



Now more than ever people need help to feel great and flourish. Let start with a Health Check!

## Let us Introduce Ourselves

**Our community** is the heart of HubFiiiT. We **are not** just another app to exercise! HubFiiiT is the app that connects people **to socialise, build relationships**, gain extensive knowledge in all **thing's health, wellness & fitness**, whilst keeping fit and smashing your fitness **goals!**

Fitness is just **one element** of overall wellness, which is why we provide members with a library of **Fresh & Lean (w) Dean**, videos to help you prepare **delicious healthy food options**.

We understand **the importance** of having a health check to highlight what your **body stats** are on the inside! Which is why we offer a **FREE Wellness Day**



## Wellness Day

At HubFiiiT, it is our **priority** to take care of your most **important** asset's... your **team** and **customers!**

Having a **corporate wellbeing** programme is the key to your business for both **employees** and **customers**, by decreasing sickness days, improved morale & productivity, customers leaving happy and returning, knowing that you as a company are providing an additional **free health check** for all!

InBody DIAL **measures** your Body Fat %, Muscle Mass, Weight, Body Fat & Height. There are many **benefits** from knowing these stats, which allows you to **monitor** your health, helping you set **achievable goals**.



WHAT ARE YOU MADE OF



# FREE HEALTH CHECK

**FREE** BODY COMPOSITION ANALYSIS  
**FREE** EXERCISE ACTIVITY REVIEW  
**FREE** HOME & GYM WORKOUT  
PLANNER

BOOK YOUR

**FREE** CORPORATE WELLNESS DAY

ADMIN@HUBFIIT.CO.UK

Ever wondered what you're made of?

**BMR**  
1408 kcal

**TARGET WEIGHT**  
62.4 kg

**PERCENT BODY FAT**  
24.8%  
5% decrease from last measurement

**LEAN MASS**  
2.35 kg  
RIGHT ARM

**Left/Right Imbalance**

**LEAN MASS**  
2.21 kg  
LEFT ARM

**VISCERAL FAT**  
62.0 cm<sup>2</sup>

www.inbody.com

**InBody**

The infographic features a woman with her arms crossed, surrounded by various body composition metrics. A red line connects the 'Right Arm' and 'Left Arm' lean mass boxes to a 'Left/Right Imbalance' label. The background is a gradient of yellow and white.