



# **YOUR BODY NEEDS A BREAK.**

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Staying still too long can take its toll. Take advantage of WorkFit's 15-minute, no-sweat workouts.

*Now available to stream at your workplace.*

## WHY USE WORKFIT?

Stagnation slowly wears your body down and can cause problems ranging from back pain (something many of us are far too familiar with) to heart disease. WorkFit provides you with the tools, exercises and knowledge necessary to help you stay proactive with your health.



Over 80% of chronic disease and pain is preventable by improving lifestyle choices.\*



No-sweat workouts mean no need for deodorant or gym clothes!

## THE APP THAT BRINGS WELLNESS TO YOUR WORKPLACE.

- 1 WorkFit provides a step-by-step movement guide to disrupt the negative effects of daily repetitive motions or lack of motion.
- 2 Our WorkFit Coordinators assess the specific demands placed on you, the employee, and provide customized movement programs to you for a rejuvenating experience.
- 3 The WorkFit System engages companies not only through movement, but provides resources through our web portal. Engaging videos and articles are provided to create a healthy work culture.
- 4 Depending on your work environment, your company will have either a) A WorkFit kiosk with fitness equipment and a smart TV, or b) A mobile version of WorkFit so you can access our movement programs anytime, anywhere – no equipment necessary.

## LET'S GET STARTED!

Contact your Human Resources Representative for an invitation and your login credentials. Use the QR code below to download the DHF WorkFit companion app, which will be used to reserve your 15-minute spot in the kiosk or will allow you to access programs remotely. For WorkScreen, your method of tracking progress, and other support, visit: [workfit.us/video-category/engage-in-workfit](https://workfit.us/video-category/engage-in-workfit)



\*<https://dynamichealthfitness.com/prevention-strategies-for-a-healthy-lifestyle/>