

Is your event **jam-packed** with sessions?
 Do you ever need to **fill program gaps**?
 Looking for new & innovative **sponsorship opportunities**?
 Want to make your events **more memorable**?

On-Demand Fitness Breaks that **Energize** and Attract **Sponsorship** Revenue

How X bytes™ Works

X bytes™ are short video bytes of exercise that are easy to “fit” into your already packed schedule!

Each of the four X bytes™ videos is under 6.5 minutes and can fit into your program as:

- A mid-morning and mid-afternoon **energy booster** when energy levels are low
- An on-demand and on-the-spot **time filler** when things don’t go as planned
- A **new and innovative break** that creates a memorable experience for attendees
- A **break room program** where videos are looped and people follow along at their leisure

Each X bytes™ break consists of an engaging animation of less than a minute, a 21 second introduction, and a 5-minute fitness break. The video can be shown in its entirety or shortened to fit your event schedule.

X bytes™ Features and Benefits

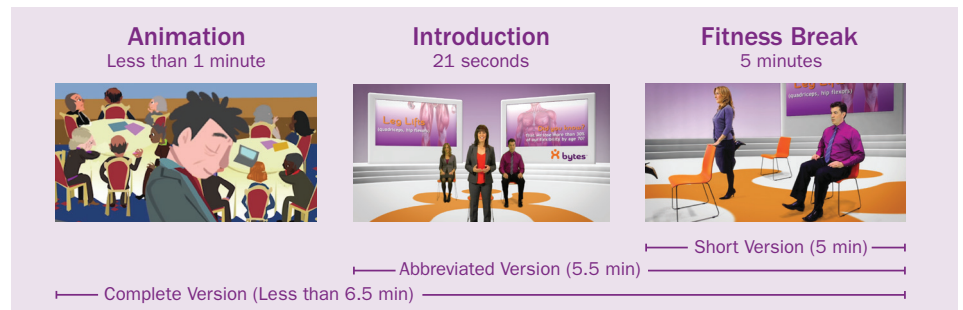
- **Brief** – can be easily inserted into any meeting or conference program
- **Convenient, social icebreaker** – can be done at attendees’ seats or in a break room
- **On-demand delivery** – videos provide spontaneous and unlimited use
- **Sweat-free** – attendees exercise in their business attire
- **Gentle** for every body – there are no crazy dance moves or awkward yoga poses
- **Healthy and memorable break** – combats sitting fatigue and learning fatigue

X bytes™ are EASY to Use!

Videos can be downloaded from the Internet and played on a PC or Mac, or web streamed.

Custom Branding Options

X bytes™ provides **sponsorship appeal!** Custom video branding brings sponsors memorable, prominent and frequent exposure.



Let us show you how on-demand fitness breaks during the day can change your conference experience!

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