



At SworKit, we're committed to making the world a significantly healthier place by creating a long-lasting, generational impact. That's why we created the SworKit Youth Initiative.

The SworKit Youth Initiative provides children across the world with free access to SworKit's premium digital fitness technology.

SworKit is committed to dedicating time and resources to help build healthy habits with kids today, because we believe it's essential to combat obesity in the future.

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Parents, now you can SworKit with your kids!

SworKit (Simply-WORK IT) is the best way to get a great workout anywhere, anytime, and on almost any screen.

### **Two Ways to SworKit!**

#### **Option 1: SworKit Kids – ideal for elementary students**

Step 1: Download the SworKit Kids app from your smart phone and get started. It's that simple!

#### **Option 2: SworKit Fitness – for older kids and adults**

Step 1: From your web browser (not your mobile app), go to: <https://app.sworKit.com/redeem>

Step 2: Sign up, or Sign in if you already have an account.


Step 3: Enter code: **SYILINDBERGHSHS** then click on "Redeem Code"

You will now be logged in at <https://app.sworKit.com> and able to access SworKit Premium content on all your devices. SworKit and SworKit Kids should be used with adult supervision.

Regardless of your skill level or experience, SworKit Kids and SworKit will give you and your kids a great workout anywhere, anytime.

### **Did you know?**

Active kids have 40% higher test scores, are 15% more likely to attend college, and earn between 7-8% more as adults.

Follow us on social media for custom workouts, tips, and how-to's.  
@sworKitfitness | @sworKit | [sworKityouth.com](http://sworKityouth.com)