

ENERGY COMPANY CORPORATE AT HOME MEMBERSHIP

We have created this membership and challenge to keep you moving with a purpose during this shut down so you can at least get as fit as you want to while dealing with the pandemic.



AT HOME MEMBERSHIP INCLUDES:

- daily video workouts
- activity coaching
- self assessments
- nutrition coaching and planning
- scheduling
- daily health and mental health tips
- stretching programs
- email support
- and more!



CORPORATE RATE AND HOW TO SIGN UP

- **Employees of our corporate partners are extended a \$30/month rate** to our at home membership. Download our app (search Energy Company in the app store), create an account, then go to 'Buy', 'Memberships', and 'At Home Membership'. Use code CORP30 at end of checkout process.
- **Health and wellness support is provided via email** at any time for any employee that answers questions, creates exercise programs from basic to advanced, and provides solutions to individual health issues. Emails are answered within 1 working day.
- **Email moneil@energyco.ca for questions**

Looking forward to helping you get through this through fitness and the emotional outlet it provides!