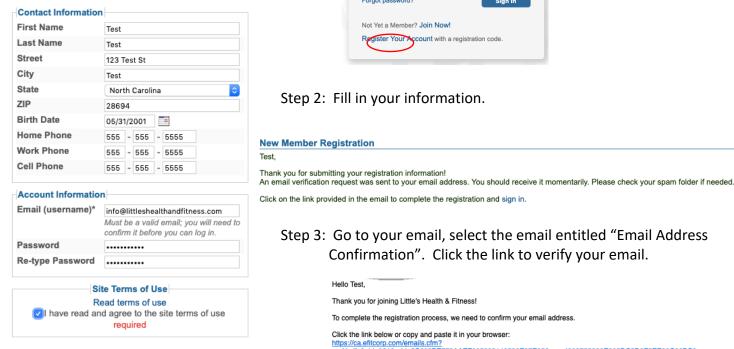
## Sign-Up Instructions

Step 1: After clicking on the "Sign Up Now" button, select "Join Now" on the next screen. You will sign in here later.





Step 2: Fill in your information.

Click on the link provided in the email to complete the registration and sign in.

Step 3: Go to your email, select the email entitled "Email Address Confirmation". Click the link to verify your email.

| Hello Test,                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thank you for joining Little's Health & Fitness!                                                                                                                                                                                                                   |
| To complete the registration process, we need to confirm your email address.                                                                                                                                                                                       |
| Click the link below or copy and paste it in your browser:<br>https://ca.eflicorp.com/emails.cfm?<br>ra-Verify&dic2e18mid=5C689BE773AAEF005009148536E97E05&em=4003755928E085DC5D2F5EE00C86BC3<br>6E021D724F629F386BC013691979EF504DF31234B21E417BB21E9C6E901C6ABF9 |
| If you did not authorize this request, please contact us immediately at $\underline{info@littleshealthandfitness.com}.$                                                                                                                                            |
| Thank you,                                                                                                                                                                                                                                                         |

Step 4: Go back to the "Sign Up Now" link on the LH&F website and sign in. Your Username is your email. Select :Buy Membership".



date, each month, of your sign-up.

Step 6: Come in to the gym during staffed hours to get your key fob, fill out paperwork, and get your picture

Hours: Monday & Thursday 6 am - 7 pm, Tuesday & Wednesday & Friday 6 am - 4 pm, Saturday 9 am - 12 noon

Complete! Welcome to Little's Health & Fitness!