

JUST GOT  FIT



A PROPOSAL

The Ultimate Platform

JUST GOT FIT LLC

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The Ultimate Platform Branded to the Houston Zoo

Corporate Wellness

We start with your most important asset, your employees. It is a fact that more active and healthier individuals are more productive at work, miss fewer days due to illness and have fewer medical expenses. The CDC reports that for every \$1 spent on wellness programs, as much as \$5.97 is realized in savings. We can implement an entire program for the Houston Zoo or integrate components into an existing one. Our entire program revolves around a concept that “No Two Are Alike” and we treat every company, division, location and individual as if the program was built for them, because it is.

Nutrition

The Zoo does a remarkable job with nutrition for the animals and with our customizable options we feel that together we can enhance your employee program in a number of ways.

Our platform allows for meal plans to be **customized** for the user (employee, customer..) based on cuisine, protein or favorite foods, to name a few. The experts (if applicable) at the zoo would be able to use our meal plans or build a meal plan around a carbohydrate/protein/fat percentage, to a specific taste, to a diet, a type of individual (ex. diabetic), and exercise regimen (ex. distance runner), carb cycling, paleo and the list goes on.

Our meal plans are complete with ingredients, serving sizes (based on an individual’s health goals), preparation instructions as well as a printable grocery list.

Our platform is able to include your own recipes as well and put into the database for all to enjoy.

Workouts and Exercise

We work with experts in a number of fields which include MLB and NFL strength and conditioning coaches. We have developed exercise programs that are internally derived from an individual’s input to questionnaires, strength assessments and ongoing progress. We will immediately enhance any program by providing the amount of weight to use, specific exercises available (by users own gym) and instructional videos that show proper technique, alignment and body positioning, muscles worked, trainer tips and precautions for this exercise. Outside of the workout plan, a user is able to add activities directly which dynamically change within the users goals.

Experts

We have experts in a number of cities and are confident that we will have a network of certified experts available to work with employees, customers and nutritionists depending on how extensive an offering you choose.

Customized for Houston Zoo

- Branding of landing pages, website, logos, buttons etc. to match corporate colors or location details
- Nutrition plans (ours or yours) with the ability to be designed by your dieticians and doctors
- Meal plans
- Team members assigned to the Zoo as a direct points of contact
- Ability to add and change news, articles of interest, food items, recipes, products etc.
- Can work with Zoo vendors for inclusion
- Email marketing
- Workout and exercise videos can be recorded on site for specific programs
- Fitness and Nutritional Experts assigned to locations
- 3D Body Morphing that shows the transformation to the individuals goal
- On-site strength and flexibility testing
- Health Risk Assessments (HRA)
- Fitness testing
- Strength testing
- Blood Panels automatically integrated through Ulta Labs
- Integrated with FitBit and Garmin (others coming soon)
- Discounts on boot camps
- Discounts on personal training
- Certified trainers available for group events
- Ability to offer discounts to members
- Ability to offer a Corporate Wellness “package” that can be customized to your customers or Volunteers
- Individual users have a personalized “Roadmap to Wellness Success”
- Individual users will be delivered articles and videos specific to a topic when their assessment indicates a “Modifiable Risk Factor” (ie.. high blood pressure)
- Aggregate reporting of all within the Zoo family with suggested 12 month plan of action
- Virtual coaching available

THE PLATFORM



Nutritional Plan

Show the calories consumed and is broken down by carbohydrates/proteins/fat

My Plan Dashboard

Show an individual's progress towards their goal as well as articles of interest and articles reflective of any modifiable risk factors that may have been detected in testing or questionnaires



Workout Plan

An entire plan built around your goals, your capabilities and even equipment available to you. This (and all others) are totally customizable to keep you on the road to succeed



3D Transformation

show progress from start to goals end

