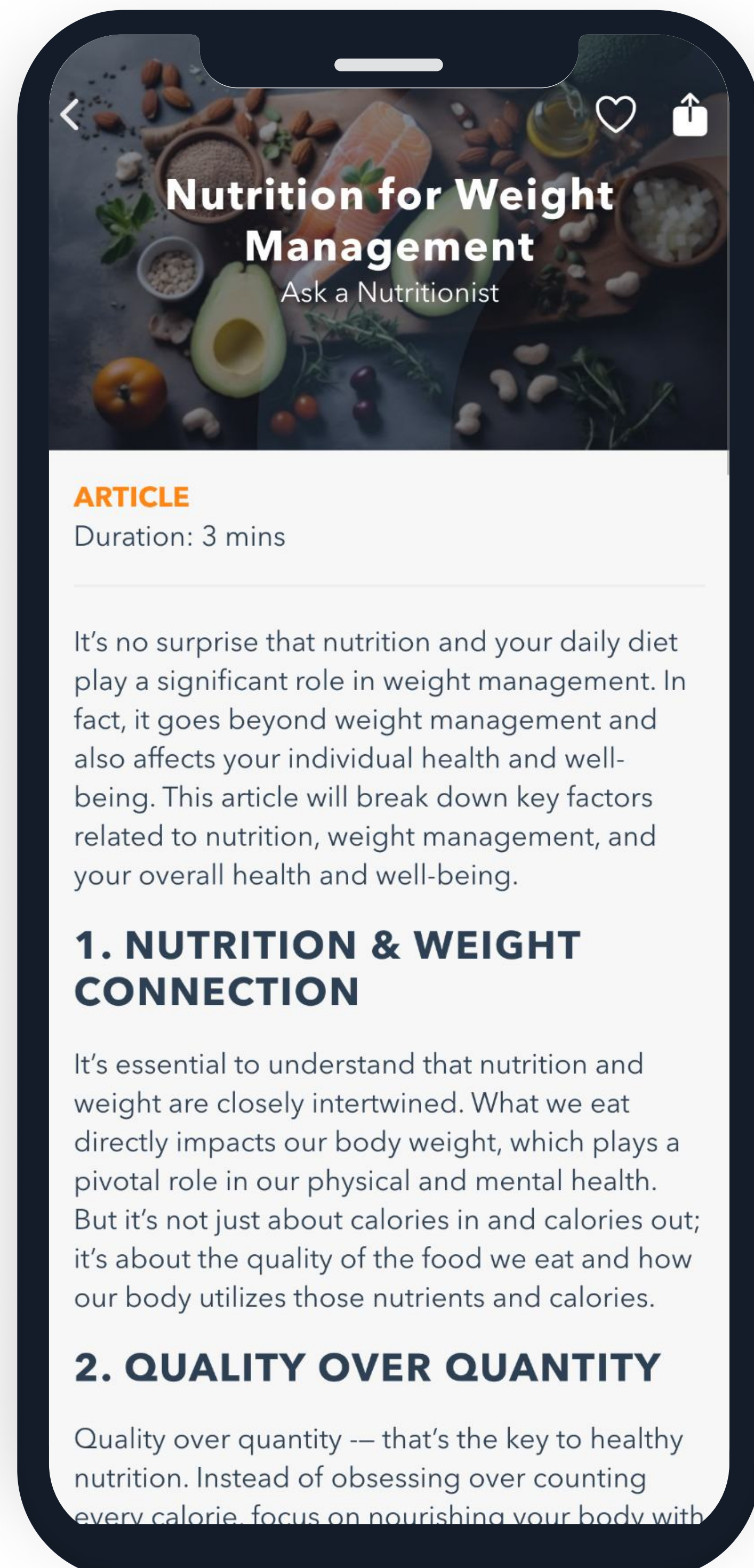
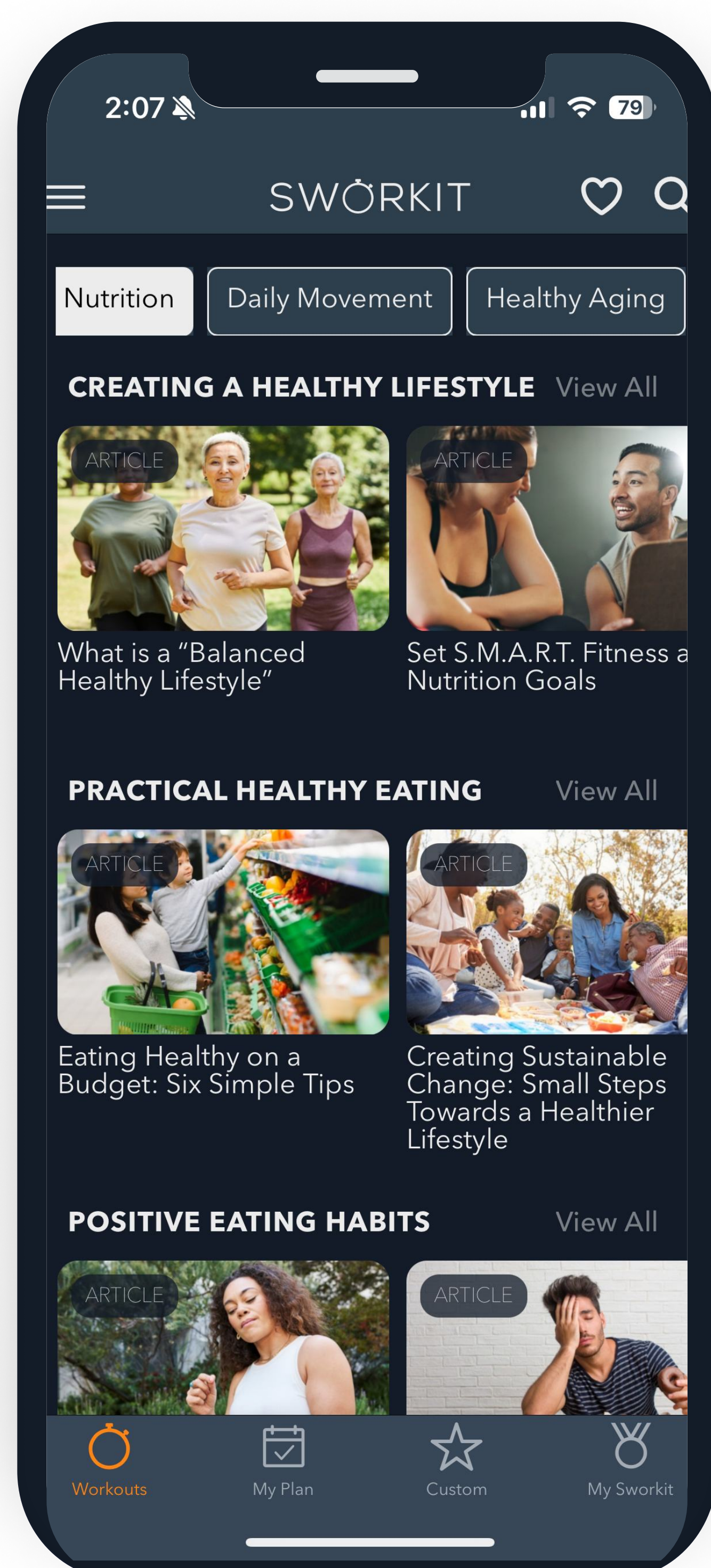


Eat Well, Live Better with **SWORKIT Nutrition**

Sworkit offers a comprehensive path to total wellness, integrating nutrition guidance alongside fitness and mindfulness to create a balanced lifestyle.

Good nutrition is a foundation of overall health and wellbeing. At Sworkit, we understand the intricate connection between what you eat and how you feel.

The Sworkit Health's Nutrition collection supports healthy eating habits, provides guidance around weight management, shares practical tips and advice on creating a healthy lifestyle, as well as chronic condition management, and more.



Empowering Employees Through Nutrition

Proper nutrition is key to maintaining vitality and focus in the workplace. The Sworkit Health program guides you in making informed nutrition choices, which is crucial for sustaining energy, mental clarity, and overall health.

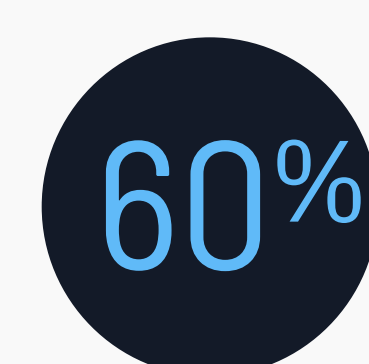
By integrating practical nutrition strategies, Sworkit Health helps you manage your wellbeing effectively and with ease.



KEY STATISTICS



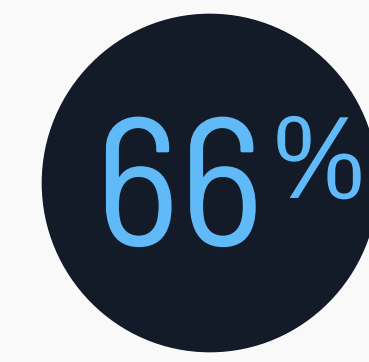
Health-related productivity loss costs 2-3 times more than healthcare expenses.



60% of Americans suffer from at least one chronic disease.



Healthy eating habits can reduce the risk of chronic diseases, enhance mental health, improve focus, and boost energy levels.



Unhealthy diets increase productivity loss by 66%.

Sworkit Nutrition Collection

- **Creating a Healthy Lifestyle:** Master balanced nutrition, age-specific dietary needs, and practical strategies to integrate wellness into daily routines.
- **Practical Healthy Eating:** Affordable meal planning, smart grocery shopping, and overcoming obstacles like time constraints or picky eaters.
- **Positive Eating Habits:** Redefine your relationship with food by understanding mood connections, breaking guilt cycles, and fostering joyful nourishment.
- **Chronic Condition Management:** Prevent and manage diabetes, heart health, and weight concerns through evidence-based dietary adjustments.
- **Muscle and Toning:** Science-backed insights on protein timing, smart supplementation, and optimizing meals for strength gains.
- **Optimal Sports Performance:** Precision nutrition strategies for athletes - ideal macros, hydration hacks, and pre/post-workout meal timing.
- **Nutrition Insights:** Get cutting-edge insights on superfoods, gut health, and personalized diet approaches from top nutritionists.