



WORKPLACE WELLNESS MADE SIMPLE

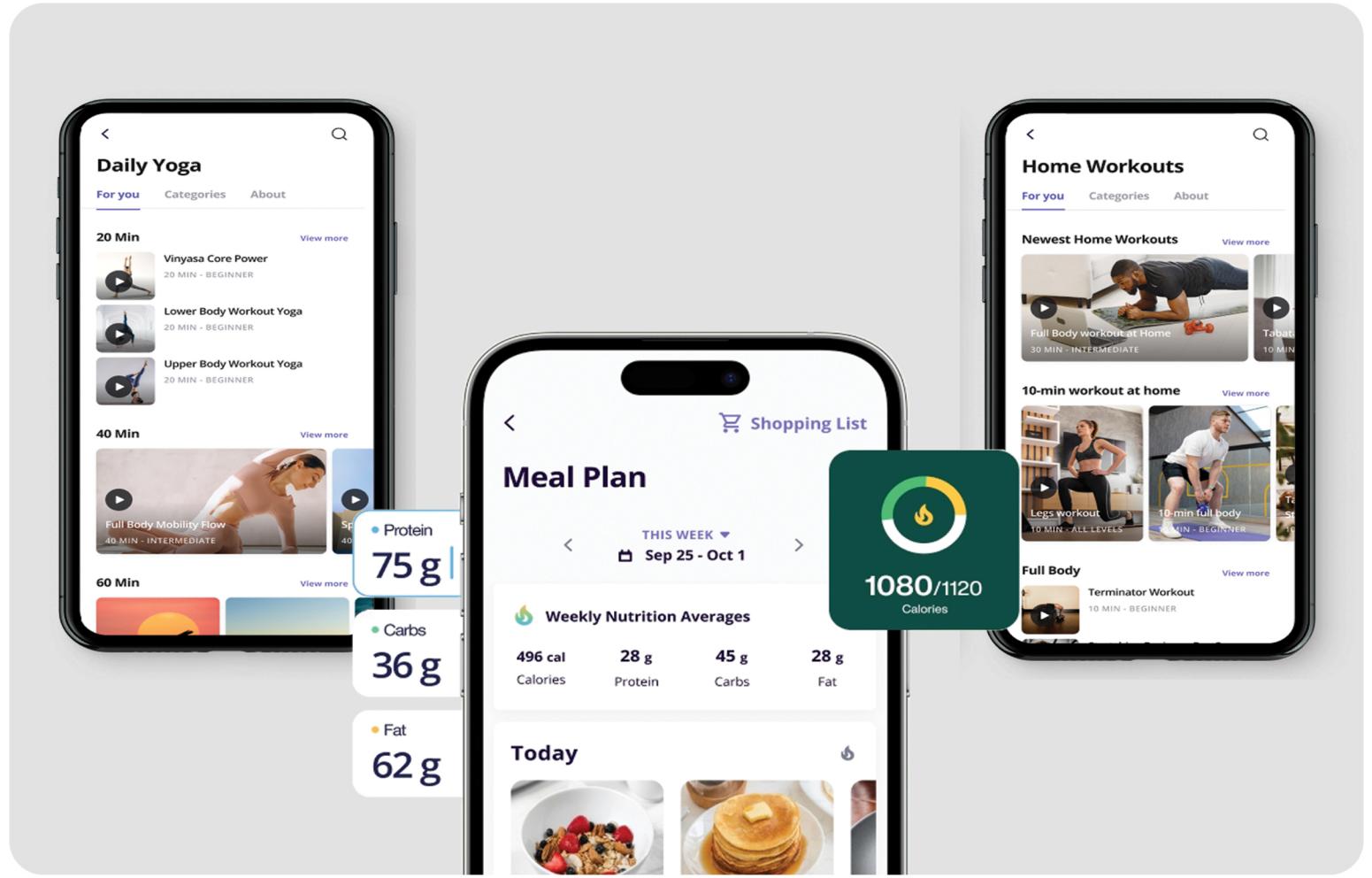
EVERYDAY CHOICES THAT BOOST
YOUR HEALTH, FOCUS, AND MOOD.

WHO WE ARE

FIT & FUEL 365 IS A BELLEVILLE-BASED WELLNESS COMPANY LED BY ANDREA WILLMORE, A FULLY INSURED CERTIFIED PERSONAL TRAINER AND NUTRITION COACH WHO WORKS WITH TEAMS ACROSS CANADA.

ANDREA SPECIALIZES IN HELPING BUSY PEOPLE FEEL BETTER THROUGH REALISTIC DAILY HABITS, GUIDED MOVEMENT, AND SIMPLE NUTRITION SUPPORT, NOT STRICT DIETS OR BEFORE-AND-AFTER PHOTOS.

WELLNESS AT WORK ISN'T A PERK. IT'S A POSITIVE SHIFT THAT YOUR TEAM FEELS AT WORK AND AT HOME.

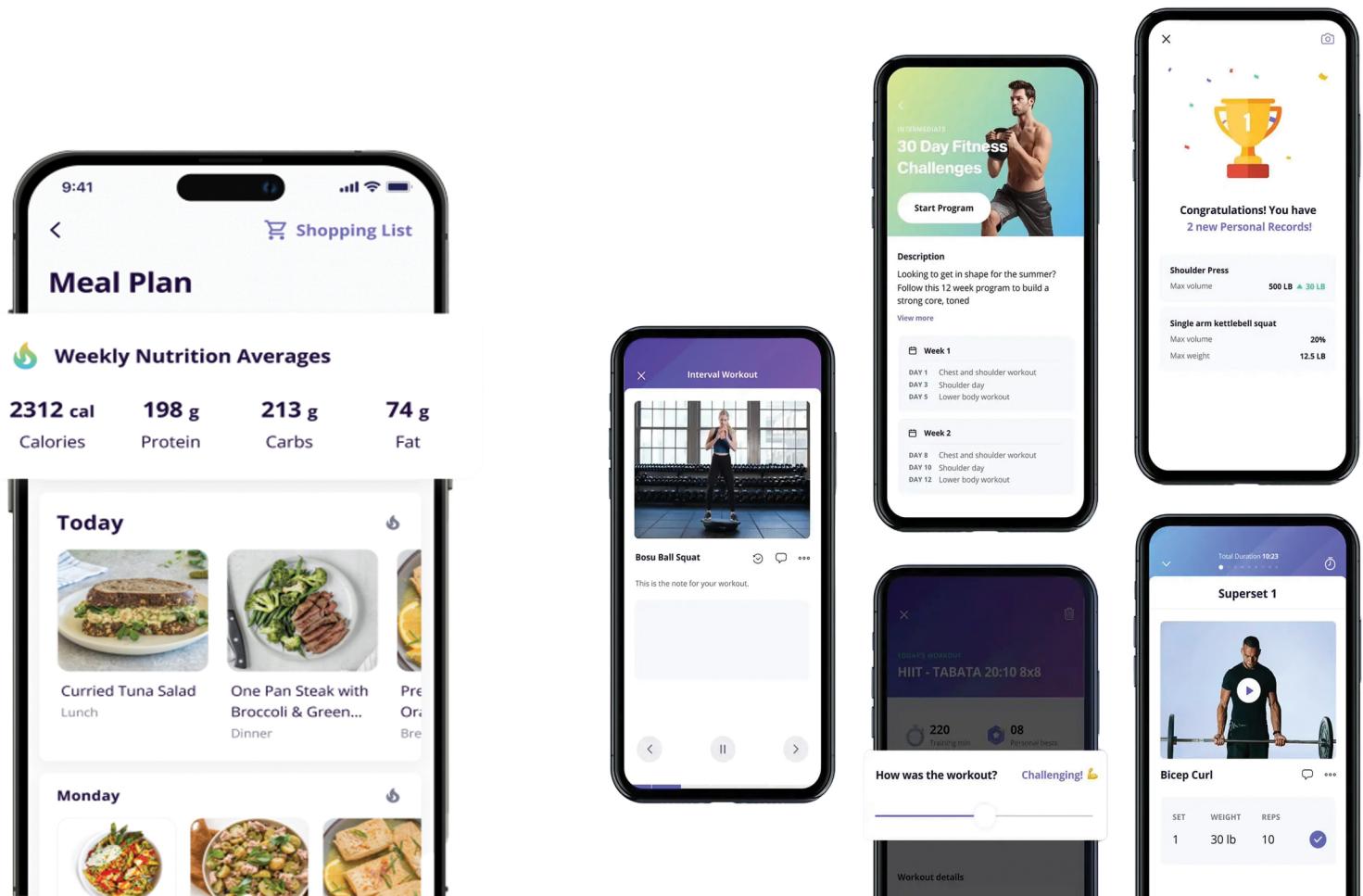


WHAT THIS PROGRAM IS

A PRACTICAL WELLNESS PROGRAM THAT GIVES YOUR STAFF:

- GUIDED WORKOUT PLANS CREATED BY ANDREA FOR ALL FITNESS LEVELS (BEGINNER TO ADVANCED)
- SHORT HOW-TO VIDEOS SO ANYONE CAN FOLLOW ALONG SAFELY AND CONFIDENTLY
- A GROWING COLLECTION OF EASY SNACK AND MEAL IDEAS DESIGNED FOR REAL LIFE
- CLEAR, DOWN-TO-EARTH EDUCATION ON MOVEMENT, FOOD CHOICES, SLEEP, AND ENERGY

EVERYTHING IS DELIVERED THROUGH A SIMPLE DIGITAL PLATFORM YOUR TEAM CAN ACCESS ON THEIR PHONE SO THEY CAN USE IT ANYWHERE! AT HOME, AT WORK, OR ON THE GO.



WHO IT'S FOR

THIS PROGRAM IS DESIGNED FOR BUSY WORKPLACES, INCLUDING:

- AUTOMOTIVE DEALERSHIPS (SALES, SERVICE, ADMIN)
- OFFICES AND PROFESSIONAL SERVICES
- CALL CENTRES, FINANCE, AND CUSTOMER SUPPORT TEAMS
- ANY ORGANIZATION WHERE PEOPLE SPEND LONG HOURS ON THEIR FEET OR AT A DESK

IT WORKS ESPECIALLY WELL FOR TEAMS WHO:

- WANT MORE ENERGY AND FOCUS DURING THE WORKDAY
- OFTEN GRAB FAST FOOD OR QUICK SNACKS BETWEEN TASKS
- WANT TO IMPROVE THEIR HEALTH WITHOUT EXTREME PROGRAMS OR CONFUSING RULES

PRIVACY & INCLUSIVITY

THIS PROGRAM IS INTENTIONALLY:

WEIGHT-NEUTRAL - NO WEIGH-INS, BODY MEASUREMENTS, OR PUBLIC HEALTH STATS

PRIVATE - INDIVIDUALS SEE THEIR OWN INFORMATION; YOU SEE OVERALL TEAM ENGAGEMENT ONLY

BEGINNER-FRIENDLY - EVERY WORKOUT HAS OPTIONS SO PEOPLE CAN START WHERE THEY ARE

POSITIVE - THE FOCUS IS ON ENERGY, CONFIDENCE, AND FEELING BETTER, NOT APPEARANCE

NEXT STEPS

IF YOU WANT A WELLNESS PROGRAM THAT:

- SUPPORTS YOUR STAFF WITHOUT SHAMING THEM
- FITS INTO BUSY SCHEDULES
- AND IS GUIDED BY A REAL COACH, NOT JUST AN APP

...THEN A FIT & FUEL 365 WELLNESS PROGRAM COULD BE A GREAT FIT FOR YOUR TEAM.

LET'S EXPLORE WHAT THIS COULD LOOK LIKE FOR YOUR BUSINESS.

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BELLEVILLE, ONTARIO - SUPPORTING WORKPLACES ACROSS CANADA

ANDREA WILLMORE - FOUNDER

