



*Commit, Don't Quit!*

## Welcome to HubFiit.

With our experienced coaches **supporting you** on your **fitness journey**, working out has never been more **fun**.

HubFiit allows you to train with **your friends, family, and work colleagues** anywhere & anytime, at home or the gym!

Our app offers members the ability to choose from **10,000+ VOD & exercise routines**, where you can track your progress and earn badges, all at your **fingertips!** Push yourself by taking part in our challenges, or if you are looking to implement new lifestyle habits, take part in our **mind & body** reset plans.

## Let us Introduce Ourselves!

**Our community** is the heart of HubFiit. We **are not** just another app to exercise! HubFiit 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!**

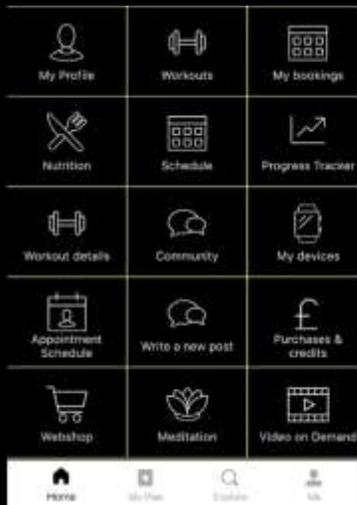
Fitness is just **one element** of overall wellness, which is why we provide members with a library of **Fresh & Lean (w) Dean**, videos to help you prepare **delicious healthy food options**.

Our in-built **nutrition tracker** allows you to keep track of your calorie intake and a breakdown of macronutrients, you can use our in-built **programme designer** to build your own workout programmes or pick a predesigned programme from the library!

## Employee Health Stats!

As an employer, **employee health and wellbeing** does more than just make them happy at work. It is proven that promoting **health** at work can make an **employee more productive** too. Happier and healthier **employees** are shown **to regularly outperform** those who are in organisations which do not promote **health and wellbeing**. **27 million working days** were lost to work related ill health between 2017-2019. (<https://www.cipd.co.uk/>)

To bring **about long-term change and build healthy workplaces**, organisations need to look beyond top-line **statistics like sickness absence** and fully assess current and future health & wellbeing risks. Provide the **benefits for your staff to succeed at** work and in life! We believe having an effective well-being programme leads to success!



### KEY EMPLOYEE STATS



- Sick Days per employee
- Stress related absence
- Long term absence due to stress
- Improved productivity from exercise

# INVEST IN YOUR STAFF, & YOUR STAFF WILL TAKE CARE OF YOUR BUSINESS!

Begin Your Companies Journey to a Happier Healthier Workforce with HubFiIT!

*We are with you every step of the way >>>*

We would like to offer **ALL Working Chamber of Commerce members** our exclusive **25% Offer**. Call now to start your HubFiIT journey – **07507 917656** – Email: **admin@hubfiit.co.uk**

 <p><b>HF HubFiIT DIGITAL Wellness App</b> <b>HOMEHUB</b> WORKOUTS DESIGNED FOR YOU TO TRAIN AT HOME</p>	 <p><b>HF HubFiIT DIGITAL Wellness App</b> <b>FRESH &amp; LEAN (W) DEAN</b> DELICIOUS, NUTRITIOUS HEALTHY MEAL OPTIONS. STEP-BY-STEP RECIPE GUIDES. VIDEO TUTORIALS ON PREPARING MEALS.</p>	 <p><b>HF HubFiIT DIGITAL Wellness App</b> <b>COMMUNITY</b></p>	 <p><b>HF HubFiIT DIGITAL Wellness App</b> <b>GYMHUB</b> A SELECTION OF PRE-DESIGNED WORKOUTS + PROGRAMME BUILDER</p>	 <p><b>HF HubFiIT DIGITAL Wellness App</b> <b>VOD</b> CHOOSE FROM OVER 6000+ EXERCISE VIDEO ON DEMAND CLASSES</p>
<h2>HOMEHUB</h2> <p>Your workouts, your way! Our home hub workouts are perfectly suited for your lifestyle! Our app has specifically designed workouts for beginners, intermediate and advanced levels of fitness designed to achieve your goals from home with minimal equipment.</p>	<h2>Fresh &amp; Lean (w) Dean</h2> <p>Fresh &amp; Lean (w) Dean offers you delicious, nutritious healthy meal options. Our qualified Chef will take you through step-by-step recipe guides, including video tutorials on preparing meals, nutritional values of the ingredients you are using, and alternative meat-free recipes. Have your favourite recipes at your fingertips, anywhere!</p>	<h2>COMMUNITY</h2> <p>Starting your fitness journey can be daunting, which is why we have our community hub! Stay connected with members and staff, where you can ask key questions, share your success stories, and stay motivated throughout your journey, with the support from your HubFiIT Community!</p>	<h2>GYMHUB</h2> <p>Train at home or at the gym with either our pre-designed workout programmes, in clear 3D demonstrations or design your own workouts with our programme designer and log your activity to your workout calendar. Select from muscle group workouts to isolate specific muscle groups, or if you want to blast your body with a total body workout, to make those gains.</p>	<h2>VOD</h2> <p>Variety is key to achieving your personal fitness goals, which is why we have over 6000+ VOD (video on demand exercise classes) to meet your needs. Covering every element of fitness from strength, indoor cycling, HIIT, martial arts, dance, core, and meditation, working out has never been more convenient, fun &amp; easy! Train with our coaches, with exclusive VOD classes, made for you to enjoy working out whilst getting results!</p>