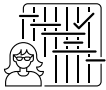


Let's Build Your Company's Culture Of Fit with Live Streaming, On-Demand Video and Onsite Employee Health Programs

With over a decade of experience, **Culture Of Fit** brings our health programs directly to your employees globally. We make classes more accessible, support your employees to reap the health benefits, and help create camaraderie.

Everything you need for success.

We make it easy for employers. Our services provide exponential value.



Complete Program Management

Let us lead you every step of the way. We're your best partner.



Marketing

Attract employees to maximize your engagement.



Online Enrollment

Give employees freedom to sign up whenever and from wherever they'd like.



Employee Tools, Tracking and Socialization

Manage and store their programs, track progress and success. Socialize with colleagues in the community.



Communications and Support

Drive employee engagement and give full support to answer their questions.



Wellness Reports and Dashboard

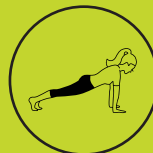
Analyze the data to measure success and make smart decisions.

Choose from a wide variety of employee health programs

Choose from our many on-trend and innovative live streaming, on-demand video and onsite classes, programs, run and walk clubs and challenges. Classes are specifically designed for the at work and remote environments, and customized to meet your employees' needs. Our live streaming classes are accessible via smart phone or TV, tablet or computer, and replay on-demand.



Cardio



Strength and Stretch



Yoga



Mindful Meditation



Nutrition

To set up a demo and learn more:

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Health
cultureoffit.com