

# LET'S GET DIGITAL!

How to maintain client contact in lock-down



fisikal™

[www.fisikal.com](http://www.fisikal.com)

**Over the next few months, people are going to be advised to spend less time out and about and more time at home. This does not have to mean the end of engagement between fitness providers and clients or members.**

The good news is, you can be part of the fisikal ecosystem and have the digital capability to continue to manage engagement with clients despite the fact that physical contact may be limited. Through the fisikal product, you get access to a wide array of functionality which will enable you to maintain contact and services to members and clients wherever they happen to be located.

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# DIGITAL WORKOUTS

Through our vast video library of exercises or with your own content, you have the capability to create and push-out bespoke digital workouts for clients to access at home via an app.

This not only helps clients maintain their training plan, but also means you have an opportunity to continue to offer valuable, chargeable services.



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# STREAM CLASSES

Operators, Studios and professionals can stream classes to clients through both web and app platforms. This means that clients can continue their workouts classes at home.

All our digital content can be time released, so classes become available at specific times. You can create a library of classes and release them when needed. You can create both free or premium classes for your clients and take payment directly through the app.

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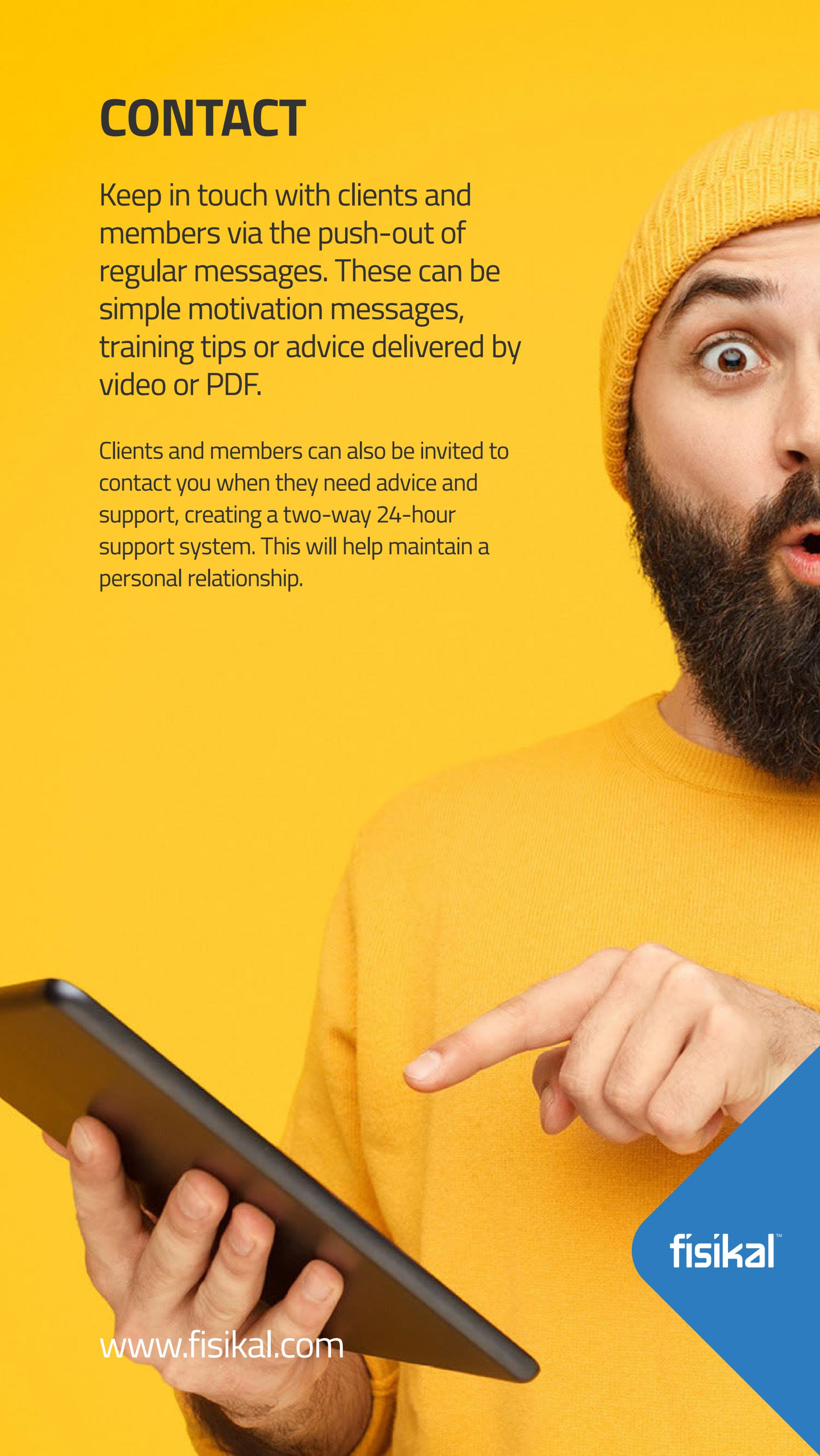
# CONTACT

Keep in touch with clients and members via the push-out of regular messages. These can be simple motivation messages, training tips or advice delivered by video or PDF.

Clients and members can also be invited to contact you when they need advice and support, creating a two-way 24-hour support system. This will help maintain a personal relationship.

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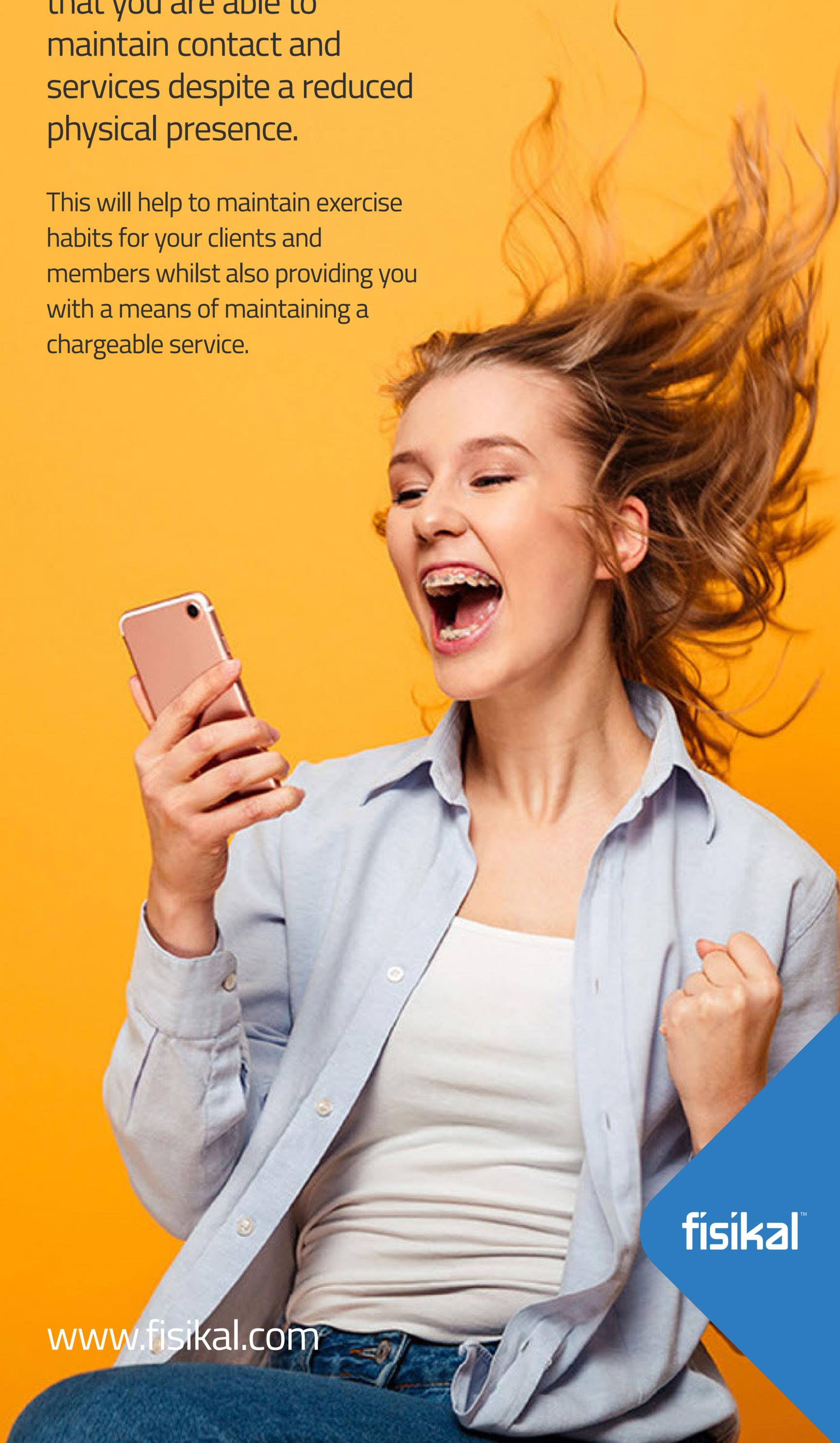


The important factor is that you are able to maintain contact and services despite a reduced physical presence.

This will help to maintain exercise habits for your clients and members whilst also providing you with a means of maintaining a chargeable service.

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We are here to help. If you would like to chat through your digital options already included in your package, or how to maximise your digital opportunity in the coming months, please get in touch with us directly via email or phone.

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