



SWÖRKIT

Fitness

SworKit Health is a hyper-personalized global fitness solution designed to support and engage employees in traditional, remote and hybrid work settings by making fitness simple and approachable.

Video-Guided Workouts

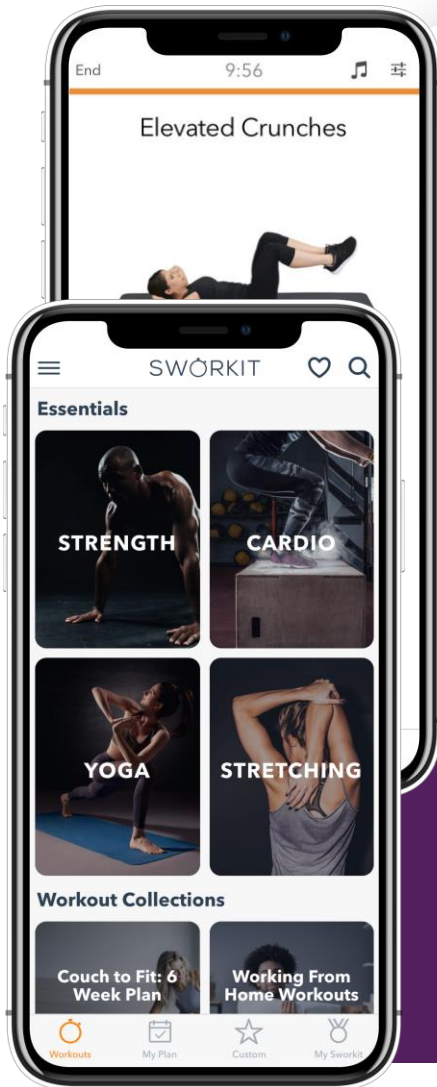
SworKit understands your employees are busy and is designed to cater to individual needs and wants when it comes to physical activity – simply choose a workout or create your own, set the timer, and get started! Anywhere, anytime. SworKit provides both audio and video guidance for a complete fitness experience.

Fitness for All Employees

Enjoy a versatile collection of Strength, Cardio, Yoga, Stretching, low-acuity MSK, Injury Recovery, Barre, Stress Reduction, Sports Focused workouts and more! Inclusive workouts target adults and kids of any level, age or goal in 13 languages. By completing workouts and fitness challenges, members can earn points on the Virgin Pulse platform, encouraging even more engagement.

Backed by Science, Designed to Help You Succeed

SworKit is aligned with the American College of Sports Medicine’s training guidelines and leverages behavioral science to help employees avoid common pitfalls and build sustainable, healthy habits for success while also promoting engagement.



13

Languages available – one comprehensive global fitness offering

1000+

Video guided workouts available for all experience levels and ages

100M+

Workouts completed by SworKit members with over 150K 5-star reviews

Want to learn more? Watch our [SworKit demo](#).