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Live Streaming Fitness Creates Industry Shift by Bringing Fitness, Nutrition and Cooking Classes to Smart Devices

Certified Trainers, Licensed Nutritionists and Professional Chefs Deliver Resources Online for \$9.90 Per Month

TULSA, OKLAHOMA – May 5, 2015 – Don't have time to go to the gym? Don't have the money for a fitness membership? Don't know which workout equipment to use? LiveStreamingFitness.com now eliminates all of these obstacles in order to help members achieve their health and fitness goals and live their greatest life. Live Streaming Fitness, an educational, caused-based wellness company, today announces the launch of LiveStreamingFitness.com, a site that offers live streaming fitness classes led by certified trainers, nutritional information and recipes provided by an on-staff licensed nutritionist, and live cooking classes led by professional chefs.

Live Streaming Fitness is on a mission to impact the lives of millions through its dedication to providing healthy living resources in a way that is changing the fitness industry forever. Live Streaming Fitness empowers members to enjoy the convenience of live, professional instructors working with them from the comfort and privacy of their homes or hotel rooms, removing all intimidation and cost barriers, and ensuring workouts are done correctly and efficiently.

"Until now, fitness resources have been limited to time-consuming and expensive gym memberships or repetitive at-home video programs," said Keith Kochner, founder of Live Streaming Fitness. "Live Streaming Fitness has developed a model that eliminates the financial and time restrictions so that everyone has the opportunity to achieve their health and fitness goals. Through Live Streaming Fitness, people have access to professional resources like never before, at a price point that they can afford. The implications of this are far reaching; from corporate wellness programs to traditional gym memberships, Live Streaming Fitness presents an opportunity to create a significant shift in the fitness industry."

At \$9.90 per month, every LiveStreamingFitness.com member will be able to choose from a variety of classes streamed live at various scheduled times throughout each day and week. Classes led by certified trainers include: Body Sculpt, Bootcamp, Core Circuits, Kickboxing, Pilates, Yoga, and much more. Each live class is streamed from the home or studio of Live Streaming Fitness' trainers to members' computers, tablets, smartphones, or Internet TVs, anywhere in the world. Members who miss their favorite class can still access it through the site's On Demand archives at their convenience.

Not only does Live Streaming Fitness assist members in living their greatest life, the company is dedicated to contributing and serving the community through local and global philanthropic programs. Once Live Streaming Fitness reaches 10,000 members, the company will begin donating \$1 of every monthly membership payment to the causes that Live Streaming Fitness is passionate about, specifically childhood obesity and clean drinking water.

For more information on Live Streaming Fitness, its online resources, benefits, and customization options visit: www.livestreamingfitness.com.

About Live Streaming Fitness

Live Streaming Fitness is an educational, cause-based fitness company committed to educating everyone, everywhere – excluding no one – to live their greatest life. LiveStreamingFitness.com is on a mission to impact the lives of millions through its dedication to providing healthy living resources in a way that is changing the fitness industry forever. LiveStreamingFitness.com offers live streaming fitness classes led by certified trainers, nutritional information and recipes provided by an on-staff, licensed nutritionist, and live cooking classes led by professional chefs. To learn more about Live Streaming Fitness, visit: www.livestreamingfitness.com.

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