



LifeLoop trainings

# Spiro100 content

## Content

How to navigate Spiro100 within the content feature.

[lifeloop.com](https://lifeloop.com)

Version 10.23





## Table of contents

<b>Section 1:</b>	Spiro100 overview.....	1
<b>Section 2:</b>	SpiroGo.....	2
<b>Section 3:</b>	SpiroPro.....	3
<b>Section 4:</b>	FAQs.....	4
<b>Section 5:</b>	Resources.....	5
<b>Section 6:</b>	Continued learning.....	6-7



# Spiro100 overview

## **Fitness programming**

Nation-leading web-based exercise/meditation resource for senior living residents. Led by nationally recognized senior wellness experts, assuring purposeful fitness.

## **Class variety**

Classes can be sorted by level of ability (seated, supported, standing, advanced), by pace (slow, medium, or fast) and by length (less than 15 minutes to 30+ minutes). Rate and favorite classes to easily find again later.

## **Inclusive**

Classes are available for all levels of care. 30% of classes are appropriate for memory care.



# SpiroGo

## SpiroGo overview

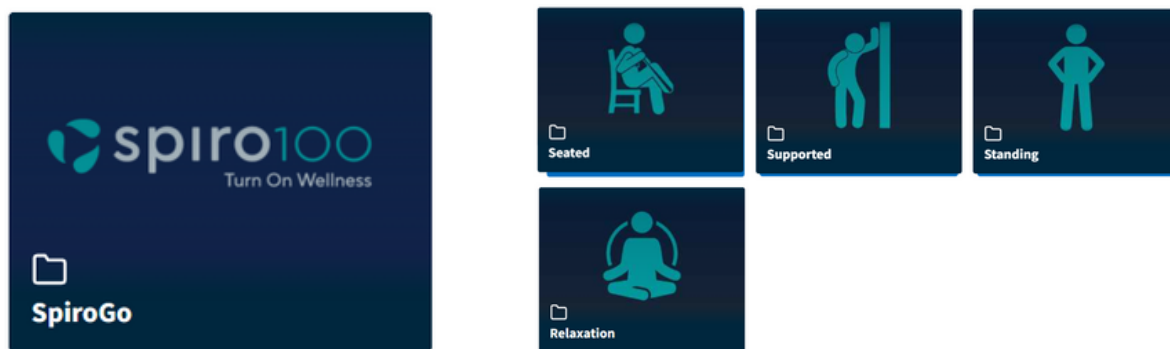
SpiroGo consists of 18 expert on-demand fitness and meditation classes. These classes include closed captioning, pace adjustment, and are appropriate for each ability and every care level, engaging your entire care continuum.

## Location in content

Exercise > Physical fitness

## Products and pricing tiers

Available on iN2L group engagement systems and LifeLoop.





# SpiroPro

## SpiroPro overview

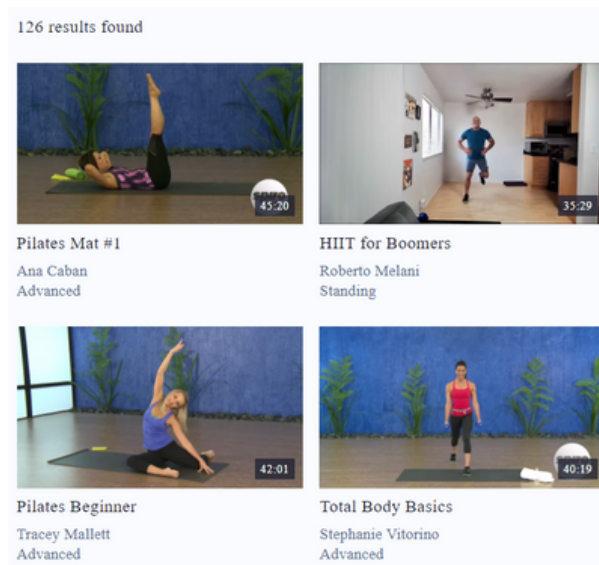
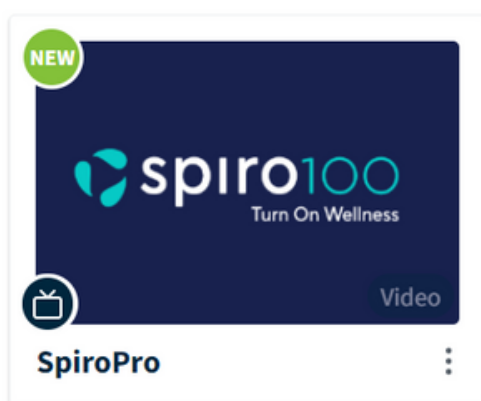
SpiroPro consists of 150+ on-demand fitness and meditation classes for group engagement. These classes include unparalleled variety for each ability and every care level. With SpiroPro, enjoy exercise Bingo 100, and new programming added monthly.

## Location in content

Exercise > Physical fitness

## Products and pricing tiers

SpiroPro is only available as a high impact content add-on. Check with your Customer Success Manager for details.





## FAQs

### **Spiro 100 includes SpiroGo and SpiroPro.**

#### **What is the difference?**

SpiroGo includes 18 brand new exercise videos in four categories: Seated, supported, standing, and relaxation. Classes are designed to support safe, outcome-based wellness among seniors. SpiroPro is only available as a high impact content add-on and features 150+ classes, exercise bingo, and education workshops.

#### **Are classes live or on demand?**

All classes are on demand videos.

#### **What packages include Spiro100?**

SpiroGo is available on the iN2L group engagement system and LifeLoop for all pricing tiers. SpiroPro is only available on the enterprise pricing tier for the iN2L group engagement system and LifeLoop.

Content	Product	Tier	Location
SpiroGo	iN2L group engagement systems and LifeLoop	All tiers	Exercise
SpiroPro	iN2L group engagement systems and LifeLoop	Enterprise	Exercise



# Resources

## Video QR Codes

### How to Scan QR Codes

Open the Camera app on a mobile device. Hold the device so the entire QR code is visible in the camera frame (you don't need to take a picture). Once the QR code has been read, a notification will appear at the top of your screen.



## Spiro100





# Continued Learning

## Visit the Learning Community

Access LifeLoop marketing collateral and training resources at your convenience. Find the Learning Community by clicking the "?" on the top right-hand side of your screen or going to <https://training.lifeloop.com/training/staff>.

## Attend a University Course

Don't forget about our complimentary LifeLoop University available to you and your team. Courses are provided weekly and cover all LifeLoop features. Emails with the topics and schedules are sent out monthly for you to register to attend.

## Further questions?

Reach out to [support@LifeLoop.com](mailto:support@LifeLoop.com) or your Customer Success Manager.