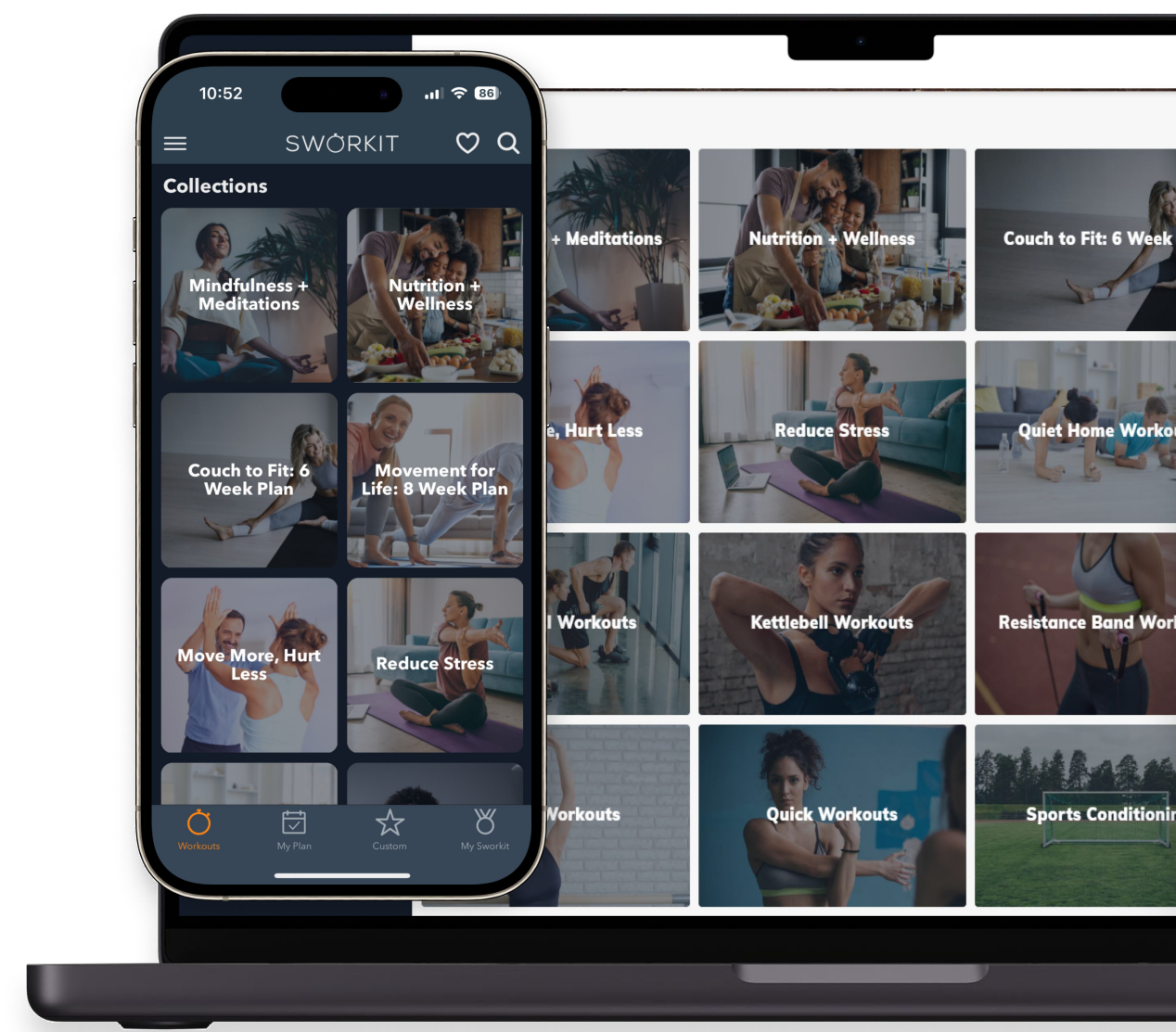


## GETTING STARTED WITH SWORKIT

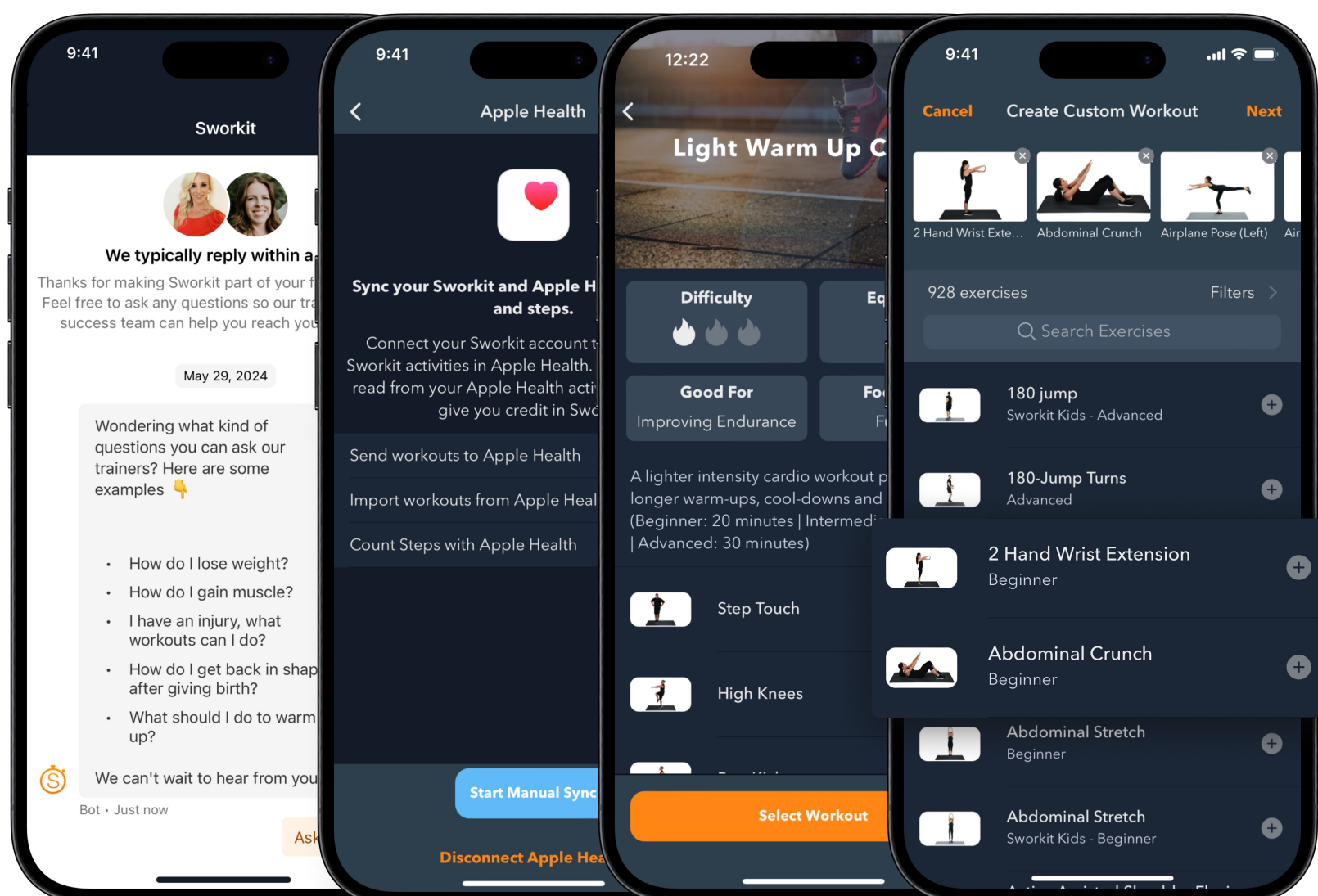
*Sworkit helps you get in shape and improve your overall personal fitness by giving you access to thousands of exercises, workouts, fitness plans and challenges.*

It's the ultimate mobile workout app, providing you with 24/7 access to fitness guidance that will lead to healthy changes.



## Download The App Today!

Search for **Sworkit Fitness & Workout App** in the App Store or Google Play to download the app.



## Sworkit Success Tips

**Prioritize your health and well-being.** Make the most of a Sworkit membership, including in-app workout reminders, to help you stay active and motivated.

**Set one personal goal.** Choose one thing you would like to do to improve your fitness (for example, completing three five-minute workouts each week OR participating in a Sworkit fitness challenge).

**Start a conversation.** Talk to your peers about your experiences using Sworkit and connect with Sworkit trainers to help get any fitness questions answered.