

“WAS THE KICKSTART I NEEDED. I FEEL AMAZING!”
RACHEL B.

EVOLT



WELLNESS CHALLENGE OVERVIEW

Step 1: Week 1 - Initial Scan & Baseline Analysis

Participants complete a quick and easy Evolt 360 Body Composition Scan to establish their starting point with detailed baseline data.

Step 2: Week 1 - Goal Setting

Each participant receives tailored feedback and personal health targets based on their scan results, setting a clear roadmap for success.

Step 3: Week 1 - Challenge Kick-Off

The challenge begins! We Begin putting scan data together

Step 4: Week 1-6 - We send members email resources to support their wellness journey, helping them stay motivated and on track toward their goals.

Step 5: Week 6 - 8 - Final Scan & Celebration

Participants complete their final Evolt 360 body scan to track progress. Transformations are celebrated, winners are announced, and a final report is provided—showcasing the collective success of your team.



A photograph of two men in a gym setting. One man, wearing a grey t-shirt and black shorts, is standing and holding a clipboard, looking down at it. The other man, wearing a black t-shirt, is sitting on a black exercise machine, looking up at the first man. In the background, there is a large window and some gym equipment. The word "EVOLT" is written in a stylized, metallic font in the top left corner.

EVOLT

BENEFITS

Your members are the heart of your gym. When they feel great and see real progress, they stay longer, train harder, and bring others with them.

The Optimal Wellness Challenge isn't just another fitness program – it's a proven system designed to boost motivation, build community, and deliver measurable body transformations.

We recently ran this challenge with teams at Fonterra New Zealand – and it was a massive hit. Now we're bringing it to gyms, where the energy, competition, and results are even better. Members loved it, pushed each other to improve, and walked away with results they could see and feel. Now, we want to run the Optimal Wellness Challenge in your gym – and help your members unlock their next level.

WHY GYMS & ORGANISATIONS LOVE IT

It Works: *80% of participants hit their health goals.*

Stronger Performance: *Healthier members train harder, recover better, and stay consistent.*

Boosts Retention: *Members stay longer when they see results and feel supported.*

Easy Setup: *No disruption to your gym. Quick scans, clear goals, and full support provided.*

It's a win-win: *Fitter members, a stronger gym community, and a new revenue stream for your business.*

RECENT SUCCESS STORY: FONTERRA NEW ZEALAND

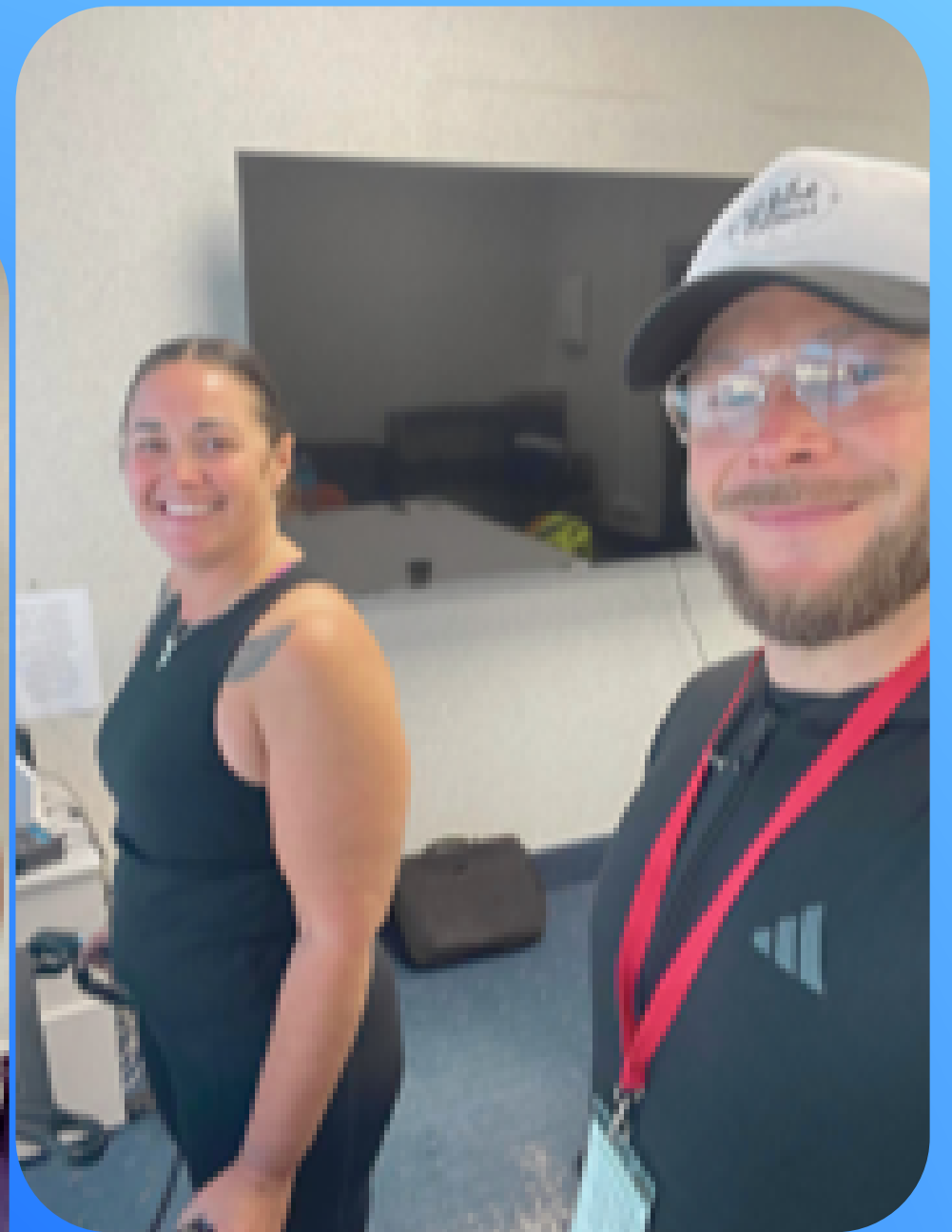
80 Scans Complete Team spirit skyrocketed - staff were pushing each other to improve Fonterra rebooked us in multiple departments.



MOST RECENT CLIENT



Dairy for life



CORPORATE CLIENTS



\$60 per member
per individual scan

\$120 per member
per 6 Week Challenge

\$199 per member
per 8 Week Challenge

READY TO MAKE IT HAPPEN?



You'll be building a culture of health, boosting member motivation, and showing your community that their wellbeing matters. The Optimal Wellness Challenge empowers your members to grow – physically, mentally, and emotionally – both inside and outside the gym. It reinforces your gym's commitment to real results, lasting change, and long-term member success.

Email: communityhealthnz@gmail.com

ph: 02108981803

www.communityhealthnz.org