



Train with Bob Harper from the Biggest Loser

What's Included When You Join

Bob Harper LIVE New daily videos will cover topics to help you lead a healthier lifestyle! That's 365 days a year filled with health and fitness programs - Living Fit (personal training sessions), Team Bob (LIVE group fitness classes), Bob's Fit Food (healthy foods), and Think Well, Live Well (lifestyle tips)!

Message Boards One thing I have learned from the show is the importance of a strong support system. Use these boards to make new friends who are on the same journey as you. Give encouragement, celebrate successes and share support with other members.

Fitness Journal Keeping a journal to track your meals, thoughts, and feelings as you work toward your fitness goals is crucial. Use this section to write your daily activities and experiences, while learning from your own previously documented challenges.

Recipe Guide Looking for healthy recipes that are easy to make? Join me and find my personal recipes for every meal. You will have access to my "Extras" section, which includes my favorite recipes for dressings, condiments, hummus and more!

Fitness Circuits Ready for results? Every Monday, Tuesday and Friday you will get NEW circuit workouts that compliment weekly personal training and group fitness sessions. Circuits are progressive challenging your body in new ways to deliver results.

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Click Are you ready? Let Bob Harper show you how to get and stay healthy.

