



# The Gift of Fitness

A SPECIAL PERK FROM TRASH BUTLER

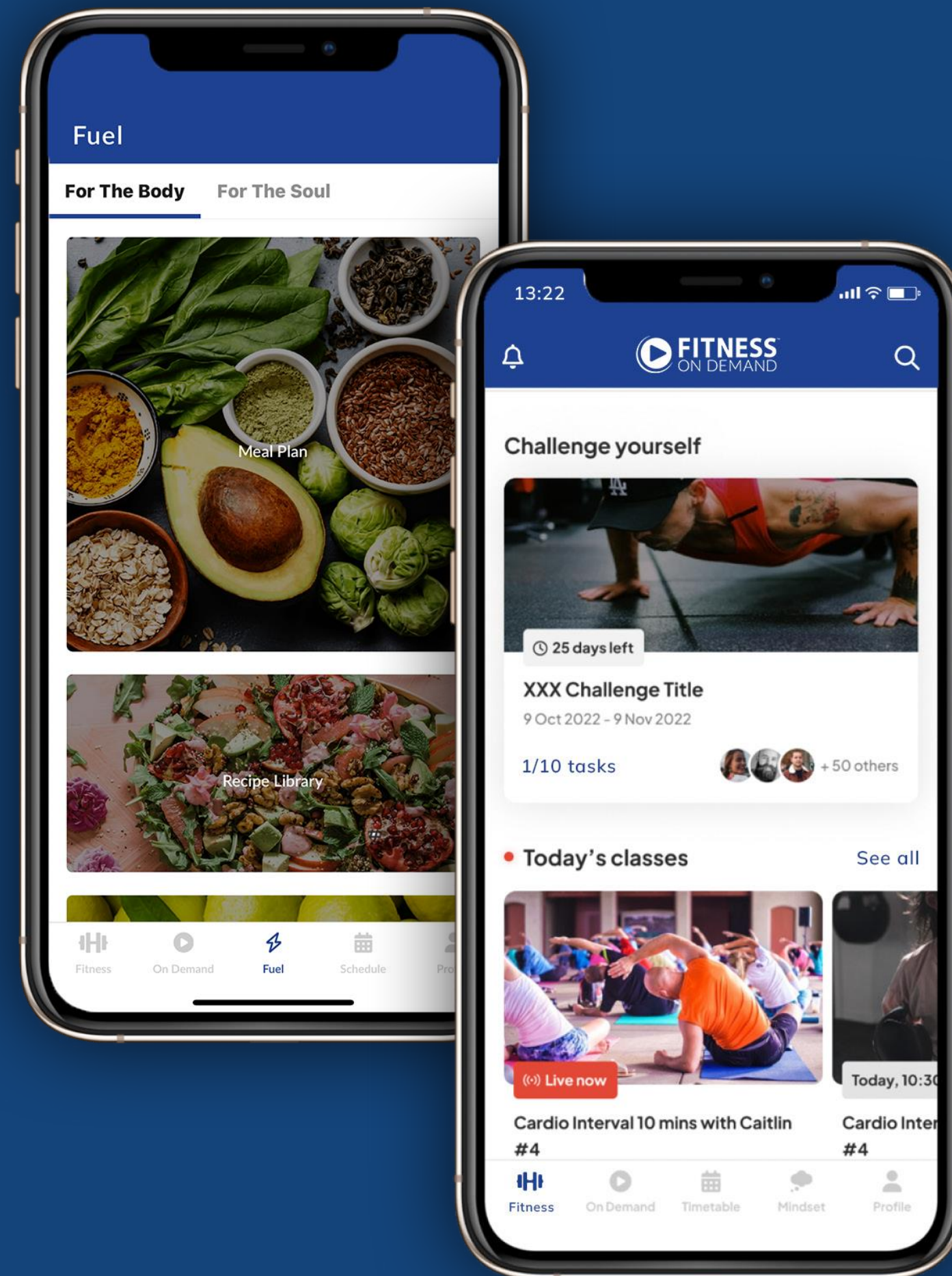




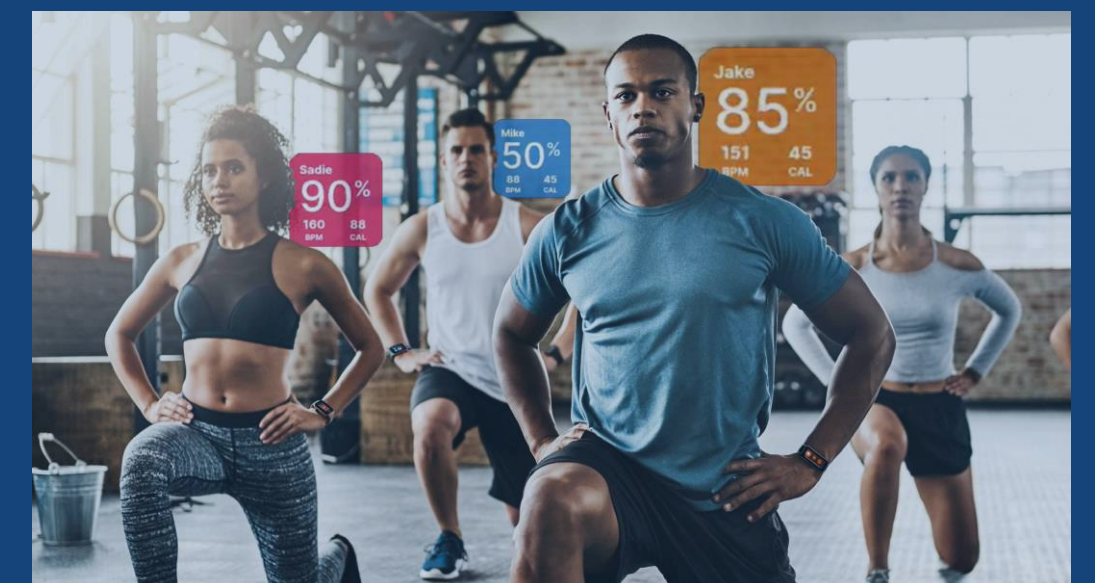
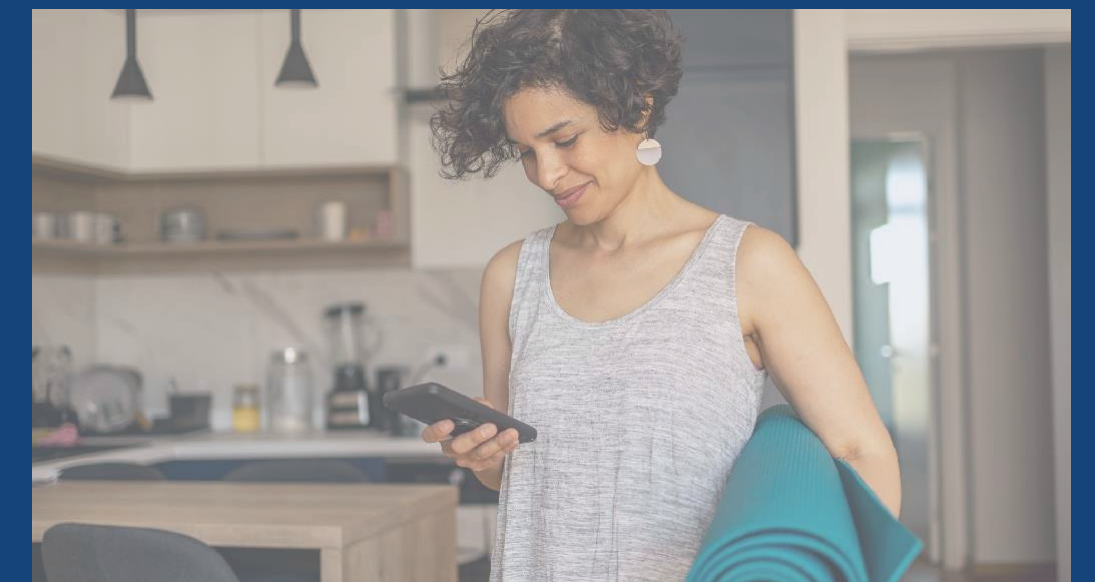
# Wellness & Convenience with FLEX

## FULL WHITE LABEL

The fully customizable fitness app allows your residents to access fitness and wellness classes anywhere - at home, in your gym, or on the go.



The Flex App offers a personalized, interactive fitness experience with heart rate tracking, helping residents achieve their goals at home or on-the-go.

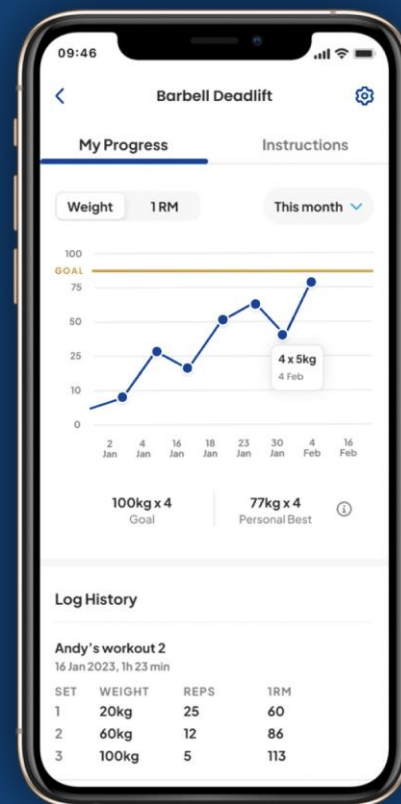




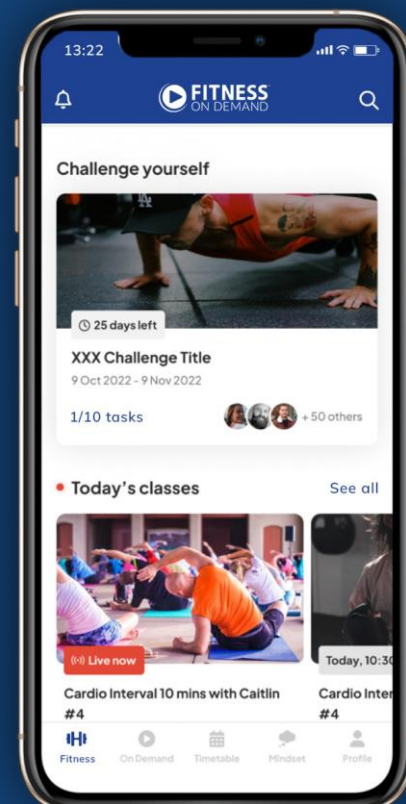
# Flex App Features



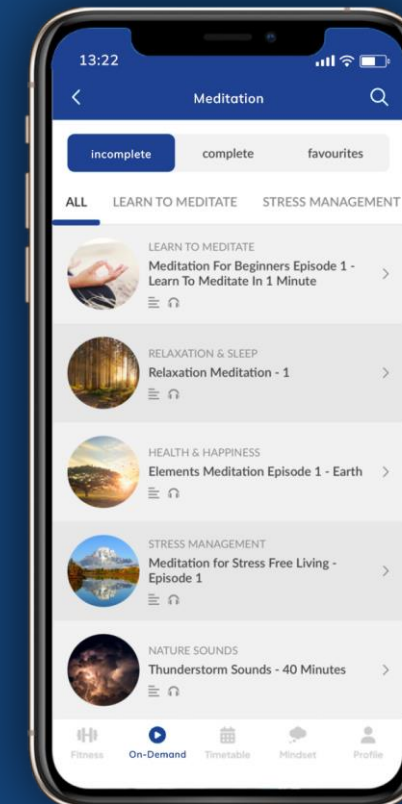
OVER 1200  
WORKOUT CLASSES



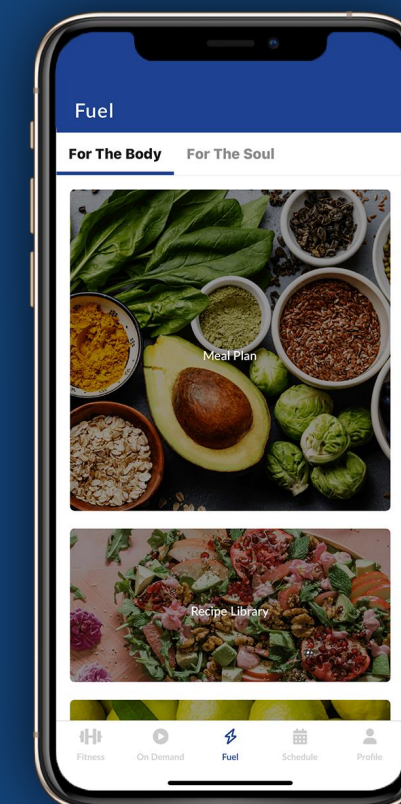
STRENGTH  
LOGGING



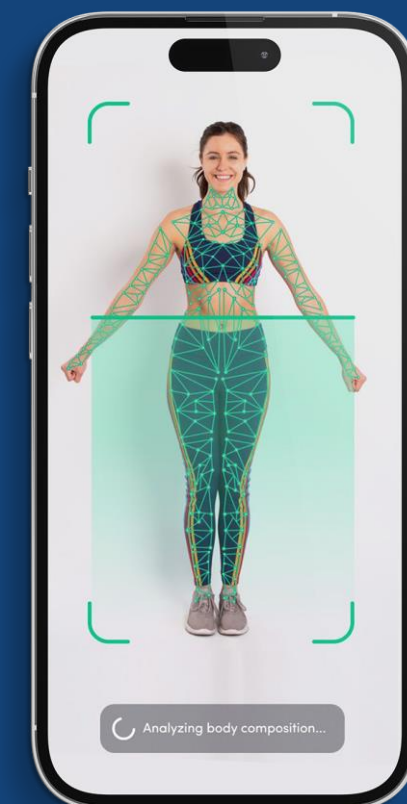
CHALLENGES



MINDSET CONTENT



NUTRITION GUIDES



BODY SCANS

# Seamless Onboarding

YOUR PATH TO SUCCESS WITH FOD

