

Concerned about **employee health, productivity and company-wide morale?**  
 Are you struggling with how to help your **employees stay alert and focused?**  
 Did you know that too much sitting **increases work fatigue and is a health hazard?**

## Video Fitness Micro-Breaks that Keep your Employees **Alert and Energized**

### X bytes® for Workplaces

X bytes® are short video bytes of exercise that “fit” into the workday to combat fatigue, and increase alertness and productivity.

All fitness micro-breaks are under 6.5 minutes and can be integrated into the workday as:

- A scheduled mid-morning and mid-afternoon **energy booster** break
- As an **on-demand** and on-the-spot break when energy levels are low
- A **lunchroom program** where videos are shown on a continuous loop
- **Social icebreakers** before meetings and energy boosters during long meetings

### X bytes® Features and Benefits

- **Brief** – can be easily integrated into the workday - anytime, anyplace
- **Convenient** – can be done at employees’ desks, workstations, boardrooms, lunch rooms or on shop floors
- **On-demand delivery** – videos provide spontaneous and unlimited use
- **Sweat-free** – employees exercise in their work clothing
- **Self-guided** – easy-to-follow, no instructor required
- **Energizing** – combats fatigue and enhances alertness
- **Fun, social** – improves employee morale

### X bytes® are EASY to Use!

Videos play on PCs or Macs or can be streamed from a company server. The videos can be played an unlimited number of times in multiple locations.

### X bytes® Workplace Program

The workplace program includes video micro-breaks; wellness tips, articles and tip sheets; fitness products, and lunch & learn webinars. The X bytes® program is a perfect kick-start to an active workplace culture or as complement to an existing wellness program.

### Custom Branding Options

X bytes® videos, fitness/wellness tip sheets, resistance bands and other fitness products can be customized to include your company’s brand.



#### Deskercises



#### Chair Abs



#### Fitness/Stretch



#### Yoga



#### Mindfulness



Plus Face Exercises, Social Ice Breakers, and Wellness Bytes videos available for offices and manufacturing plants.

Let us show you how video fitness micro-breaks during the day can change your work experience!

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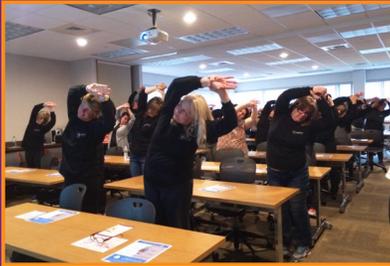
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 @Xbytes

## Fitness Micro-Breaks Program

X bytes® delivers a turnkey program that includes:

- X bytes® energizing stretch and mind-body videos
- Digital wellness information bytes
- Fitness/wellness tip sheets
- Fitness/wellness articles
- Byte-size learning (lunch & learn webinars)
- Fitness products (resistance bands, jump ropes, etc)



### **“I have no time for X bytes®. Our workdays are jam-packed as is.”**

We recognize that people at work sit or stand too much. Muscles become stiff and posture slouched. Concentration, focus and energy plummet – especially mid-morning and mid-afternoon. Our solution is a “byte” size approach: video fitness micro-breaks. Stretch, yoga and mindfulness videos are played throughout the workday to combat fatigue, boost energy and de-stress. Videos are short (about 5 minutes), making it easy to fit into a busy work schedule.

### **“People don’t like to exercise and they don’t want to sweat.”**

X bytes® fitness breaks are sweat-free stretches and mindfulness practices tailored for business attire. The exercises are easy to do and gentle for every body. There are no crazy dance moves or awkward yoga poses. Dr. Kim is committed to changing the way people think about exercise – by making it easy for people to “fit” fitness into their busy days – one byte at a time.

### **“People may feel awkward exercising at work.”**

Yes, some people may initially feel awkward exercising at work. X bytes® is a social icebreaker that builds camaraderie, makes participants laugh and smile. There is an infectious group energy that provides “peer pressure” to participate and X byte along!

### **“We don’t have a budget for fitness breaks.”**

We offer annual licenses that include a variety of packages and pricing, ranging from video-only packages to a comprehensive program that include any of the following: tip sheets, wellness bytes, articles, webinars, and fitness products.

### **“We don’t need energy boosters. Employees take coffee breaks.”**

Coffee breaks don’t offer the lasting “pick-me-up” employees need mid-morning and mid-afternoon. While coffee and snacks may be energizing for a short while, people end up feeling more fatigued once the caffeine and sugar high wear off. Coffee break induced fatigue can be counter-productive to working. Exercise, on the other hand, increases blood flow, pumping oxygen to the brain, which enhances the ability to stay alert and focused.

### **“Fitness breaks would not appeal to our conservative male employees.”**

All exercises have been experienced by a range of audiences (age and gender) and professions or occupations (executives, accountants, investors, doctors, health care professionals, lawyers, scientists, meeting planners, students, caregivers, office and factory workers, etc.). X bytes® is not just about exercise – it’s about building camaraderie and taking participants outside of their comfort zones to laugh, smile and move together.

### **“We already have a workplace wellness program.”**

Fantastic! The X bytes® easy-to-follow energizing breaks can stand-alone or be a perfect complement to your company’s wellness programs. We will work with you to help deliver content and create a wellness culture that fits into your workplace and benefits program.

### **“We have a gym and/or fitness classes on-site.”**

The X bytes® program is different from a gym or on-site fitness classes. Our short fitness videos are intended as stretch and mind-body breaks that are done before work shifts and throughout the workday to combat sitting or standing fatigue, and work fatigue. Our micro-breaks: re-charge the body and mind, deliver immediate energy, and keep employees productive and alert.

### **“There’s no space for a fitness break.”**

Fitness breaks can be done anytime, anyplace - at employees’ desks and workstations, in boardrooms and lunchrooms, or on shop floors. All breaks have been experienced in a variety of workspaces. In settings where space is tight, participants naturally adapt by not lifting their arms or legs as high, turning their bodies, or shifting their chairs.

### **“We can hire a fitness instructor who is live and less expensive.”**

A fitness instructor does not offer the same benefits as video technology and its on-demand delivery. X bytes® showcases 3 leaders and conveys more information and instructional tips than can be delivered with a live fitness break (e.g. text instructions and technique tips, anatomical illustrations of each exercise, close-up camera angles to demonstrate proper technique and modifications).

The on-demand delivery offers more flexibility and visibility than a live person. Videos provide spontaneous and unlimited energy boosters. Additionally, videos can be played in multiple rooms and locations, as well as in lunchrooms or break rooms where they can be shown on a continuous loop for people to follow along on their own time. Videos can be translated into multiple languages.

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