



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 teachers and students 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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Now you can use SworKit at school and at home!

*Perfect for PE, instant activities, rainy days, in between subjects, before and after school, and more!*

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

**Ready, Set, SworKit!**

**Get Started!**

**Step 1:** From your web browser (not your mobile app), go to:

<https://app.sworKit.com/redeem/SYI202003125>

**Step 2:** Select "Sign in with email" – input email, name and create your account password

**Step 3:** Your code will automatically be applied. Your SworKit membership is valid for one year. A new code will be provided next year through your school point of contact.

**Step 4:** Once the account has been created, then download the mobile app on any mobile device or tablet for more flexibility with use. When signing in to the mobile app, use the same email and password that were used to create the account on the web browser.

**Step 5:** Explore the app – there are a lot of workouts to choose from and you can select any workout for any amount of time. SworKit should be used with adult supervision.

***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.  
@sworKit | @sworKit | #sworKit | [sworKit.com/youth-initiative](https://www.sworKit.com/youth-initiative)