



Shake Off the Doldrums. Rejuvenate the Commitment.

An online fitness campaign that helps build exercise habits — through spring and beyond.

It's a great time of year to enjoy the weather and *Spring Into Motion*. Whether your participants do the same exercise routine or try something new every day, they're inspired to step up physical activity with this fun, interactive program.

Features

- 4, 6, and 8-week options
- Individual participation and team competition
- Motivating visual participant feedback
- Daily emails, tips, and fitness articles

Just \$349 set-up + cost/participant:

- 4-week program: \$4/participant
- 6-week program: \$5/participant
- 8-week program: \$6/participant



Administration Ease

Client Branding

Global Access

Self-Promoting

Rich Content

Sense of Community

Real-Time Stats



**Register for a no-obligation demo at
<http://demo.SpringIntoMotionToday.com>**

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