in their own lives and have a strong desire to inspire others to live a healthy lifestyle as well. Each team member has a story to tell, from past fitness industry experience to collegiate athletics, and shared weight loss journeys to personal experiences with chronic disease and healing. Active believes these stories serve as a way to connect their team with their members to help them keep health at the forefront of their lives.

To encourage their employees to keep their healthy life passion alive and full in their own lives, the company provides ongoing holistic well-being offerings for their employees. Their branded app acts as a hub for employee well-being initiatives including challenges, trainer-procured workouts, on-demand exercise content and education, employee discounts, recovery resources, connections and more. Their annual challenge calendar focuses on building healthy habits, striving for heart health, making movement important in their lives and working on resilience and recovery.

Director of Wellness, Karah Ehrhardt, said, "Our employees are the biggest asset to our organization, and our hope is to keep their cup full through our holistic offerings, in order for them to bring their best selves to work for the organization and the members who walk through our doors."

Active intentionally procures partnerships with like-minded brands that offer a range of other health and wellness products at a discounted price to its partners, employees and members. Partners include Myzone, Physicians Lab, Designs for Health, Monj, NASM/Club Connect, ACE, HidrateSpark, Les Mills, EGYM and more.

Active President + CEO Bill McBride said, “The foundation of this organization and all that we do in delivering fitness and wellness programs on behalf of our partners is built upon the passion our team has for balanced, healthy living. From our company values, who we hire and partner with, our programming and design work, everything stems from inspiring healthy, more active lives. Nothing is more important.”

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About Active Wellness

Active Wellness is The Healthy Life Company®, providing fitness and wellness management and consulting services to healthcare providers, developers, corporations and communities throughout North America. With more than 50 wellness center, workplace amenity and active aging locations and 400 employees across the country, our mission is to build and inspire healthier, more active lives through high touch interactions and technologies that support a better quality of life. We accomplish this by creating inspiring environments, delivering results-based programming and building meaningful relationships that support positive change in people’s lives. For more information, visit [ActiveWellness.com](https://www.ActiveWellness.com).

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