

SWORKIT HEALTH

Sworkit offers personalized workouts, customizable plans, and resources that help anyone adopt and maintain healthy habits for life. Our content is selected by our coaching staff, who are also available to answer members' questions at any time.

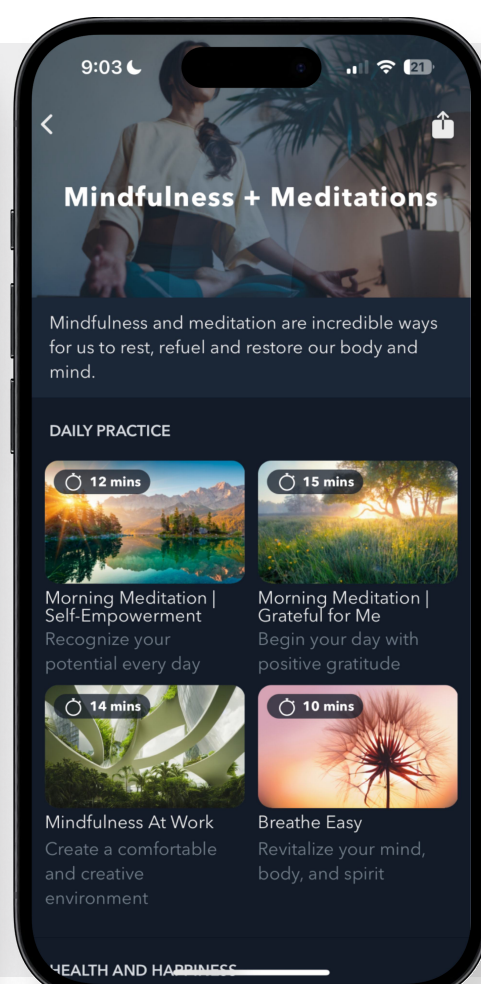
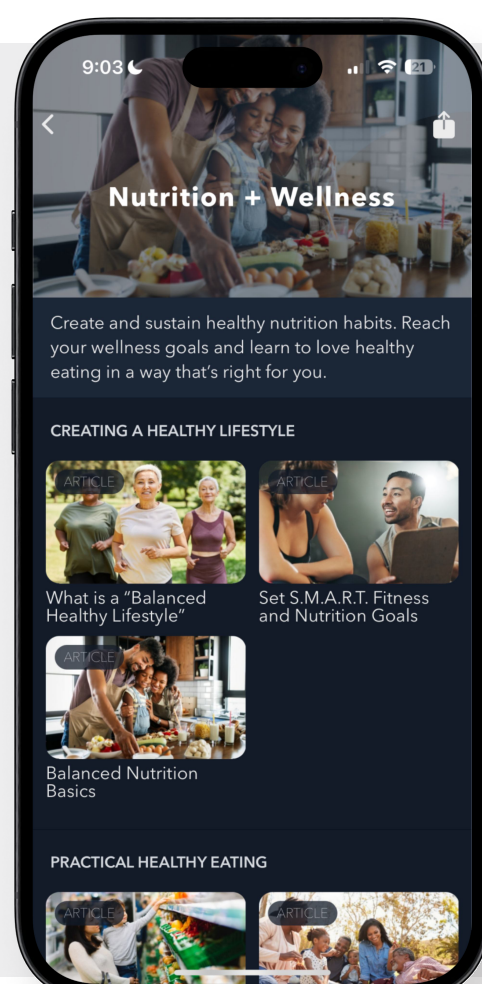
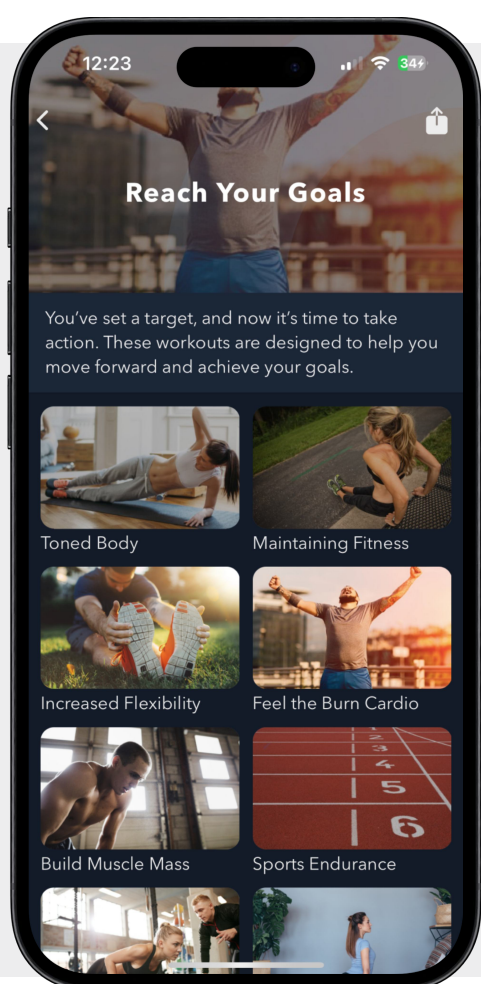
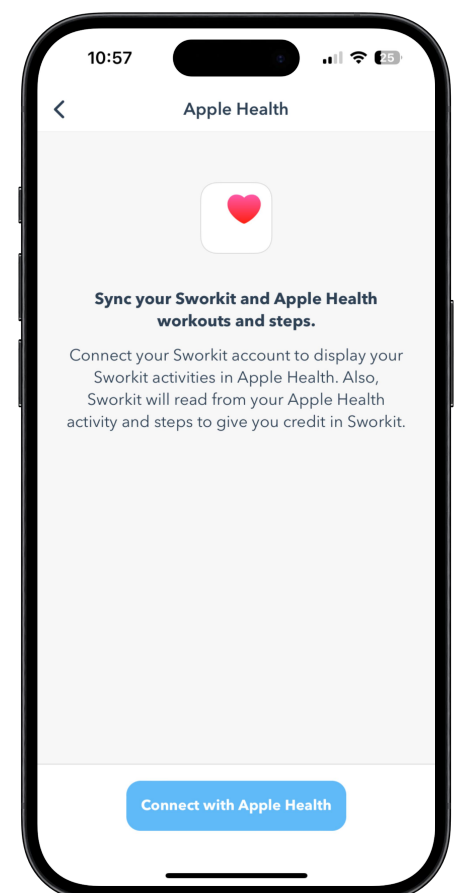
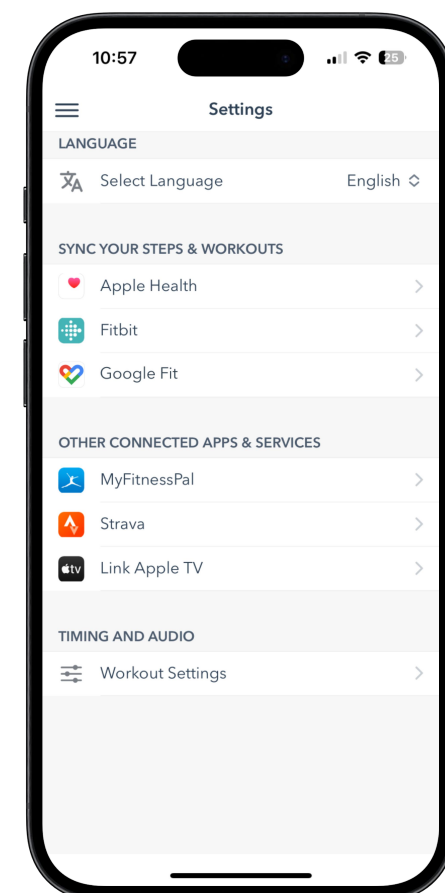
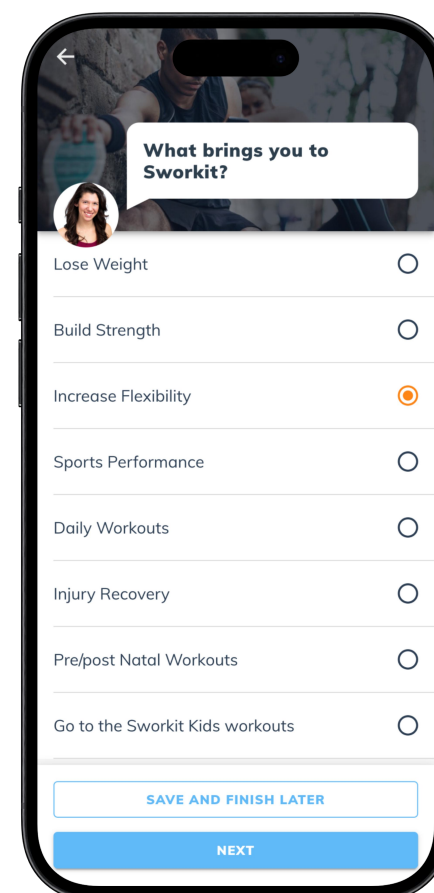


Search for **Sworkit** in the App Store or Google Play Store to download the app.



Personalize Your Experience And Get Connected!

- Personalize your Sworkit experience to allow the app to tailor workouts specific to your individual needs.
- Connect Apple Health, Google Fit or Fitbit from the Sworkit app to capture your steps and activities. Located in Settings ⚙️



Tips For Getting Started

- Let Sworkit create a recommended plan for you.
- Start small. Every workout counts and consistency is most important.
- Prioritize your health and well-being, and adopt a “no excuses” mentality.
- Set one personal goal. choose one thing you would like to do to improve your fitness (for example, completing 3 five-minute workouts each week).