

GreenShield Fitness

A Comprehensive
On-Demand
Wellness Platform



Bringing Wellness to Your Employees Anytime, Anywhere

GreenShield Fitness is an on-demand, virtual wellness platform designed to bring the power of fitness, nutrition, and mindfulness to your employees anywhere. Whether they want to start a new fitness routine, find healthy meal ideas, or unwind with a meditation session, GreenShield Fitness has everything they need to support their well-being—all at their fingertips.



Reach out today for more information about our services.

Empower Your Employees' Wellness Goals with GreenShield Fitness

GreenShield Fitness understands that everyone is different, offering personalized recommendations to match each employee's preferences, goals, and fitness levels.



Comprehensive Content Library

- **1,400+ On-demand Options:** Access to over 1,400 classes and more than 60 goal-based programs in fitness, nutrition, and mindfulness, designed to suit all levels and interests.
- **Available 24/7:** Our platform is accessible 24/7, enabling your members to engage in wellness activities at their convenience, whether they're at home, in the office, or on the go.
- **High-quality Content:** All our classes are curated and led by certified and diverse instructors, ensuring safe, effective, and engaging experiences.



A Fitness Program With Your Employees In Mind

- **All Fitness Levels Welcome:** Whether beginners or fitness enthusiasts, our platform offers classes and programs that are suitable for all ages and abilities, fitting seamlessly into any lifestyle.
- **Diverse and Inclusive:** Our platform offers something for everyone, with classes that cater to different cultures, fitness levels, and personal interests, ensuring every member feels included and motivated.



Personalized Wellness Journeys

- **Tailored Recommendations:** Our recommendation engine guides and suggests classes based on individual preferences and goals.
- **Flexible Programs:** Members can choose from structured programs or create their own wellness paths by mixing and matching classes.
- **Custom Playlists:** Users can schedule or save their favorite classes and programs for easy access whenever they need them.

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Why Organizations Prefer GreenShield Fitness

With GreenShield Fitness, your organization isn't just accessing a wellness platform—it's unlocking a customized experience dedicated to helping your members achieve their best selves, on their terms.



Seamless and Easy Access

- **Always Within Reach:** GreenShield Fitness is designed to provide your employees with easy access to a comprehensive wellness platform. With our intuitive platform and a wide range of resources, members have the tools they need to maintain their well-being, no matter where they are or how busy their day gets.



Holistic Approach to Wellness

- **Beyond Physical Fitness:** GreenShield Fitness offers a holistic wellness solution that goes beyond just physical fitness, addressing mental health, stress management, nutrition, and overall well-being. This comprehensive approach ensures that the wellness program meets the diverse needs of members.

Help your members take the first step towards a healthier, more balanced life with GreenShield Fitness.

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