

# Fit by the 4<sup>th</sup>™

# 2018


## April 23<sup>rd</sup> thru the 4<sup>th</sup> of July!



## Join the Fit by the 4<sup>th</sup> Fitness challenge



Fit by the 4th is a fun, 10-week event that challenges employees to be as fit as they can be, physically, mentally, and financially. Team building, technology, personalized engagements, and incentives come together in a cost-effective, comprehensive wellness event that engages, educates, and inspires participants.

- Location centric, utilizes local parks, trails, sponsors, and merchants
- Physical, Mental, Financial health
- Team building and challenges
- Grand prizes and weekly raffles
- Group Activities
- B-Fit Mobile Smart app **B-Fit Mobile** connects your wearable 
- Award winning financial wellbeing education programming

Employees earn wellness points for reporting daily exercise, learning how to better manage their physical, mental, and financial wellbeing, participating in group events, and maintaining healthy biometrics. Fit by the 4th is a fun, morale building, and cost-effective way to engage, educate, and inspire your employees for a full 10-weeks. Implementation is a snap!

April 23<sup>rd</sup> through July 4<sup>th</sup>

## How Fit Can You Be?

Learn more at [www.fitbythe4th.com](http://www.fitbythe4th.com)

(914) 630-2385

\$29 per Participant / \$49 per Buddy-Up team

One time company subscription

<250 employees \$250

<500 employees \$500

<1,000 employees \$1,000

1,000+ employees \$1,500