

FLASHFIT RISE AND THRIVE!



AFFORDABLE • INCLUSIVE • EASY TO INSTALL

Our modern sedentary lifestyles — both at home and at work — are costly for both employers and employees.

- Average sitting time is 7.7 hours/day
- Sitting 6+ hours/day increases risk of death by up to 94%
- 67% of office workers wish they could work on their feet

-juststand.org

**FLASHFIT IS A FUN
AND EASY WAY TO AVOID
“SITTING DISEASE”**

The Flashfit App:

- Requires no special equipment or wearables
- Deploys in under an hour with no setup fee
- Includes options for all abilities
- Builds community among all employees

**Have a healthy, happy
workplace starting at**

\$49/month

Only pay for participating employees

www.flash.fit

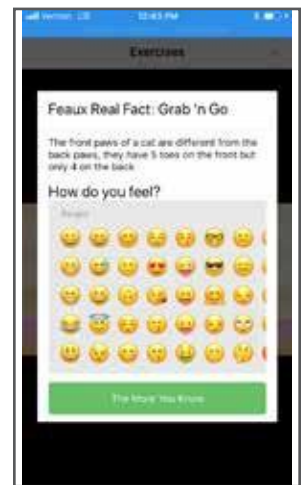
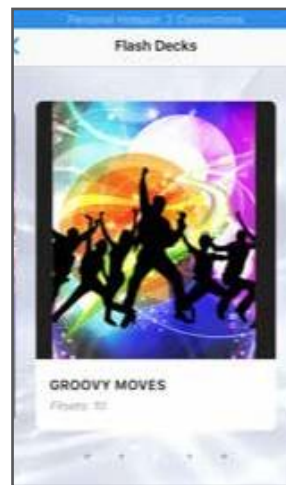
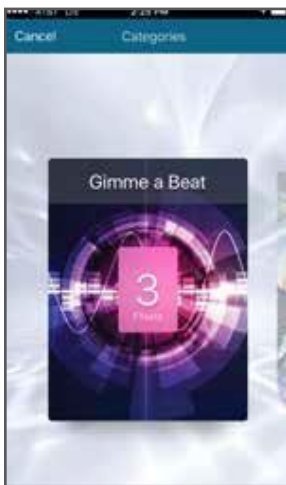


THE FLASHFIT APP

The Flashfit app is a tech-enabled program designed to extend physical fitness and a healthy culture to your workplace. Employees are prompted to take spontaneous one-minute “brain breaks” throughout their workdays, using movement to stay fit, focused, and happy.

GET YOUR WORKPLACE STARTED WITH FLASHFIT IN UNDER AN HOUR:

- Have a quick installation guide call with a Flashfit team member
- Download the Flashfit app on any device from Apple Store or Google Play
- Enable notifications, and be sure to only join your organization’s community
- Get moving: wait for your Fitset notification to appear to participate with your company
- Monitor monthly reporting measuring participation and employee emotional health
- Start awarding prizes to your most engaged and motivated employees



Our Enterprise Package Includes:

- Creation and deployment of a unique Flashfit Community for your organization
- Recording and monthly reporting on engagement and health metrics
- Custom-designed employee awards program
- A dedicated Flashfit Account Manager
- **Fit for Fit: we donate the Flashfit program to a public school of your choice in your organization’s name**

Call for a demo: contact@flash.fit

