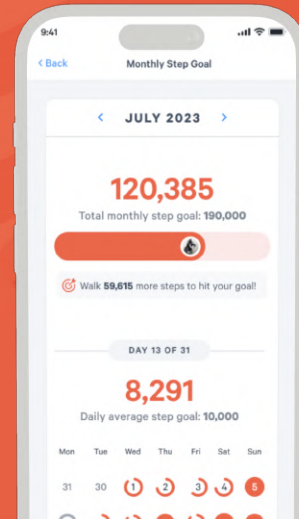


Step towards a healthier you. One month at a time.



Empower members to work towards personal movement goals with our new monthly step goal feature: a fun & motivating framework for achieving better fitness and overall well-being, all year long.

Set, Step, Succeed: Your monthly path to wellness

Set a target number of steps to aim for each day to encourage physical activity and overall health.

BENEFITS

- **Customization:** Goals can be tailored to one's fitness level and adjusted as needed.
- **Trackable Progress:** Tracking step counts provides a sense of achievement and motivation.
- **Long-Term Health:** Consistent monthly goals contribute to long-term health benefits and well-being.
- **Mental Wellbeing:** Walking boosts endorphin production, reducing stress and enhancing mental wellbeing.

INCLUDED IN THESE PLANS

Pro

Ultimate

