Mission

To draw from the meticulous preparation for elite athletic performance.

To provide a curated digital solution, grounded in medical science, to deliver mental, physical and emotional healthcare to a new generation.



Eating and Exercise

86.21% felt better prepared to make healthy eating decisions. **93.1%** feel more confident in their ability to excise safely and effectively



Well Being

6.36% increase in average daily mood with an overall reduction in stress by **24.22%**



SPORTS HEALTH

www.MAXSportsHealth.com





Mental Health and Stress

89% felt more confident in **93.1%** felt more confident in

New York City Pilot Program

MAX Sports Health completed a 10 week pilot program with over 100 undeserved youth aged 14 to 18.



Nutrition

30.55% increase in the **10.88%** increase in daily



Communications

Pilot participants used the application to communicate within their classes and with our proprietary 24/7 private health chat.

The application allows teachers and

Our MAX Chat feature helps identify



Value

MAX Sports Health is a revolutionary new digital health platform and mobile app aimed at helping people adopt the "whole-person" approach to health that elite athletes have been using for decades. It is both an educational tool, as well as a full suite of health resources, ranging from custom curated content and health improvement assignments, to expert advice from industry leading professionals and a 24/7 chat feature to assist with any health-related issues.



Exercise

Exercise for the sole purpose of exercising increased by 25.19%.



Knowledge

Knowledge of nutrition increased by **11.55%**

Physical Fitness

During our trial period, we saw increased physical activity as well as increased knowledge of how to safely exercise and remain active.

The program is designed to encourage users to continue down the path of learning and builds upon previous concepts and learnings.

