

WHOLE MIND, WHOLE BODY, WHOLE LIFE

► Physical ► Emotional ► Financial





'Whole Mind, Whole Body, Whole Life'

Our Mission:

To change lives by giving people the health and wellbeing programming and social support they need.



- 1 CHOICE AND DIVERSITY
- 2 SOCIAL MOTIVATION
- 3 PERSONALIZATION



1

CHOICE AND DIVERSITY

- ➔ 1,000+ Relatable Instructors
- ➔ 49+ Categories
- ➔ 10,000+ classes

Meeting you wherever you are on life's journey



Sleep



Dance



Fit Over 50



Abs



Arms



Barre



Yoga



Bodyweight



Bootcamp



Cardio



Cycle



Diabetes



Cancer Wellness



Educational



Financial Wellbeing



Glutes



Intro Videos



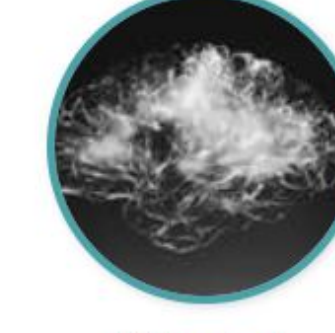
Life Coaching



Summer Camp



Meditation



Mental Health



Mindfulness



Nutrition



Office Workout



Seniors



Parkinsons



Physical Therapy



Pilates



Prenatal



Self Defense



Extending the social experience to something you can see, hear & feel!

Invite others from your social circle to join you live!

2

SOCIAL MOTIVATION

- ➔ Up to 4 Family Members can join for free
- ➔ Join Classes & Invite your family, co-workers, & friends
- ➔ Meet new people in communities

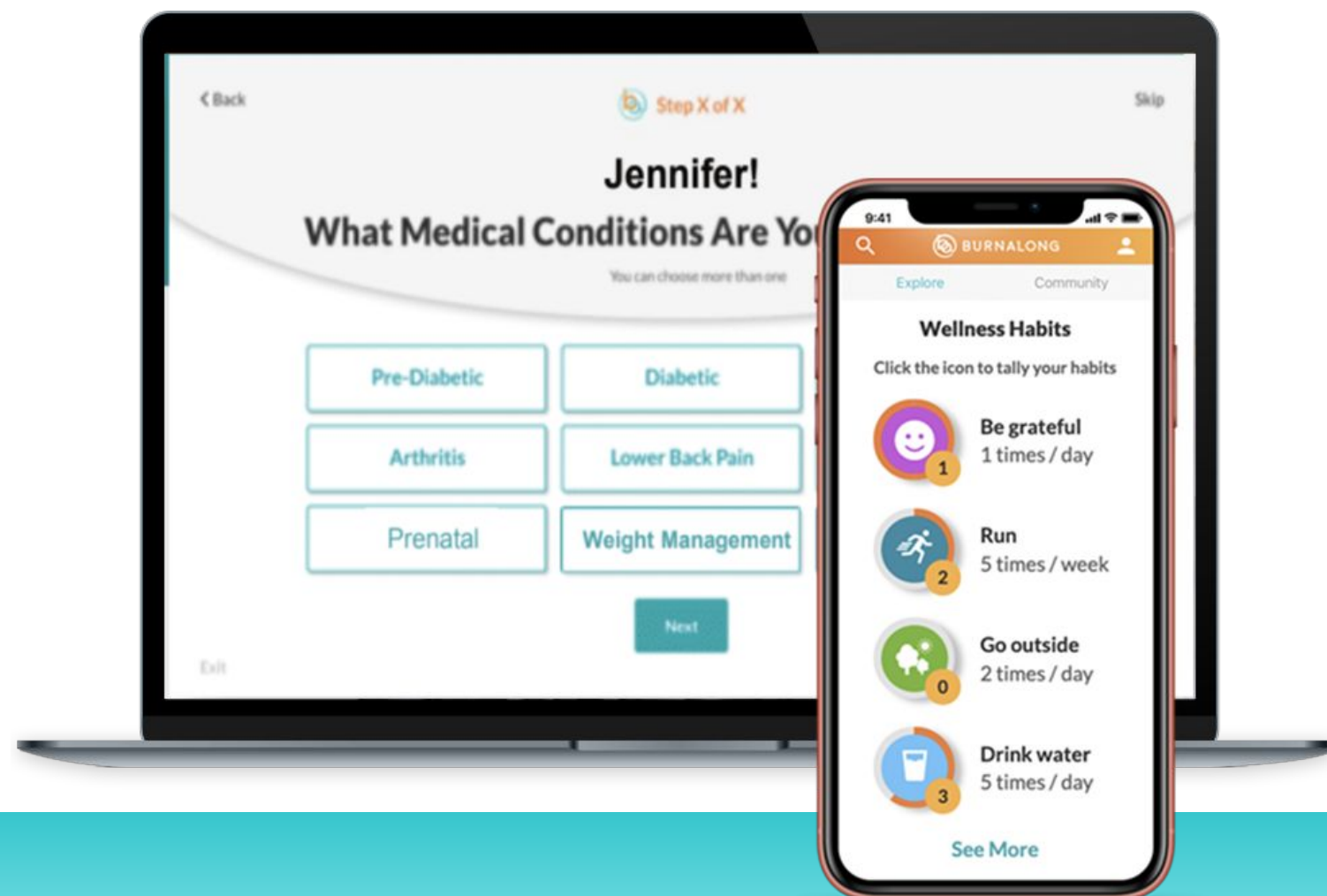




3

PERSONALIZATION

- ➔ Survey to start: meeting Employees where they are
- ➔ Track Conditions & Goals
- ➔ Machine Learning



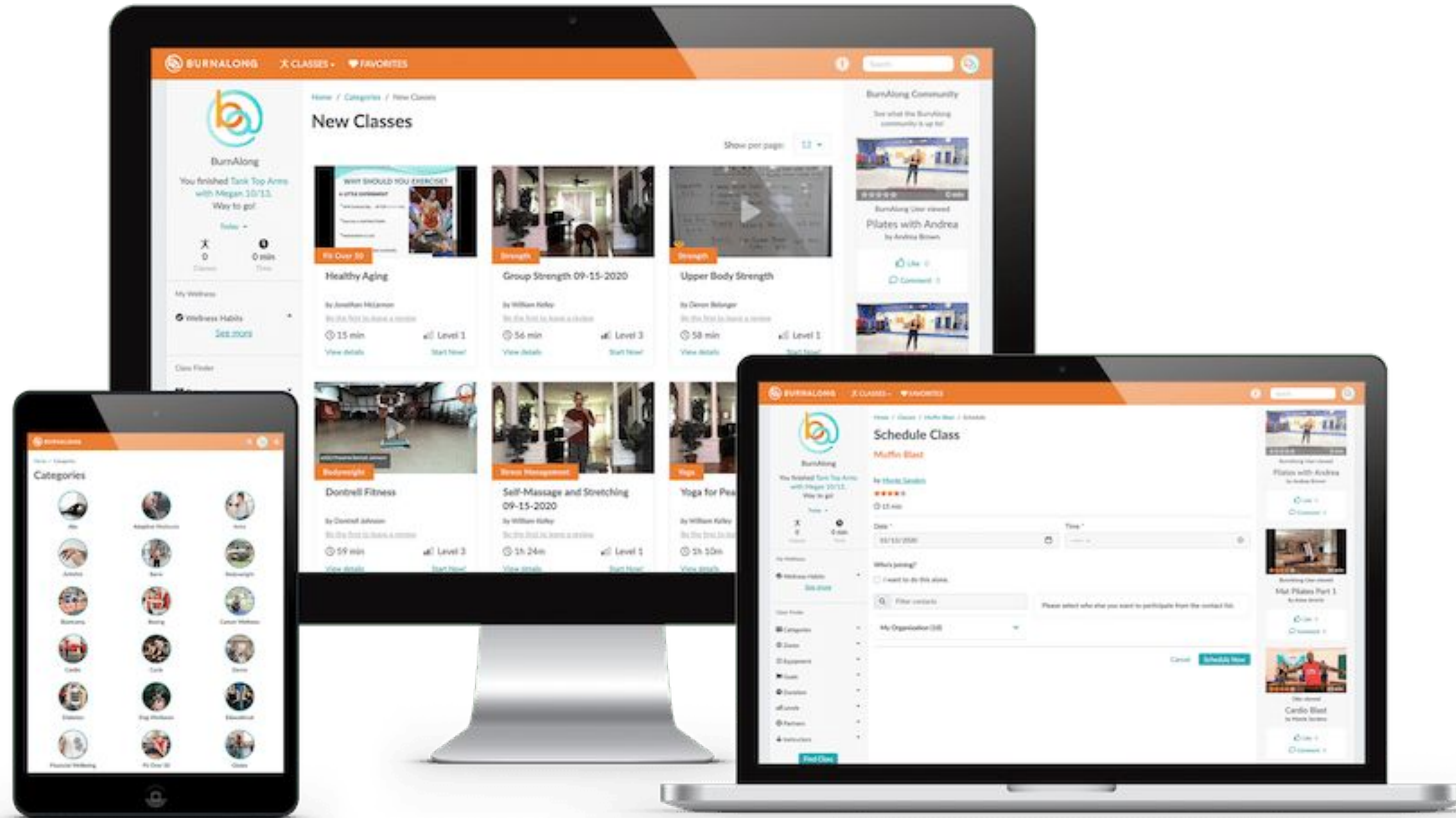
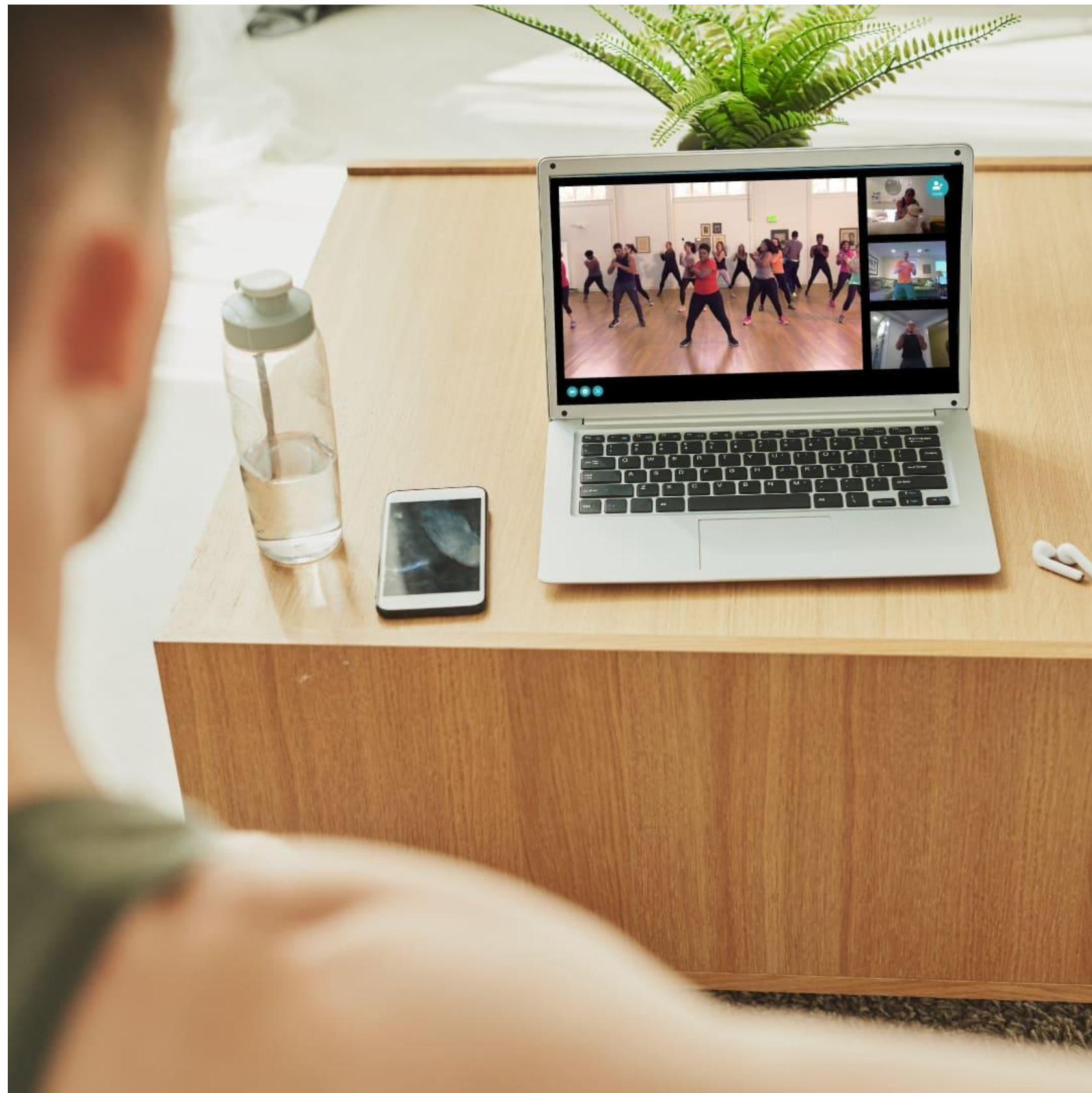
Maria lost 30 lbs, while rebuilding her confidence after a Thyroid Gland removal



Paulette was able to avoid Diabetes Medication after losing 60 lbs

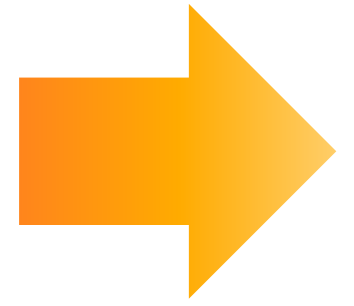


Take classes from anywhere!

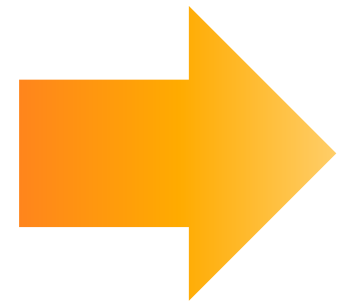




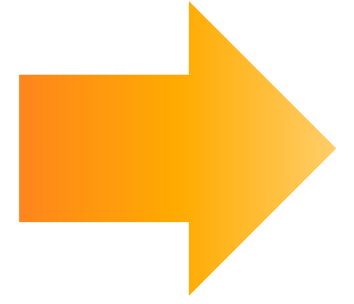
Live Events, Programs, Challenges, and much more!



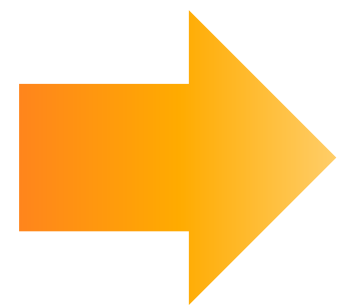
Live Webinars & Events each month - Free!



Designed Programs in a variety of categories just for you.




Join a community and get connected with others who share the same wellness interest and goals.



Compete with your colleagues and friends in individual or team challenges. Win prizes and much more.

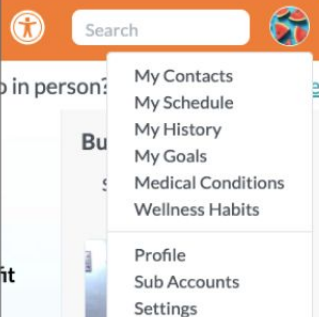
4 Free Sub Accounts for every employee!



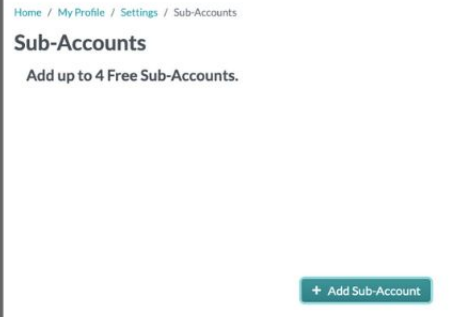
ADDING FAMILY + FRIENDS!

Did you know FOUR of your friends/family get a BurnAlong account for FREE?

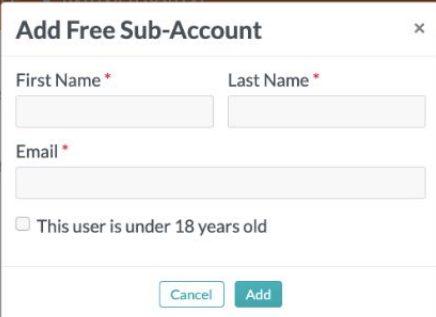
Step 1: Go to Profile Picture and select Sub Accounts



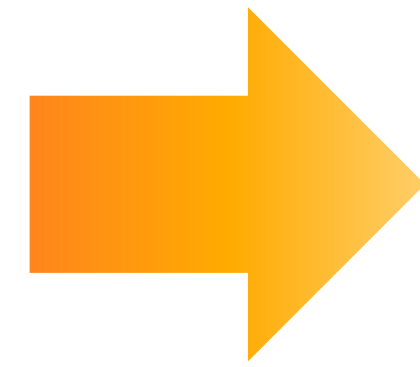
Step 2: Select "Add Sub Account"



Step 3: Complete and select "Add"



If they didn't get the email, deleted it, or if it went missing in their spam folder, don't worry! They still have a BurnAlong account. Simply direct them to login and click on forgot password or go to <https://well.burnalong.com/login> and click on **Forgot Password**



Add in your family and friends in **3 easy steps**

1. Go to your profile.
2. Select "Add Sub Account"
3. Add in Name/Email of your family or friend.



Sneak peak of the BurnAlong experience

BURNALONG CLASSES PROGRAMS COMMUNITIES PARTNER PORTAL Search

Alex Banks
You finished **Standing Abs**. Way to go!
Today
0 Classes 0 min Time

My Wellness
Wellness Habits
Go outside
3 times / daily

WELCOME TO BURNALONG SUMMER CAMP!
Swing Into Summer
Join virtual summer camp with classes, activities, and challenges for the family. Check it out now!
Join BurnAlong Summer Camp

Categories
We offer a variety of workout styles! [See all](#)

- Abs
- Adaptive Workouts
- Arms
- Arthritis
- Barre
- Bodyweight

BurnAlong Community
See what the BurnAlong community is up to!

Charlotte H 412641 viewed
30 Day Tone you Arms Challenge: Day 2 - Bicep curl with an Isometric hold
by Tina Fritsch
Like 0
Comment 0

We look forward to seeing you on the platform!

*Make sure to find us in the
Navigate Well portal!*



Wherever life finds you,
BurnAlong meets you where
you are and supports your
journey.