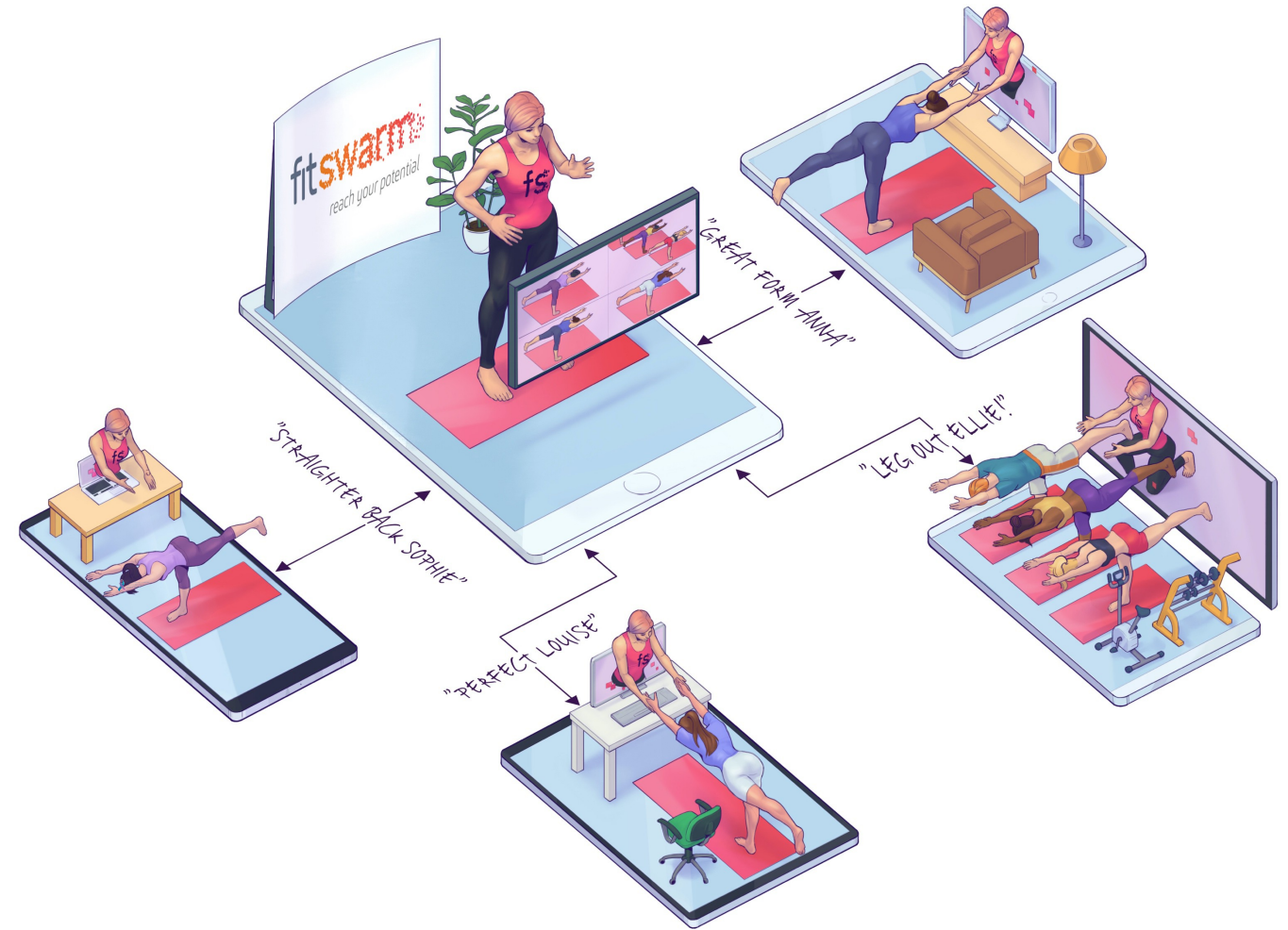


# fit swarm

Spreading vitality,  
health and wellbeing  
at scale

Client Summary



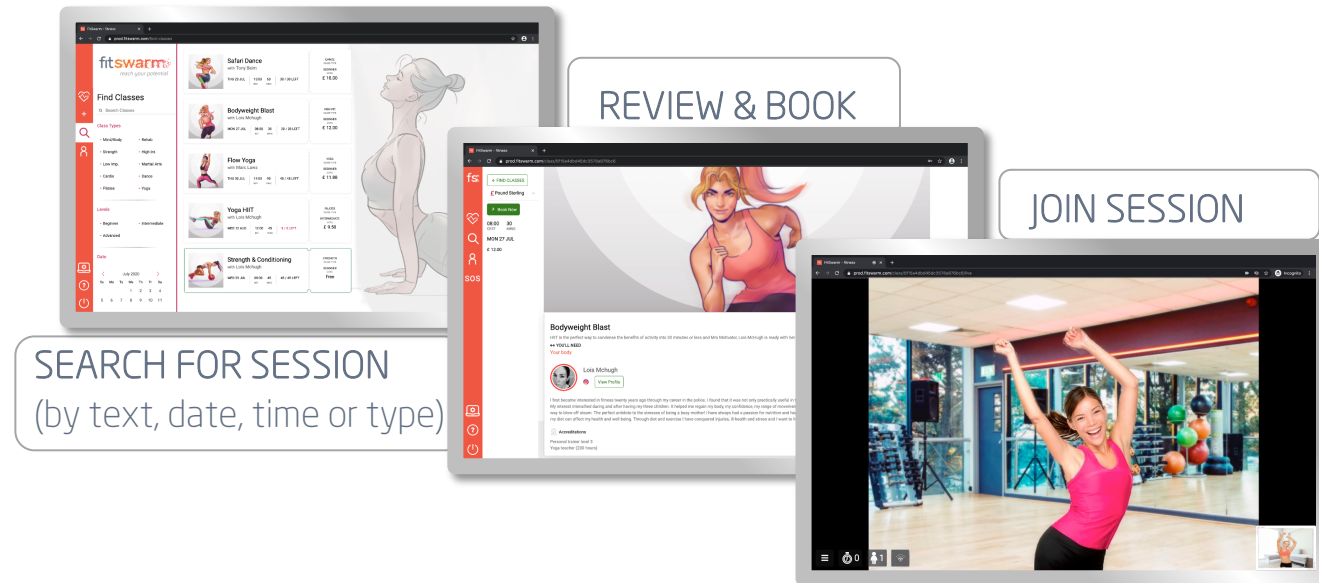
Sexual Assault & Abuse  
Support Service  
Aylesbury Vale & Milton Keynes

# What is FitSwarm?

A private platform for organisations to deliver virtual health & wellbeing sessions



- FitSwarm enables organisations to manage the offering, booking and attendance of sessions, and enables participants to search for, book, pay for and track their sessions
- FitSwarm makes it:
  1. easier for organisations to manage and
  2. a better experience for consumers
- FitSwarm provides unique features for the health and wellbeing environment:
  - look and feel in-keeping with wellbeing
  - higher quality digital music capability
  - unique privacy control for consumers
  - display front & side views of the trainer
  - emergency help function
  - automated biomechanical analysis
  - consumer payment options



## Some example clients



Active serving personnel



Colleagues



Sexual Assault & Abuse  
Support Service  
Aylesbury Vale & Milton Keynes

Service users & colleagues



United Nations  
funded populations



Global fitness trainers



Local employers in  
Tyne & Wear



Population with  
learning difficulties



Athletes mentoring students



Adult full-time carers

## Who is FitSwarm for?

- Employers
- Community organisations
- Social prescribing
- NHS / private hospitals & care homes
- Geographically limited populations such as prisons
- Leisure organisations



## How FitSwarm can help



As well as providing a bespoke platform for 2-way, live-streamed sessions, FitSwarm provides:

- Simultaneous 1-way live broadcasts of sessions to thousands
- Recordings & replay of sessions on demand
- A private microsite with user access control
- Ability to share sessions between organisations

And includes consultancy support to help measure the benefits to your population

If organisations don't have wellbeing trainers, FitSwarm can make introductions

As the platform can flex to your requirements, fees vary accordingly, so please contact us for a conversation.



# FitSwarm pilot costs & benefits

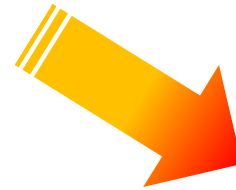
## COSTS

- Cost of FitSwarm per session \*     £50
- Trainer Cost                             £35
- No. of sessions / week (example)   3
- Total cost per month:                 £1,200



### \* FitSwarm cost/session INCLUDES:

- 2-way, live-streamed sessions
- 1-way live broadcasts of all sessions
- Recordings & replay of all sessions
- Private FitSwarm Lens / microsite
- Regular management information
- Benefits consultancy, to help quantify outcomes



### BENEFITS:

- Higher usage / colleague penetration
- Increased colleague satisfaction
- Simple to organise & manage
- Clear quantification of your benefits

**FitSwarm** is a one-stop-shop service, providing higher penetration and clear quantification of your benefits

## Great feedback received

*I was really happy to have been in these classes which I really need so much at the moment, as I have been going through a lot of difficult times*

*Thank you so much for the session, a much needed one. Look forward to the next class.*

*I really enjoyed the yoga session. A lovely way to unwind and finish my day.*

*I really enjoyed the meditation, a big thankyou to the teacher, great for a busy day.*

*Great session some new exercises I've not done before and feeling so much better now I've done it. Super friendly and encouraging! Thank you!*



**fit** **swarm**  
*reach your potential*



Thank You

Still have questions or know someone who would be interested?  
 Email [info@fitswarm.com](mailto:info@fitswarm.com)

