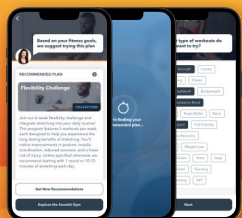


SWÖRKIT

Personalize Your Sworkit Health Journey: Top Strategies for Improved Results



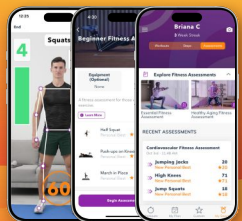
Complete the Onboarding Assessment

Use Sworkit Health's onboarding assessment to receive personalized content and workout plans tailored to individual fitness levels and goals.



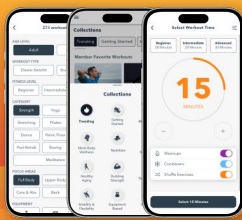
Sync Your Devices

Connect wearables and compatible fitness trackers to Sworkit Health to automatically track additional activities such as steps, distance, and other workouts for a more comprehensive wellness overview.



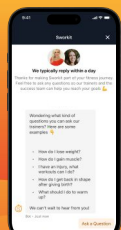
Take a Fitness Assessment

Complete Sworkit Health's fitness assessment to establish a baseline and track progress over time, helping to set and achieve personalized goals.



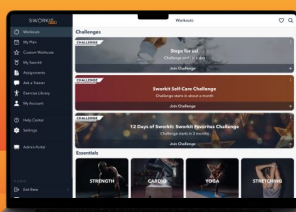
Personalize Your Workouts:

Use Sworkit Health's search, filter, and collections features to find and organize workouts that match your interests, fitness level, and specific needs, ensuring a customized fitness experience.



Connect with our Trainers

Unlock personalized support to reach your goals, or enhance your fitness journey with tailored app features designed to elevate your experience.



Join Challenges to Build Healthy Habits and Stay Motivated

Participate in challenges to encourage healthier habits, boost motivation, and make the wellness journey more enjoyable