



StayFit with Rival

A StayFit Plan Program

StayFit with Rival is a customized fitness and nutrition program for corporations and organizations searching for an **effective and sustainable wellness solution**. **StayFit with Rival** leverages web-based and DVD-based services that emphasize natural weight management and fitness through exercise and sensible nutrition. **StayFit with Rival** is deployable across any size company yet customized to the individual employee and provides a unique patent-pending measuring system **without** the hassles of daily journaling or activity-based tracking.

Performance Reporting

- Baseline vs. Measurable Goal
- Online Monitoring
- Pareto and Trend Reports
- Reporting by Location and Aggregate

Our team of dedicated "Rival Rousers" will support every aspect of the implementation process to ensure a successful and fun experience for everyone.

To Learn More Contact Us Today !

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Our Difference

Every employee receives a unique profile – and a daily email with a custom fitness and nutrition plan designed to meet their conditions, activities and goals.

From there they can follow the video workouts online or DVD and interact or change their menus with shopping lists, detailed ingredients, recipes and even nutritional labels.

We **do not** "track activities" or ask participants to spend their time doing a lot of busy work "tracking activities" we want them **DOING** the activities. No journals, no diaries – it's just that simple.

