

SWORKIT

The most flexible physical wellness solution available

Fitness and workplace trends are accelerating, and companies need offerings that better meet the expectations of employees.

Problem: COVID-19 has dramatically changed the way employees maintain their physical and mental wellness. Gym-based physical wellness options are no longer viable as 59% of individuals don't plan on returning the gym/studios, and 70% active gym members haven't returned upon reopening. Streaming workout classes have their limitations too as they don't provide quality tailored workouts. This affects an individual's motivation to even workout, along with increasing pain and injury when forcing everyone to do the same thing.

Solution: Sworkit provides a dynamic, all-in-one personal training experience custom-tailored to Adults, Seniors, Kids, Beginners, Athletes, Rehab, New Moms, & the Gym-starved. With guided video workouts that can fit into any schedule, and the ability to speak to real trainers, reaching your goals has never been easier. Whether it's a 10-minute virtual group stretch session before a meeting or a fun workout on your own, everyone has the power of choice.

Employers can rely on Sworkit to increase engagement, positivity, and overall employee health and wellness.

Benefits

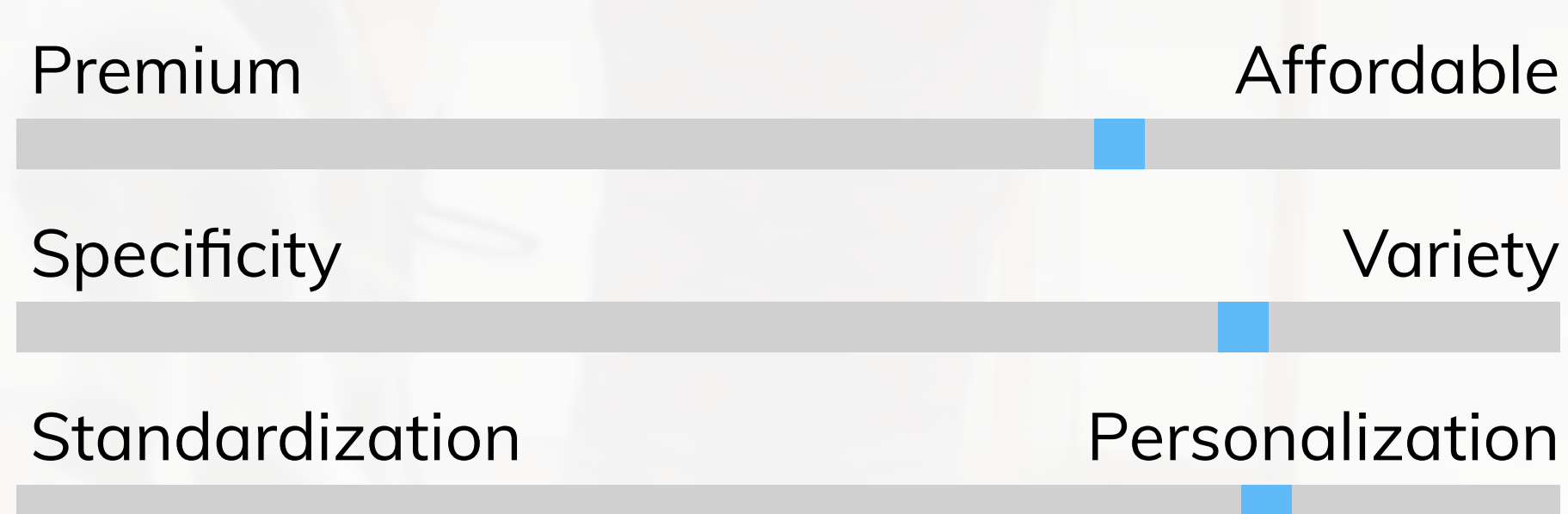
- 850+ unique exercises
- Built-in data engagement tracking
- Dedicated account manager to help maximize engagement
- Same-day customer support
- Direct access for employees to personal trainers via in-app chat

Affordable

Flexible

Simple Setup

Market Comparison



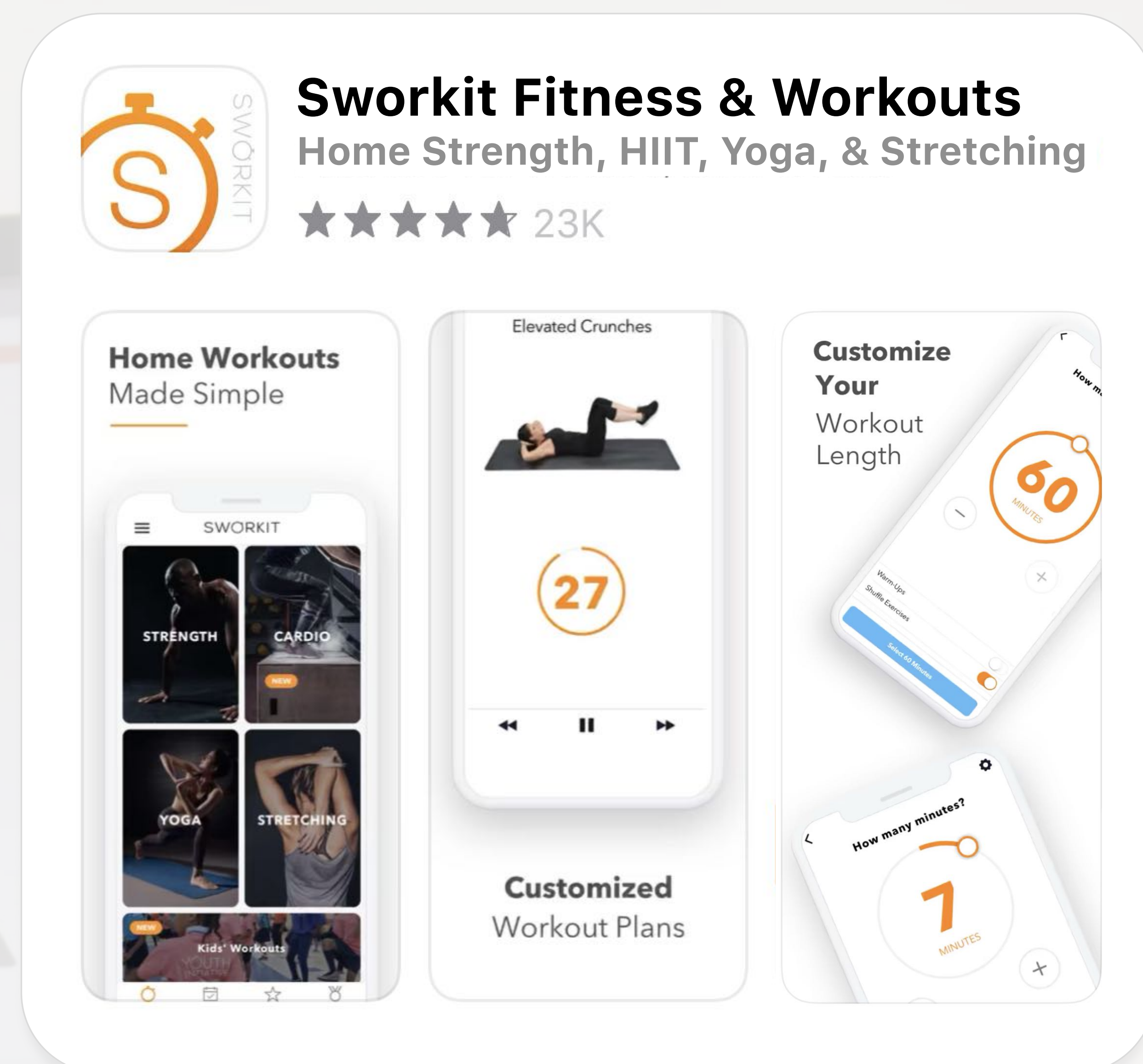
Backed by Research

Sworkit was ranked #1 in a scientific study by the University of Florida of 30 iOS fitness apps. In this study, Sworkit was the only app found to meet the majority of guidelines established by the American College of Sports Medicine.

Trusted by Millions and Recommended by over 100 major publications

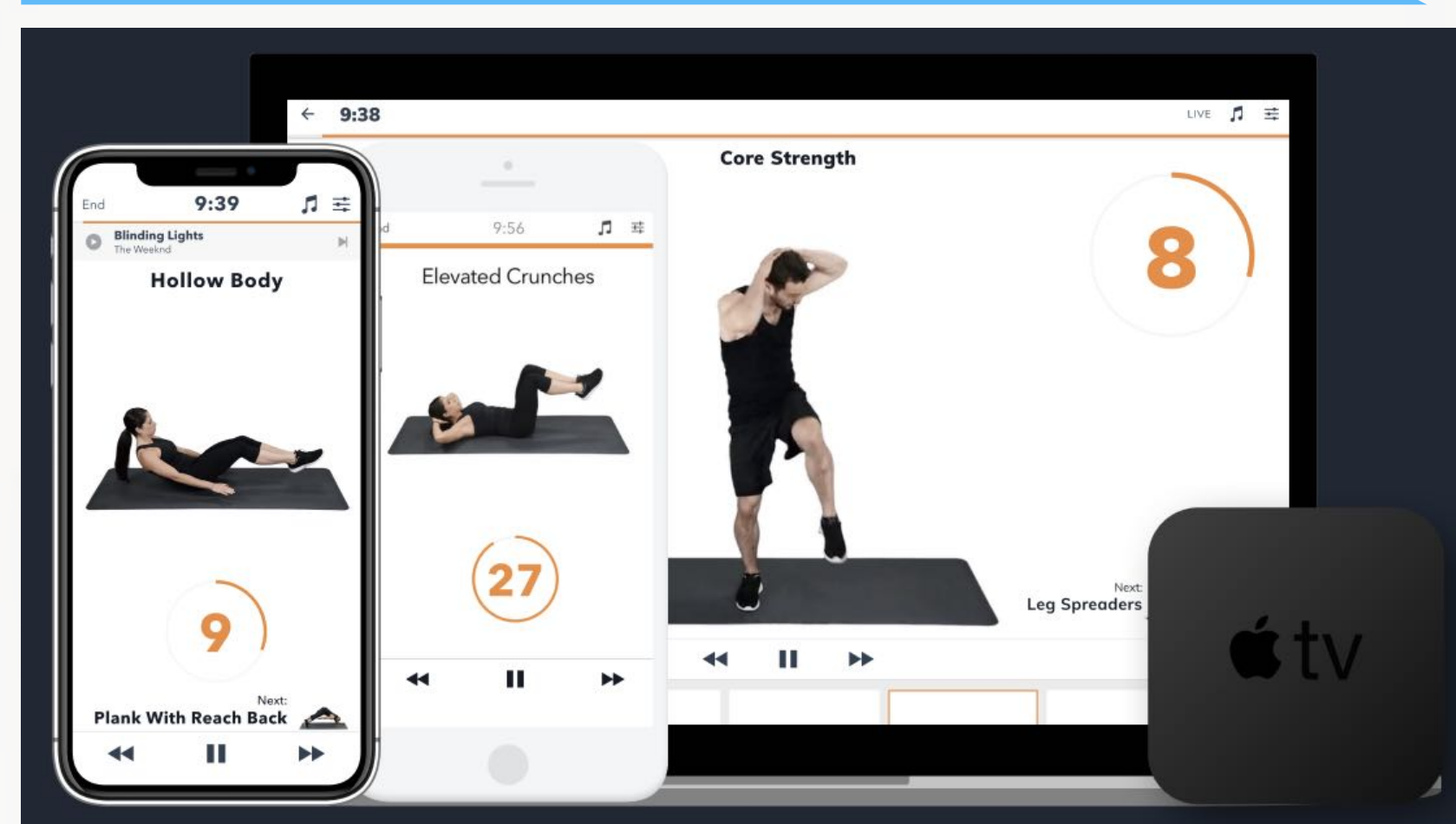


More information at sworkit.com/business

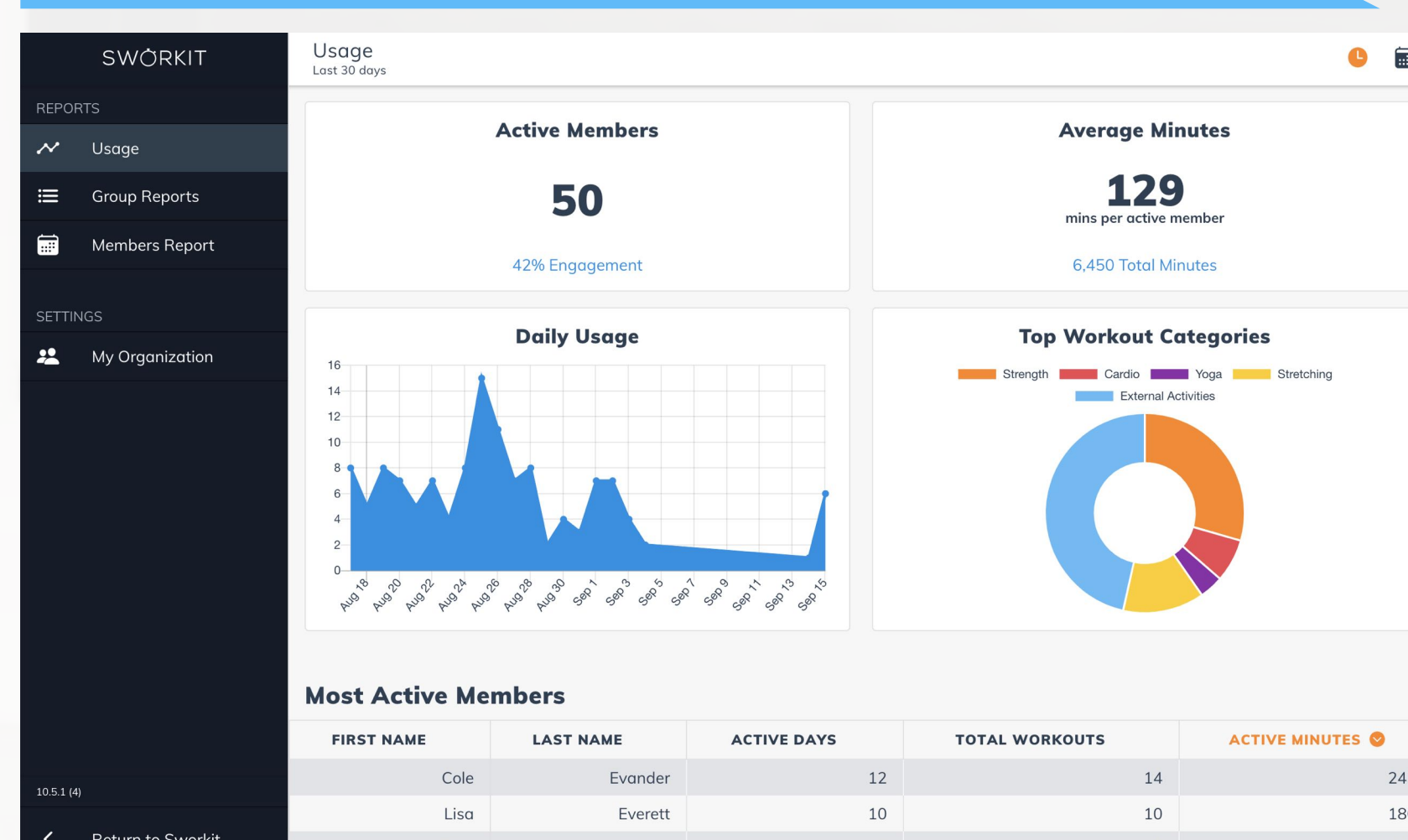


Visuals

Sworkit Fitness on any device



Employer Engagement Portal



Testimonials

"Our leadership team challenged us to find new ways to boost employee engagement at home. We decided to go with Sworkit because of the flexibility and variety it offers our employees."

- Marieke Van der Straeten, Manager, Fonds Verhelst at Anheuser-Busch InBev

"Sworkit has been great for our employees who are regular gym-goers and those who are newer to fitness because they can tailor it to their preferences and goals."

- Natalie Lynn-Atife, People Operations Communications Manager, Kodify Media Group