

Pete Chapman's

FIT 5

SOLUTIONS

**A Ground-Breaking Workplace
Wellness Initiative**



THE PROBLEM



A workforce at risk. Some major problems include:

- Illness
- Injury
- Burnout
- Mistakes
- Bad Attitude
- Poor Productivity
- Talent Turnover

THE SOLUTION

**Reduce Risk + Improve Productivity =
Increase Bottom Line**

- Establish a Fit Break Culture
- More Energized & Resilient Team
- Less Accidents & Injury
- Better Morale
- Healthier Environments Attracts Talent
- Employees Get Paid to Get Healthy



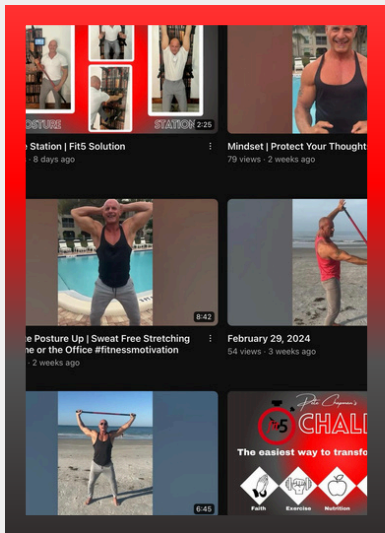


Fit5 Solutions is designed to maximize access to corrective exercise stations, instill a culture of self-care at work and provide ongoing coaching for continued vitality. Customized packages available.



A NEW APPROACH

Old methods like traditional exercise and coaching do not work in the workplace for various reasons. Our “at hand” sweat-free solutions get your team in the best possible physical and mental condition in the least amount of time (5 minutes twice a day). Our wellness coaching system makes it easier than ever to establish and maintain healthy habits.



Coaching on Demand

Wellness Challenge

Posture Station



EQUIPMENT

POSTURE STATION

- Pull Up Bars
- Stretching Straps
- Resistance Bands
- Tablet/Phone Holder
- Grab Bars for Stability and Balance
- Dip Bar
- Mobility Staff
- Foot Bars for Lower Body Stretching
- Suggested Use 1 for 10< ppl
- Custom Designs
- Appropriate for Work or Home Office
- 100s of Routines
- 1000s of Exercises



on | Fit5 Solution



Mindset | Protect Your Thoughts

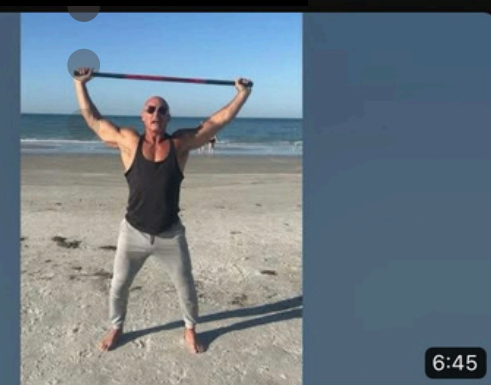


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ature Up | Sweat Free Stretching
the Office #fitnessmotivation



February 29, 2024



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Fit5 CHALLENGE
The easiest way to transform yo

Faith Exercise Nutrition Detox

COACHING ON DEMAND

Entertaining Sweat-Free 5-10
Minute Routines

- Total Body Routines
- Target Areas
- Motivational
- Nutrition & Lifestyle
- Mind/Body Health Hacks
- Ask the Coach
- Ongoing Team Coaching Also Available

*Compatible with TV, Tablet or Phone

Accountability

Measured Results



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8 WK

CHALLENGE

The easiest way to transform your health.



Mindset



Exercise



Nutrition



Detox



Recovery

Incentivise Participation

Success Stories

INTRODUCE INTO WORK CULTURE

- Identify Participant Group
- Location of Fit5 Posture Station
- Identify Key Staff Members for Supervision & Training
- Train Key Staff Members
- Placement of TVs for Fit5 Channel
- Group Motivation Sessions



Stretch & Correct Posture

Rehab Old Injuries

Create New Strength &
Stability



investment

PROGRAM INVESTMENT



Fit5 Workbook

Team Training

Mobility Tool

**Posture Station
(1 for 5-10 Employees)**

**Subscribe Participants to On
Demand Coaching Channel**



**All for the price of a gym membership.
\$39/month per person
(min 10 employees)
Installation & Training Additional**



***Volume Discounts**



BECOME A DISTRIBUTOR



**Get Paid Commission for
New Accounts You Bring.**

\$100 PER POSTURE STATION

\$10 PER PERSON ON FIT5 CHALLENGE

**10% REFERRAL FEE FOR
COACHING AND SPEAKING EVENTS**

**10% OF SALES OF OTHER
FIT5 SOLUTIONS PRODUCTS
INCLUDING VITALITY BLASTER**



FOUNDERS



**Pete
Chapman**

Founder

- Former National Champion Athlete
- Published Author
- 30 Years Certified Personal Trainer
- Accomplished Speaker
- Wellness Revolutionary



**Casey
Hoffman**

Co-Founder

- Marketing Director
- Video/Audio Producer
- Social Media
- Published Author
- Ordained Minister



Pete Chapman



Get in Touch

I'm always available to answer your questions or give a demonstration.



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