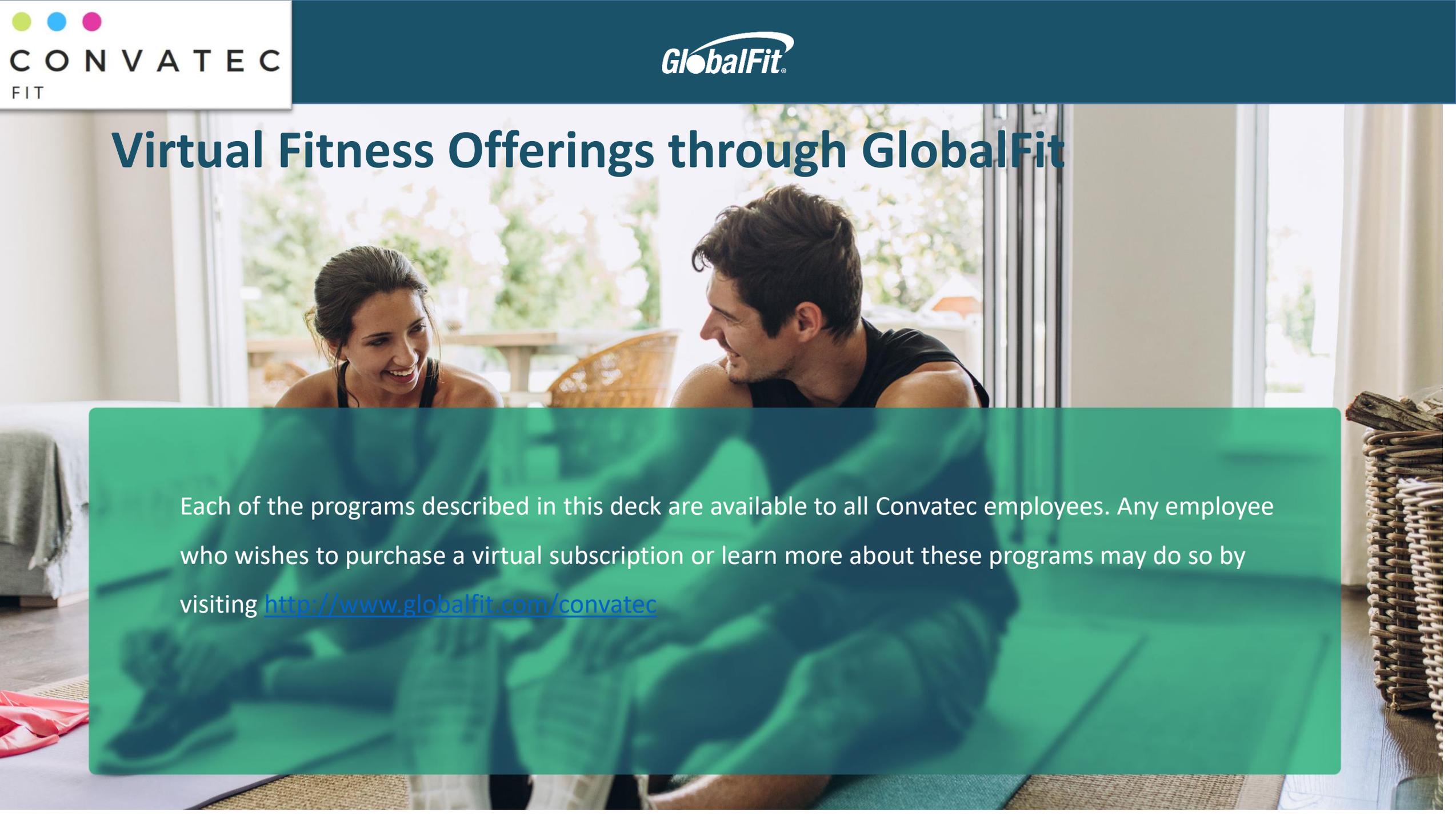


Virtual Fitness Offerings through GlobalFit



Each of the programs described in this deck are available to all Convatec employees. Any employee who wishes to purchase a virtual subscription or learn more about these programs may do so by visiting <http://www.globalfit.com/convatec>

Les Mills

Group Fitness Classes on Demand



Les Mills On Demand gives you access to world-class group fitness classes that you can play through your home devices and workout in the comfort of your own space. Featuring great music and inspiring instructors, you'll get the motivation you need to work out whenever and wherever you'd like. Choose from a variety of different class types including strength, cardio, cycling and more!

Getting Started

1. Purchase and register your account with your special GlobalFit access code.
2. Install the app. You will be able to do this once you are done registering.
3. Get moving!



Honor Yoga Now

Virtual Yoga and Meditation
Classes



Honor Yoga Now offers online yoga videos with Honor Yoga's expert instructors offering a variety of classes, instructors and class lengths, plus specialty yoga and meditation classes such as mindfulness, yin yoga, chair yoga, prenatal yoga, core strengthening, how to videos, and more!

Getting Started

Honor Yoga Now does not use username and passwords. Once subscribed, you'll receive an automated email with your login link. We recommend bookmarking this link for easy access, this link is unique to you. Simply click the link to login.

BurnAlong

Personalized Online Well-Being Classes



BurnAlong offers personalized online well-being classes and social motivation for everybody. Choose from 1,000+ classes across more than 30 categories including cardio, mindfulness, nutrition, physical therapy and more!

Getting Started

After you have purchased a BurnAlong membership through the GlobalFit website, you will receive a welcome email from BurnAlong that will provide your credentials to access the program.

Forte

Stream live and on-demand boutique fitness classes from top studios worldwide directly to you



Stream live and on-demand boutique fitness classes from top studios worldwide. Choose from a wide variety of cutting-edge workouts to stay fit no matter where you are.

Getting Started

Once you have purchased a Forte Fitness Membership Discount Code through GlobalFit you will receive an email with instructions on how to finish setup and registration on the Forte platform.

World of Dance

Experience the #1 Online
Dance Community



World of Dance offers livestreaming dance classes as well as access to a library of on demand classes.

Getting Started

After you have purchased a through the GlobalFit website, you will receive an email with information on how to download the app and finish setting up your account.

FitReserve

Premier Boutique Studios
From Anywhere!



FitReserve Anywhere allows you to livestream group fitness classes from a wide variety of top studios and provides a library of on demand audio workouts.

Getting Started

After you have purchased a FitReserve Anywhere membership through the GlobalFit site, you will receive an email with instructions on how to activate your account.