



As an Official Supporter of **Get Canada Standing**, Got A Minute For Your Health® by CoreFitnessByJana, LLC is pleased to provide you this special offer for joining the campaign to improve the health and well-being of your workforce.

## Special Offer: 50% Discount on CoreFitnessByJana Fitness Solutions

CoreFitness offers low cost, do anywhere exercise and fitness solutions for the office and home, focused on combatting the effects of prolonged sitting and making exercise convenient, accessible and affordable for people of all fitness levels.



### Simple Modular System



Our fitness solutions include:

[Got A Minute For Your Health® 1 minute exercise videos](#) to combat prolonged sitting, improve focus and reduce stress during the workday. These 25 unique 1-2 minute exercise videos can be done in the office, on the road or anywhere to improve health 1 minute at a time.

[CoreFitnessByJana Modular Workout Videos](#): A broad library of over 25 professionally lead 7—20 minute workouts including Pilates, Body Sculpt, Strengthen & Tone, Cardio Boot Camp and Stretching and Flexibility exercises. The workouts are appropriate for all fitness levels and can be done anywhere as they require no equipment.

The Got A Minute® and CoreFitness solutions can be made available to your employees under three (3) different options:

- A. **Licensed video** content that your organization can upload to your own wellness portal, intranet or web site accessible to employees thus maintaining your control and branding of the solution. 50% Discount
  - Got A Minute For Your Health Licensed Videos (25): With Special Offer just \$1.25 per Employee per year (500 employees minimum)
  - CoreFitness Workout Videos (20): With Special Offer just \$1.25 per Employee per year (500 Employees minimum)
- B. **Online Membership** to CoreFitnessByJana.com: Includes full access to both the Got A Minute video series and the CoreFitness modular workout videos through online membership to the CoreFitnessByJana.com website. There are virtually no up-front or implementation costs and the fees apply only to those employees who elect to sign up online.
  - With this Special Offer Just \$3/ month per member (Normally \$12 per month = 75% savings)
- C. **Mobile App**: In addition to the 25 X 1 minute exercise videos, the Got A Minute For Your Health® Mobile App for Apple devices provides reminders to prompt your employees to get up and move throughout the day and tracks their activity.
  - Mobile App with five (5) videos - Free. In app purchases of an additional 20 videos normally \$7.99 but with this Special Get Standing Offer, just \$3.99 a 50% discount.

For more information on implementing our fitness solutions for your workforce contact Jana Sanford at [jana@corefitnessbyjana.com](mailto:jana@corefitnessbyjana.com).