

INTRODUCTION TO UTILIFIT

Level Up Your Health

Bridging the gap between traditional corporate wellness and gamified fitness





WHAT WE DO



Game

+



Engagement-based
Behavior Change

=



Healthier Humans

POWERED BY

FIX

WHAT IS UTILIFIT?

UtiliFIT is an HTML5 App that runs in any web browser on your PC, tablet or smartphone.

It delivers micro physical challenges to Players to get them active and moving throughout the day.

UtiliFIT is, at its core, a game. Players can compete against friends for points with a game inspired leveling system.



OUR PRODUCT LINES

Annual Wellness

Corporate Challenges

Story Challenges





TECHNICAL CAPABILITIES



Ease: Hourly micro challenges



Access: Anywhere, Anytime, on any internet connected device.



Engagement: Socially connected, Immediate feedback recognition.



Track: Exercise, diet and lifestyle.

USER TESTIMONIALS

"A break in the day that allowed me to clear my head regularly. I was more productive."

"Great program! I would love to have it offered on a daily basis with the company's support to do the challenges."

"I enjoyed it. I really liked how it broke up the work day a bit. The exercises only took a couple of minutes each & over a course of a day those minutes add up to results at the end of the week."

"Most of the people in my life would love for their employer to allow a few minutes of an employee to stop for an exercise then carry on working. Helps break up the day and it only takes minutes. Everyone I know is trying to lose weight; this is a nice way to do so while at work. Since most companies have several employees, that helps with any competitiveness, which will make one strive harder."

"The games had great exercises that did help me become more flexible. If a person does the exercises correctly as the lady demonstrates on each exercise, then they will feel the results. I definitely had sore arms the first week."

"The challenges were great....just enough to remind you that you need to get up and move around."

"I work from home and my 4 year old plays it with me when she sees me doing an exercise."

"This has been a great way for me to maintain focus and alertness throughout the day, and my overall health has improved as well."

**SITTING IS THE NEW SMOKING.
AND WE HAVE THE ANSWER.**



UTILI  FIT

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