

lulafit

Turn your workplace into
a wellness destination.



lulafit

We are a family-owned, employee-owned business that has worked tirelessly the last eight years to build experiences that inspire physical, mental, and social health. Whether it's with digital solutions or on-site spaces, we work as an extension your team to develop custom solutions to achieve your goals.



About lulafit

Venture capital
raised

**\$7.5
million**

Active
design
projects

16

Total ft²
managed

285k

50m

NPS
score

93

**Family +
employee
owned**

Total ft²



Founded in
2014

**Female
founder + CEO**

App Store
rating

4.9

Global users
we serve

187k

Companies we serve

lulafit



PEPSICO

dentsu

Walgreens

AON

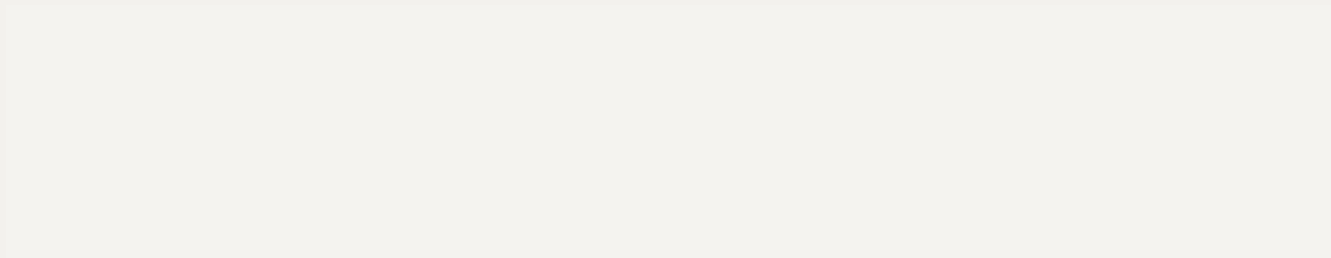


CBRE

BCG



We support the **whole** person: **physical, mental, social**



Forward-thinking wellness programs integrate every element of human health. We focus on:

Mobility

Positive food relationships

Stress resilience

Social connection

Life satisfaction

Benefits of turning your workplace into a wellness destination.

- Boost the health + happiness of talent
- Empower employees of all shapes, sizes, identities, + abilities
- Offer flexible solutions to support the future of work
- See higher engagement + retention
- Simplify admin + replace disorganized point solutions



Consulting

What we offer



Management

Technology

Why partner with lulafit?

1 You are seeking a digital solution to reach your entire global employee population. Employees need access to content for exercise, stress resilience, relaxation, better sleep, boosted energy, nutrition, as well as virtual social events.

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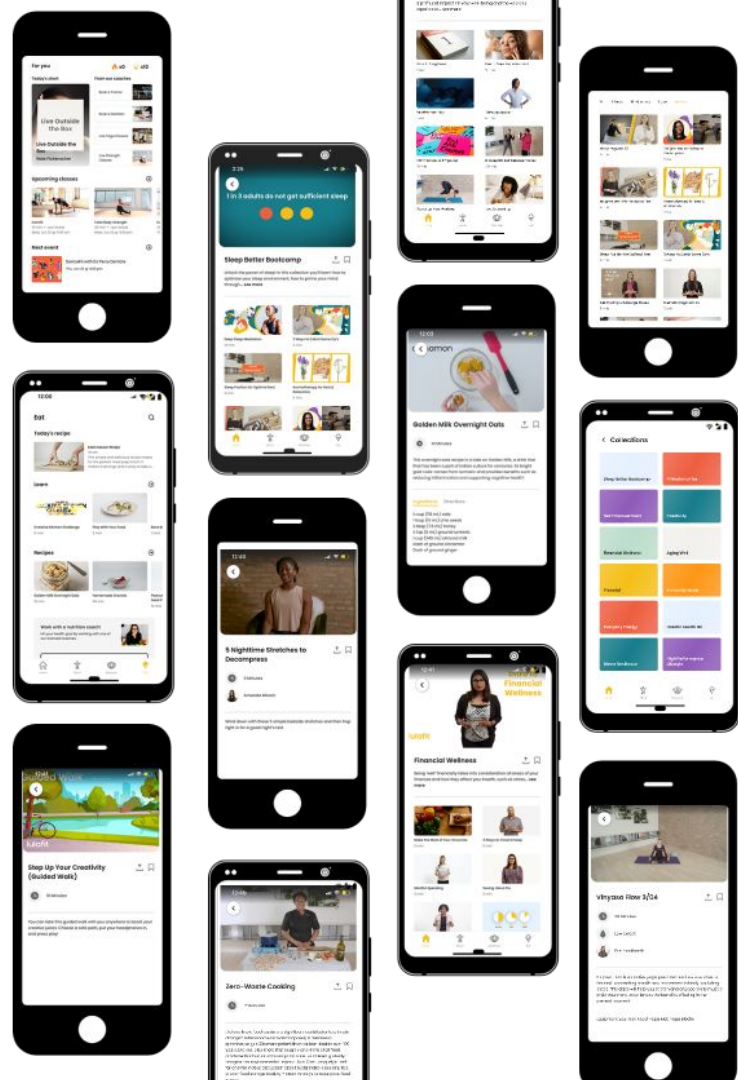


Technology

The lulafit app is a wellness solution that aligns with the future of work. Regardless of back-to-office plans or remote-work policies, employees can access resources and guidance to feel their best.

- ✓ Movement
- ✓ Nutrition
- ✓ Mindfulness
- ✓ Coaching
- ✓ Events
- ✓ Collections

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Why partner with lulafit?

2

You are planning to build or move to a new location or remodel your existing amenity space for on-site employees.

- ✓ Fitness center
- ✓ Recovery spaces
- ✓ Meeting rooms
- ✓ Game rooms
- ✓ Employee lounge
- ✓ Food + beverage operations

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*Aspen Group Headquarters
at 800 Fulton | Chicago, IL*

Consulting

We help you make intelligent design decisions to optimize your amenity plan for maximum engagement. As expert operators, utilization is our top priority; spaces will be both beautiful and operationally sustainable.

✓ Discovery

✓ Procurement

✓ Design

✓ Implementation



Why partner with lulafit?

3 You have an existing on-site fitness center or employee amenity space. You're looking for a management company to increase employee engagement and boost community.

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Aon Center | Chicago, IL



Management

Our intentional service standards ensure everyone feels welcomed and empowered to be their best self. Behind the scenes, our attention to detail keeps the space running effortlessly.

- ✓ Programming
- ✓ Events
- ✓ Logistics
- ✓ Budgets
- ✓ Coaching
- ✓ Repairs + maintenance



Available with Technology + Management

Events

Boost satisfaction and company culture with curated private events: workshops, lunch + learns, interactive games, and lifestyle experiences.

[View Event Brochure →](#)



Seminar: Bye Bye Burnout



Masterclass: Food for Thought



Team Game Night: Name that Tune!

Available with Technology + Management

Coaching + counseling

Spark progress in individual wellness goals with 1-1 coaching. From leadership development and stress management to nutrition coaching and mind-body fitness, empower employees to thrive.

- ✓ Personal fitness training
- ✓ Nutrition counseling
- ✓ Mental well-being coaching



Flexible, scalable, + sustainable

Omni-channel solutions support every working model.



remote



in-office



hybrid

Comprehensive programing inspires each employee's unique wellness journey and will adapt over time to meet their evolving needs.

**An investment you can
feel **good** about.**

Inclusive luxury

Female-owned

Wellness focused

Hospitality-driven

People-centric

The Lulafit logo is centered within a large yellow semi-circle. This yellow semi-circle is positioned in front of two larger, dark grey semi-circles that are partially visible on the left and right sides of the frame.

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