



— LET'S —  
**LIVE ACTIVELY**

A PODCAST BY ACTIVE WELLNESS

*Let's Live Actively* is a short-form podcast hosted by Michele Wong, COO of Active Wellness and a 25-year industry veteran. Each episode explores the science of resilience and healthspan through expert-led conversations designed to help you live longer, healthier, and more actively.

**FORMAT**

20 Minute Podcast.

**PRODUCTION**

High-fidelity recording via Riverside for professional production.

**STONE**

Inspiring, motivating, and science-backed.

## THE POWER OF 40K+

We activate our built-in network to ensure your expertise is heard:

**40,000+ Engaged Members:**

Featured directly in our Active Wellness Center newsletters and digital platforms.

**480 Internal Brand Advocates:**

Shared with our nationwide team of fitness professionals through our weekly team communications.

**B2B & Partner Network:**

Distributed to our extensive database of corporate wellness partners and industry stakeholders.

**Multi-Channel Promotion:**

Episodes are transformed into a dedicated blog post, SEO-optimized summary, and high-energy social clips.

## READY TO INSPIRE?

We value your time and your expertise. Let's work together to inspire healthy, active lives.

**CONTACT:**

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