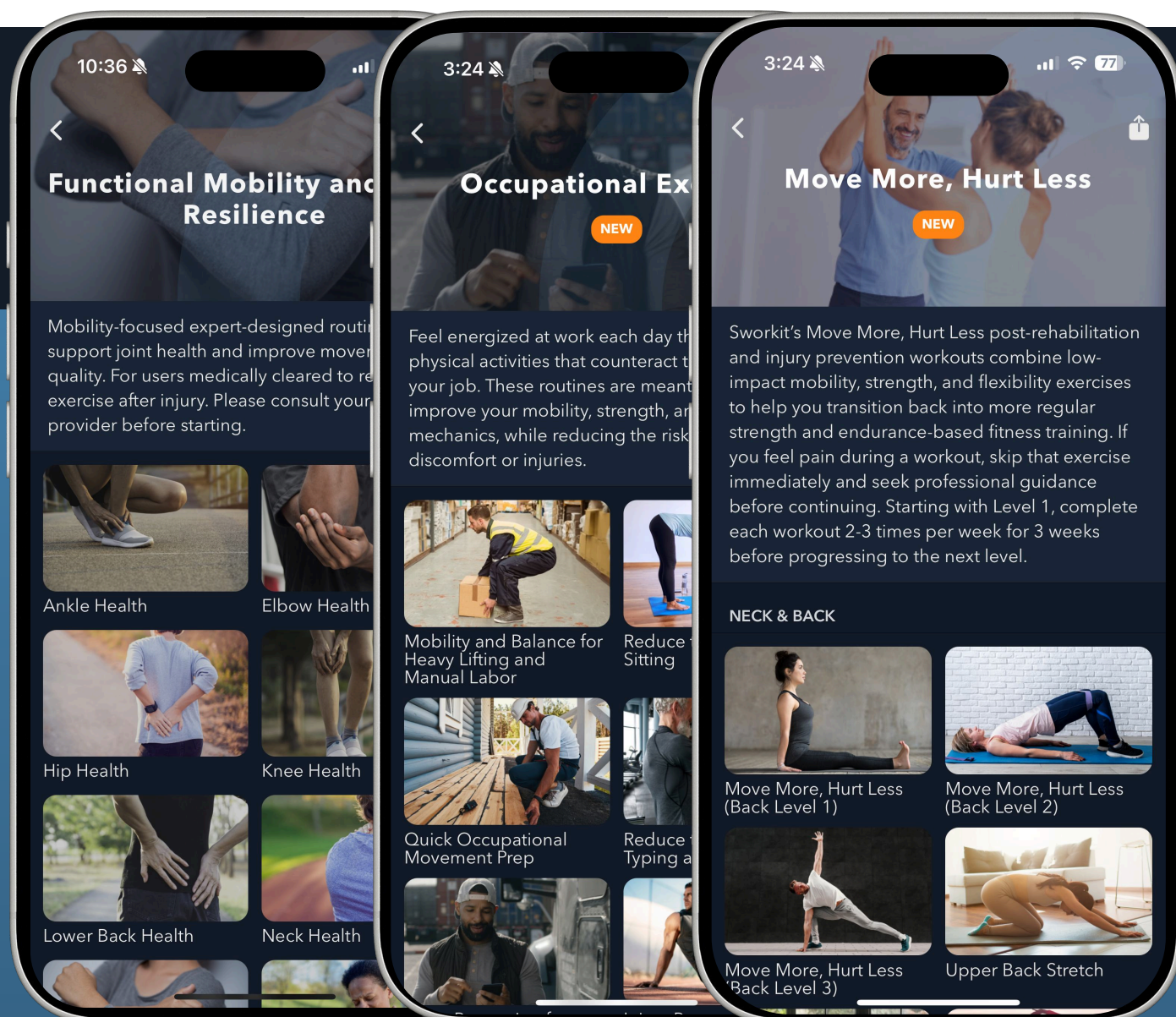


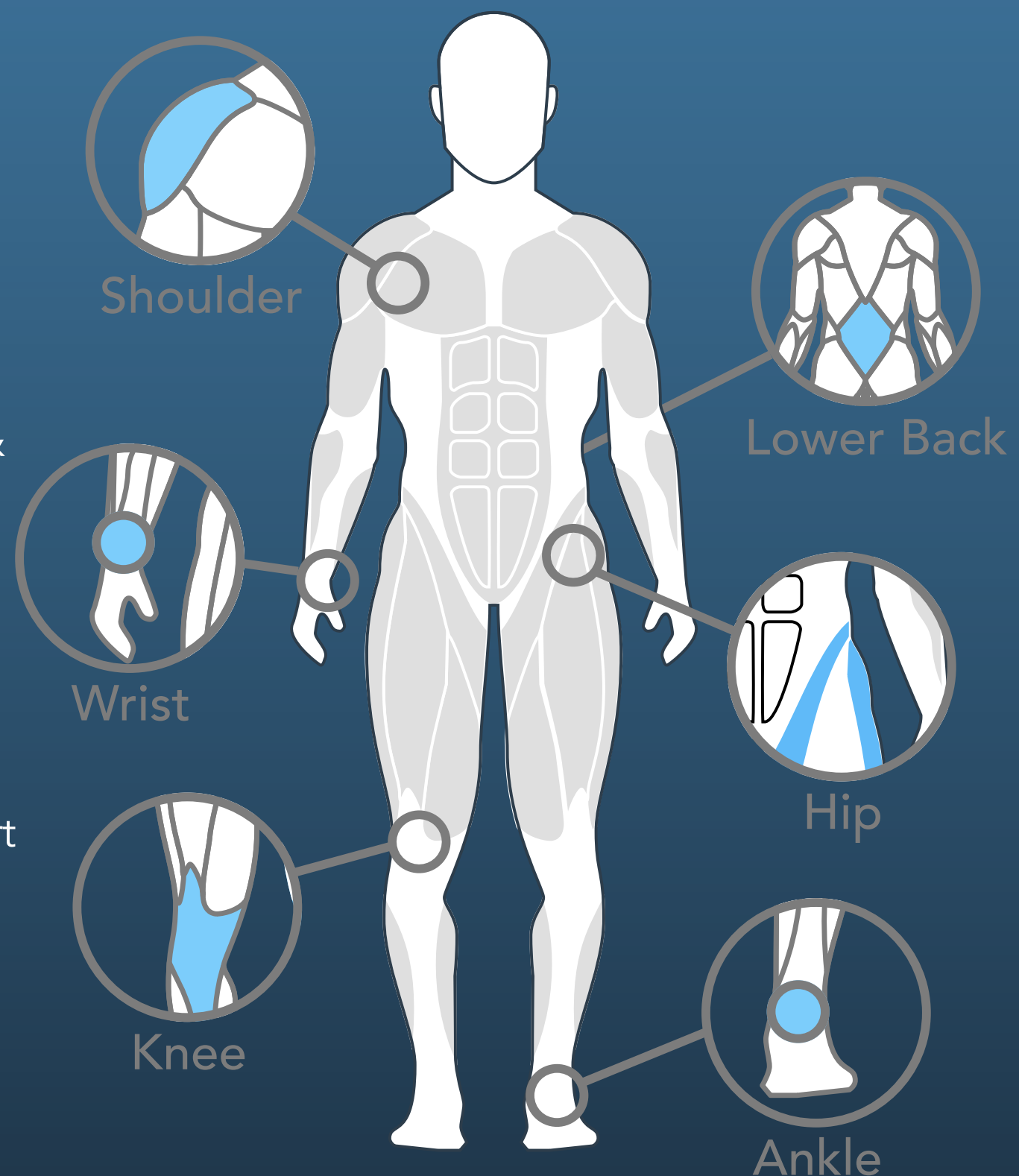
Exercise Safely. Move Confidently. Live Pain-Free with SWORKIT HEALTH

Are you ready to enjoy exercise without the worry of pain or injury? Sworkit Health is your trusted partner in safe, effective movement—no matter your age, fitness level, or experience!



Why Choose Sworkit Health?

- ✓ **Injury Prevention & Post-Rehab:** Our exclusive Injury Prevention & Post-Rehab Collection offers expert-designed sessions like "Move More, Hurt Less," "Functional Mobility & Joint Resilience," and "Occupation Exercise." Plus, discover collections for Healthy Aging, Mobility & Flexibility, and more.
- ✓ **Move Safely with Personalized Guidance:** Personalized for you, our app lets you filter sessions by equipment, muscle group, fitness level, impact, and more. Each move features audio cues, written instructions, and video demos for safe, effective exercise. Get expert guidance to maintain proper form, reduce injury risk, and chat with certified trainers for extra support!
- ✓ **Perfect for Every Body:** Sworkit Health offers beginner-friendly routines as well as advanced options to suit all fitness levels. Enjoy gentle, joint-friendly workouts designed for those managing pain or recovering from injury. Stay active at any age with specialized programs for mothers, kids, and anyone focused on healthy aging.



Ready to move without pain? Download Sworkit Health today and start your journey to safer, smarter movement!

SWORKIT
HEALTH