

New Online Active Living Program By Lorna Jane Canada

Accessible, free, quality health and fitness resources for everyone across North America

VANCOUVER, BRITISH COLUMBIA, CANADA, March 3, 2018 /EINPresswire.com/ -- In 2018, thousands of women will have access to free online quality health and fitness resources through the [Lorna Jane Canada Active Living Program](#).

For the first time ever in Canada, award-winning technical fashion brand, Lorna Jane is providing access to the best possible professional health and fitness information online that will educate, inspire and motivate those looking to improve their overall health and wellbeing.

Lorna Jane believes that everyone should have access to good quality health and fitness, but they also know that affording a personal trainer, gym membership or participating in an 8-week challenge is simply not possible for an increasing number of people. Therefore, in 2018 they will be offering free health and fitness to anyone that wants it.



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We want to educate and motivate women by providing them with the free tools they need to be the healthiest, happiest and fittest version of themselves.”

Lorna Jane Clarkson

FACT: Worldwide obesity has more than doubled since 1980.
FACT: More than 39% of the adult population is now considered obese.
FACT: 1.9 billion of the world's population is doing insufficient exercise.

Lorna Jane believes it is time to make a change and they have created an easy to follow Active Living Program that will change the way you want to live your life.

“Active Living is my personal life philosophy,” says Founder Lorna Jane [Clarkson](#). “It’s a way of life that has been adopted by thousands of women all over the world because it shows them how to incorporate health and fitness into their everyday lives with ease. It breaks everything you need into the daily practice of Move, Nourish and Believe and teaches you that making mindful choices on a daily basis will positively impact how you live your life.”

The Lorna Jane Active living Program consists of:

MOVE: Daily workouts and guides.

NOURISH: Nourishing Meal plans and recipes.

BELIEVE: Practices to get you on track with self-love and self-belief.

“We want to educate and motivate people by providing them with the tools they need to be the healthiest, happiest and fittest version of themselves,” says Clarkson.

The Lorna Jane Active Living program will be available exclusively via lornajane.ca

Lorna Jane is available to buy in stores in Vancouver and Toronto, in 45 Sport Chek retail locations across Canada, online at sportchek.ca and online at lornajane.ca

Join the conversation!

#movenourishbelieve

#lornajanecanada

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