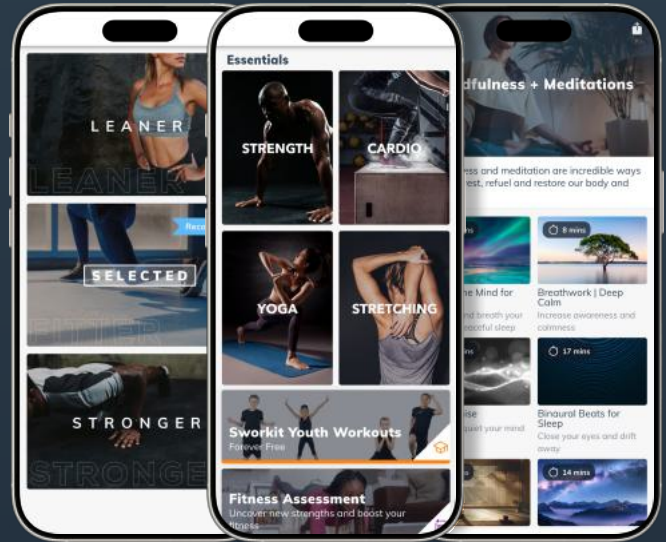


Total Wellbeing Made Simple



Sworkit offers a comprehensive wellbeing solution with over 1000+ personalized workouts, meditations, nutrition education, injury recovery programs, and more to help anyone adopt and maintain healthy habits for life. Featuring a versatile collection of Strength, HIIT, Yoga, Stretching, Rehab, Barre, and Sports-focused workouts for adults and kids of any level, age, or goal, all available in 14 languages.

Each inactive employee costs their employer, on average, an additional \$1,313 dollars per year over more physically active employees.* - Centers for Disease Control

NEW

New Features to Explore

Discover **Studio On-Demand Workouts** for expert-led sessions in kickboxing, tai chi, and more. Track progress with **Fitness Assessments**, designed to benchmark your results and support your fitness journey.

SWORKIT FEATURES



Workouts, Meditations, MSK & Nutrition



Personalized Wellness Programs



Sync with Apps & Devices



Realtime Engagement Portal



Company Challenges



Monthly Wellbeing Webinars



Connect 1:1 Trainers & Coaches

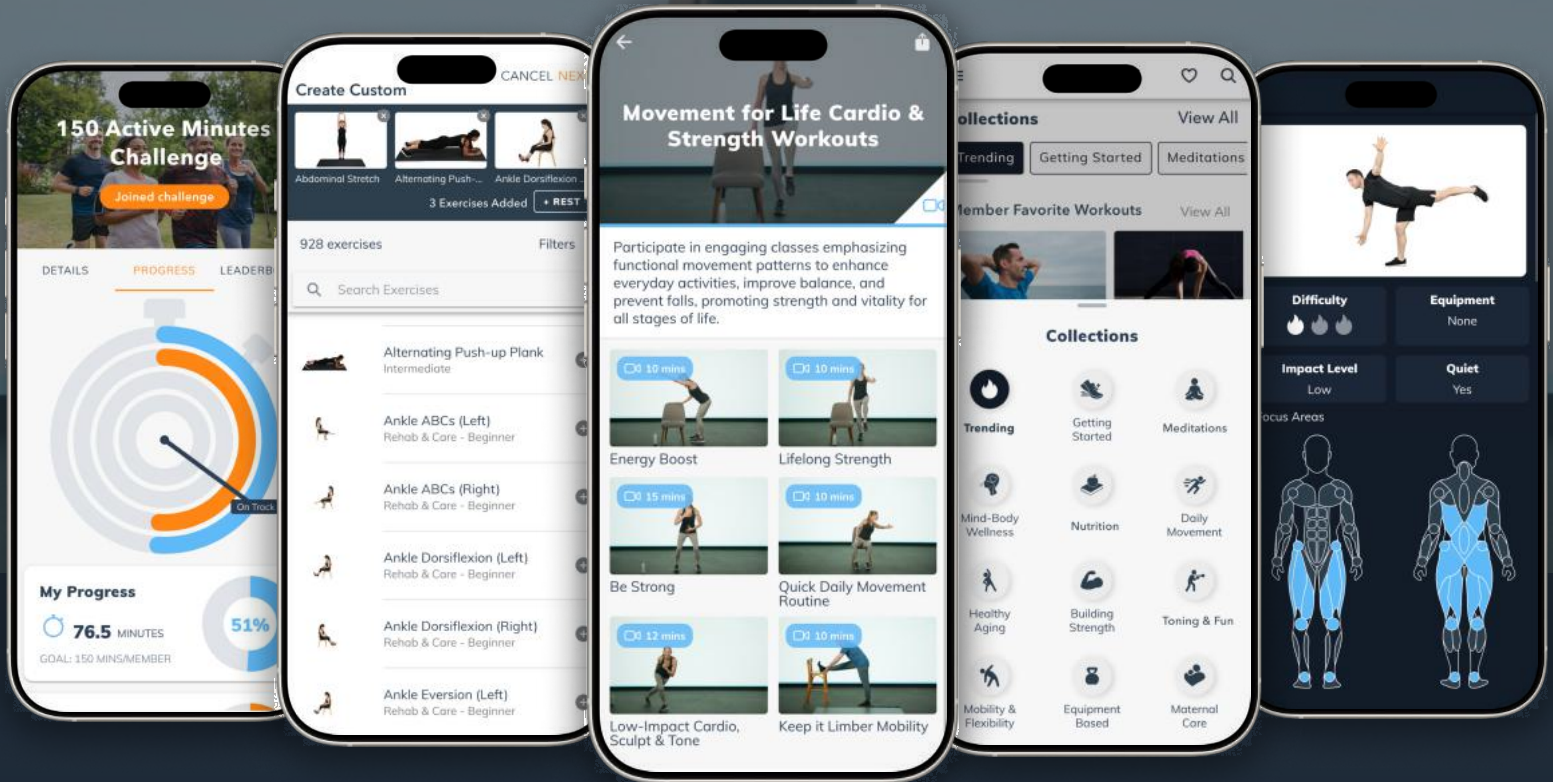


Global Availability

*In this study, inactive employees were those who completed between 0 and 150 minutes of activity per week, whereas active employees completed more than 150 minutes per week. <https://www.cdc.gov/nccdphp/dnpao/docs/carlson-physical-activity-and-healthcare-expenditures-final-508tagged.pdf>

Deliver a comprehensive wellbeing solution that reduces stress and support employees.

SworKit Health fosters confidence, growth, and engagement with fitness assessments, on-demand workouts, activity syncing, wellness challenges, and global availability.



Global Availability

Supporting 14+ Languages

Mental Health

Mindfulness & Meditations

Wellbeing Webinars

Great for teams & individuals

Family Benefit

Activities for all ages & abilities

Nutrition

Personalized nutrition library

Engagement Support

Onboarding, dashboard & support

Physical Activity

Great for teams & individuals

Musculoskeletal Health

Mindfulness & Meditations



App Store
Best App



GOOGLE PLAY
EDITOR'S CHOICE

“Our collaboration with SworKit Health has sparked active involvement among our caregivers at Intermountain Health and our Select Health members, aligning with our mission of helping people live the healthiest lives possible. The SworKit Health platform serves as a vital tool in our efforts to elevate and enhance participant wellbeing.”

- Jeremy Drecksel

Director of Health Promotion and wellness at Select Health



SCAN TO LEARN MORE