

WELCOME TO PLT4M

*Let's Rethink Our Approach
to Student Wellness*

OUR MISSION

PLT4M exists to empower educators with the tools and resources needed to impact the health and wellness of this nation's youth in a real way. We aim to be partners with teacher and student alike in pursuit of lifelong physical, mental, and emotional well-being.



OUR WHY

Student health and wellness is more at risk than ever before.

Obesity, Inactivity, Depression, and Anxiety are all at historically elevated rates.

Post-Covid, Schools are facing new and challenging behavioral issues.

Academic Performance is slumping.

Exercise has been universally proven to positively counteract ***ALL of these issues.***





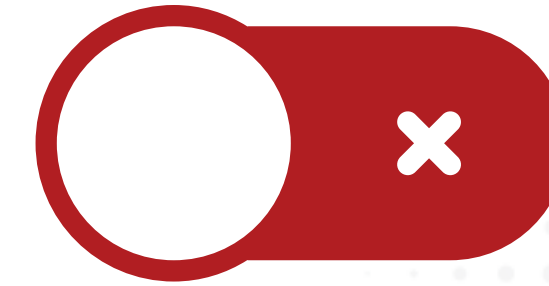
OBESITY

Childhood Obesity amongst kids 6-19 is **21.45%** with minority populations and low income families disproportionately at risk [\(1\)](#).



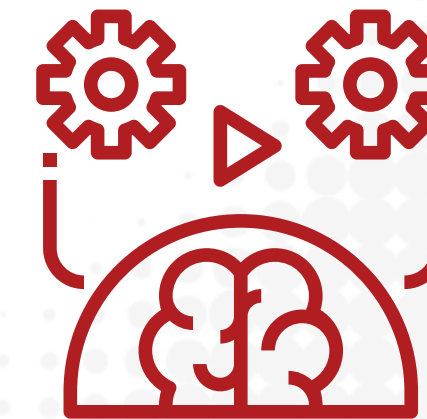
ANXIETY & DEPRESSION

Suicide is the fourth leading cause of death in 15-19-year-olds [\(3\)](#).
70% of teens today cited Anxiety and Depression as the #1 issue affecting their peer group [\(4\)](#).



INACTIVITY

The CDC recommends **60 minutes of activity per day** for students. **Less than 25%** of students achieve this [\(2\)](#).



BEHAVIOR

87% of public schools reported that the COVID-19 pandemic has negatively impacted student socio-emotional development during the 2021–22 school year, with classroom disruptions due to misbehavior at the top of the list [\(5\)](#).

THE ANSWER



(1) Shift the Focus of Phys Ed Away from Games to Student Wellness

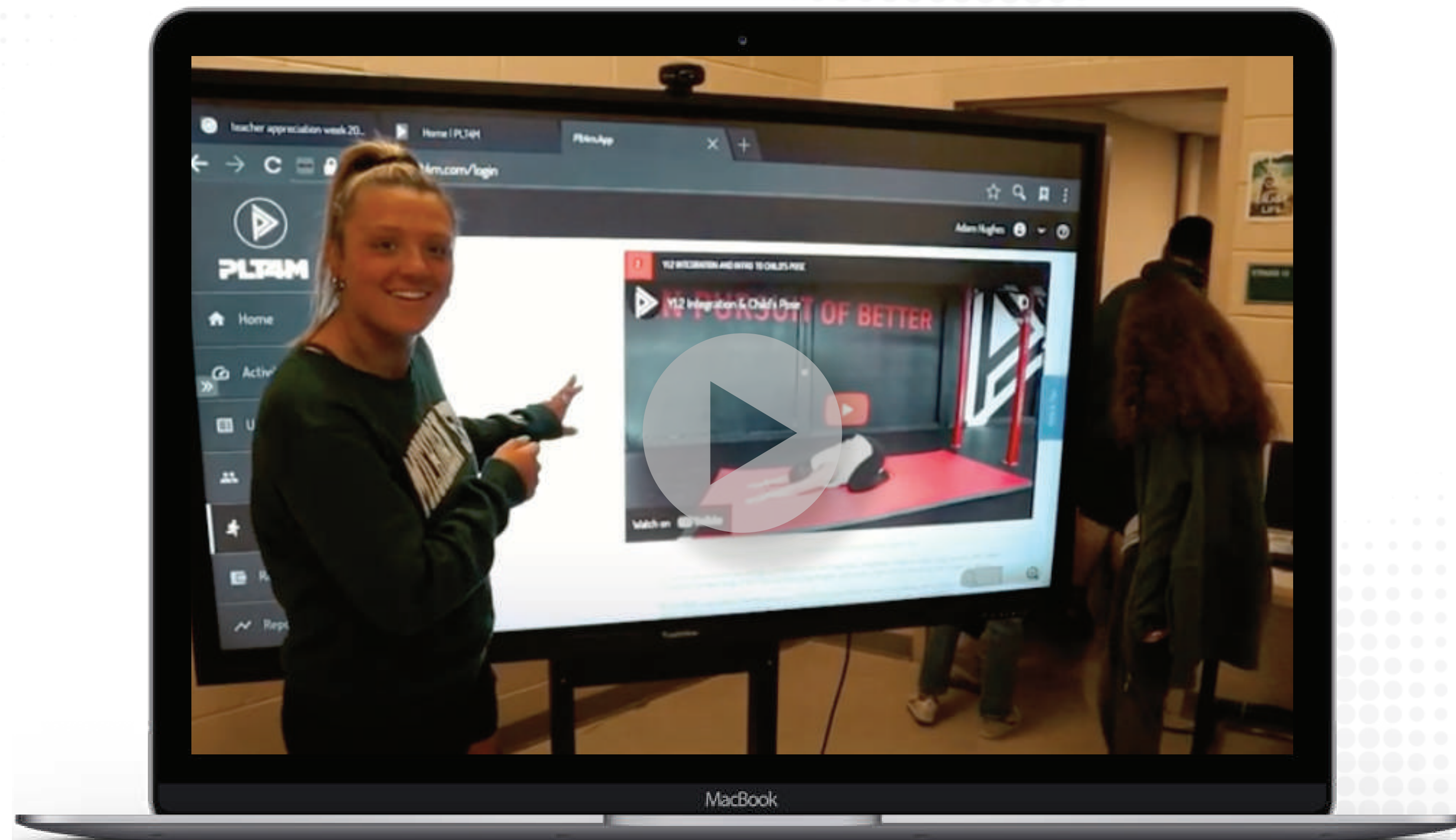
Only 5% of adults over the age of 26 play organized sports. Therefore, PE must outgrow its “roll out the ball” reputation.

(2) Adopt a Lifetime Fitness Curriculum in PE

- Exercise has been shown to combat obesity and all major causes of death related to it.
- Exercise reduces anxiety and depression.
- Exercise improves focus, classroom behavior, and attendance.

(3) Increase Phys Ed Requirements for All Students

Despite the CDC stating that schools are the best defense against childhood inactivity and obesity, and that PE should play a major role in this battle, no state requires the recommended 300 minutes of activity in PE for grades 6-12th



OUR SOLUTION

PLT4M supports PE Departments with 30 unique lifetime fitness curriculums.

We optimize implementation and execution through the use of a user friendly tech platform for staff and students.

We help tens of thousands of students get physically and mentally fit each month.

OUR IMPACT



80,000

MONTHLY ACTIVE USERS



250,000

MINUTES OF PLT4M VIDEO CONTENT
CONSUMED EVERY MONTH



6,000,000

MINUTES OF FITNESS ACTIVITY LOGGED
VIA THE PLT4M APP EVERY MONTH

WHY DOES IT WORK?

For PE Teachers:

1. Effective and age appropriate content that supports teachers' education efforts
2. Easy to use technology
3. Tools to track participation and measure outcomes

For Students:

1. Engaging, inclusive lessons that make students feel physically better.
2. Diverse curriculum options.
3. Technology that boosts participation.
4. Connecting students to their training data has positive effects on motivation.





Example Curriculum Track – Middle School

Goal: Introduce students to a wide variety of Lifetime Fitness activities and build a foundational competency of movement.

6TH GRADE (36 LESSONS)

- Intro to Yoga Part 1
- Intro to Flexibility
- Intro to Pilates

7TH GRADE (42 LESSONS)

- Intro to Fitness Part 1
- Intro to Mindfulness
- Intro to Yoga Part 2

8TH GRADE (42 LESSONS)

- Intro to Fitness Part 2
- Intro to Mindfulness
- Fitness Literacy

Example Curriculum Track – High School

Goal: Round out the foundational courses, and then create a student centered learning environment by opening up electives in 10-12th grade.



10-12TH GRADE: ELECTIVE MODEL

9TH GRADE (55 LESSONS)

- Intro to Strength Training Part 1
- Intro to Strength Training Part 2
- Intro to Nutrition

FITNESS (78 LESSONS)

- Fitness Anywhere
- Personal Fitness
- Dance Fitness
- Intro to Boxing

WEIGHT TRAINING (24 LESSONS)

- Personal Weight Training

MOVEMENT (42 LESSONS)

- Intro to Mobility
- Yoga Flows
- Stretching Routines

ATHLETIC DEVELOPMENT (78 LESSONS)

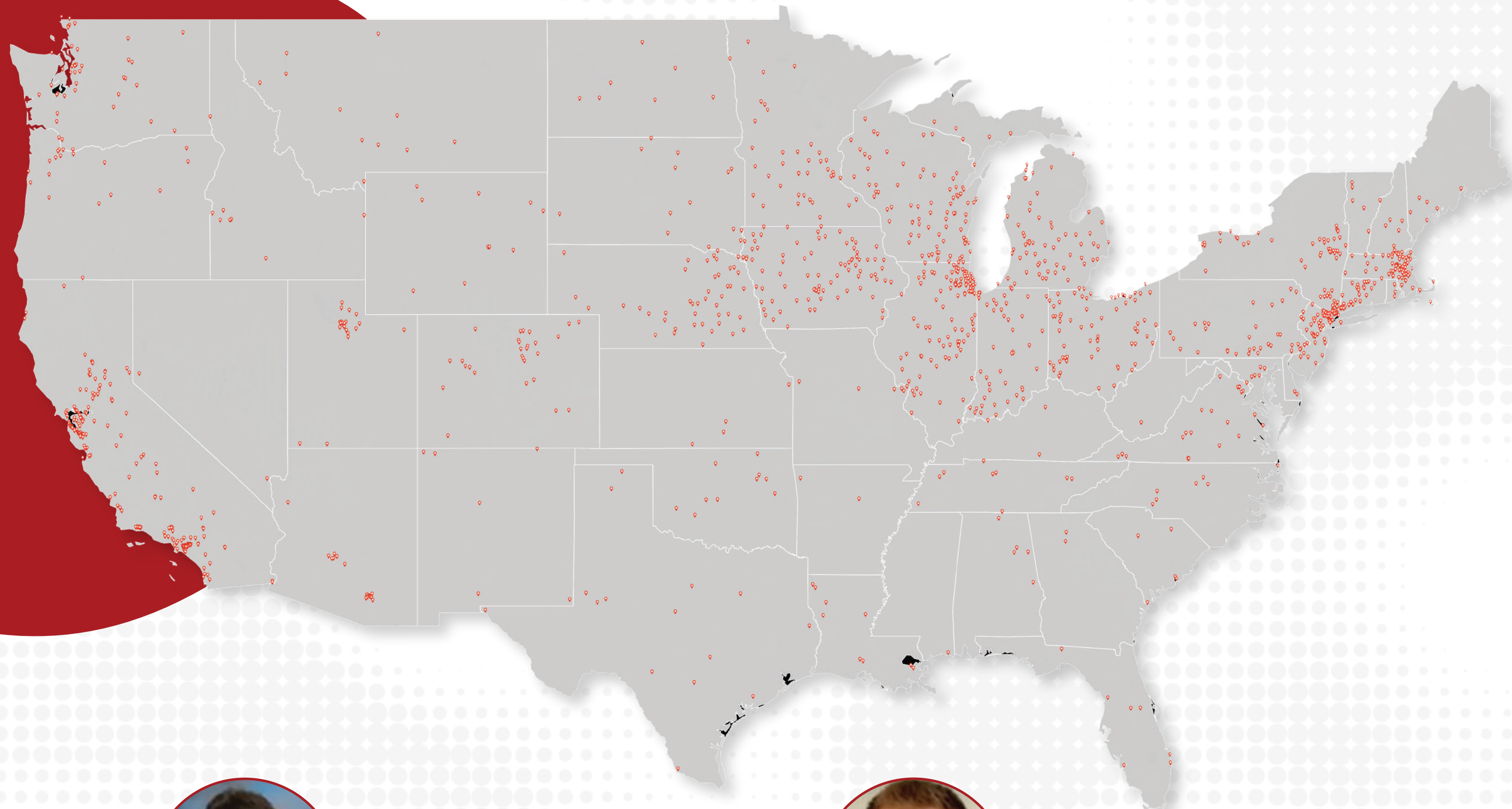
- Athlete On Ramp
- In-Season, 2, 3, and 4 Day Off-Season
- Speed Training
- Conditioning

WHAT DOES PLT4M LOOK LIKE IN SCHOOLS?



MORE THAN 1,200 SCHOOLS TRUST PLT4M

We make thousands of teachers' lives easier every day!



HERE'S WHY:

“



Christi Meyer
PE Teacher,
Lewiston, ID

“We saw PLT4M as a valuable resource in our ability to deliver a high-quality curriculum. Our goal has always been to provide students fitness, health, and wellness experiences, and we saw PLT4M’s curriculum as our best opportunity to enhance that.”

“



Kim Matczak
PE Teacher,
Kaukauana, WI

“We see it as our job to help build lifelong fitness skills and because this can look so different depending on the person, we are happy to have found a program and structure that works for us.”

“



Brandon Siegel
PE Teacher / Head Football Coach
Fullerton Public Schools
Nebraska

“What I love most about PLT4M is my ability to differentiate instruction to each of my students. I can feel confident that I am meeting each student at their ability level, but also catering to their individual interests.”

PRICING

SCHOOL ACCOUNT

\$100/MONTH (PAID ANNUALLY)

What's Included?

- Unlimited Staff Accounts
- Access to over 25 Programs
- More than 700 Workouts
- 2,000+ Demo Videos
- Workout Builder

And....

- Dedicated Success Rep
- 90 Day On-Boarding (see next page)
- 10 Hrs/Year of Professional Development

STUDENT LICENSE

\$ 1 PER STUDENT/YEAR
(MINIMUM OF 25 STUDENTS)

What's Included?

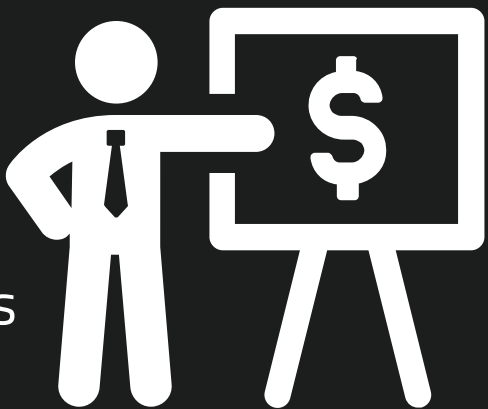
- Individual Student Accounts
- Access on ANY device
- iOS/Android App
- Personalized Workouts
- Assessment & Data Tracking
- Unlimited Reports
- Personalized Workouts
- Activity Dashboard
- Leaderboards

EXAMPLE PRICE

ABC High School wants to sign up with 200 students.
Their cost would be: **\$1,200 + \$200 = \$1,400/yr**

HOW DO SCHOOLS PAY

- Textbook Budget
- Curriculum Budget
- Combined PE and Athletic Budgets
- Local and/or State Grants
- Software and Technology Budget
- ESSA and ESSER Funding



We accept Purchase Orders, Checks and Credit Cards



👋 Hello! I'm excited to work with you.

ON-BOARDING PROCESS



JACKIE WOGAN

Director of Customer Success | CF-L1

HERE'S WHAT TO EXPECT WITH YOUR PLT4M ONBOARDING.



1 on 1
training
calls



Timely help
articles
& tutorials



Access to our
collaborative
community



Phone
& Email
Support

THE PROCESS

1

KICK OFF

- Kick things off with our self-guided Onboarding Checklist.



As soon as you receive your registration link!

2

TRAINING

- We suggest scheduling an optimization call within 30 days of creating your account



The first 30 days

3

COMMUNITY

- Browse the community for continuing education topics, additional resources, and inspiration.



At your leisure

4

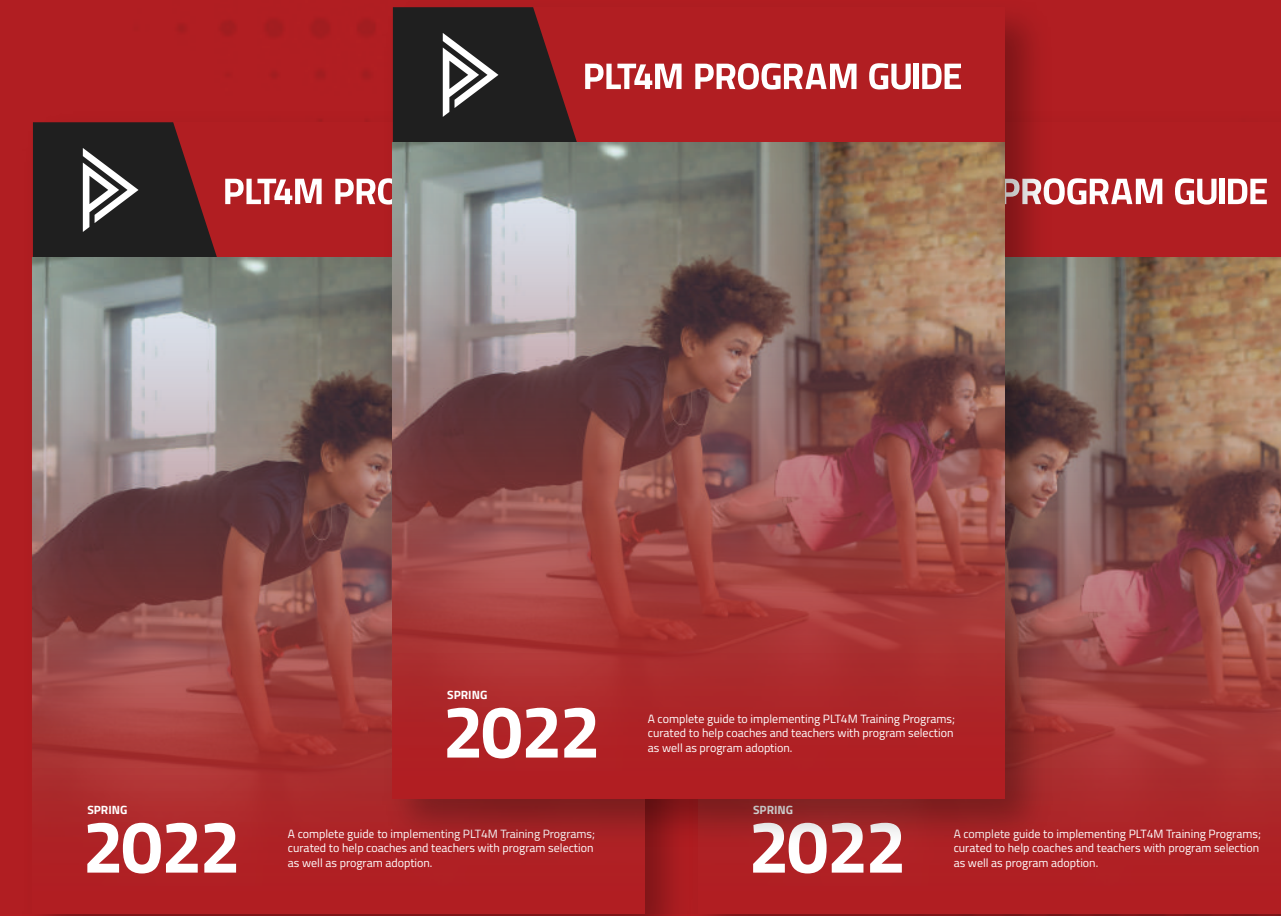
CONTINUED SUPPORT

- Schedule check-in calls, call our support line, or drop us a message.

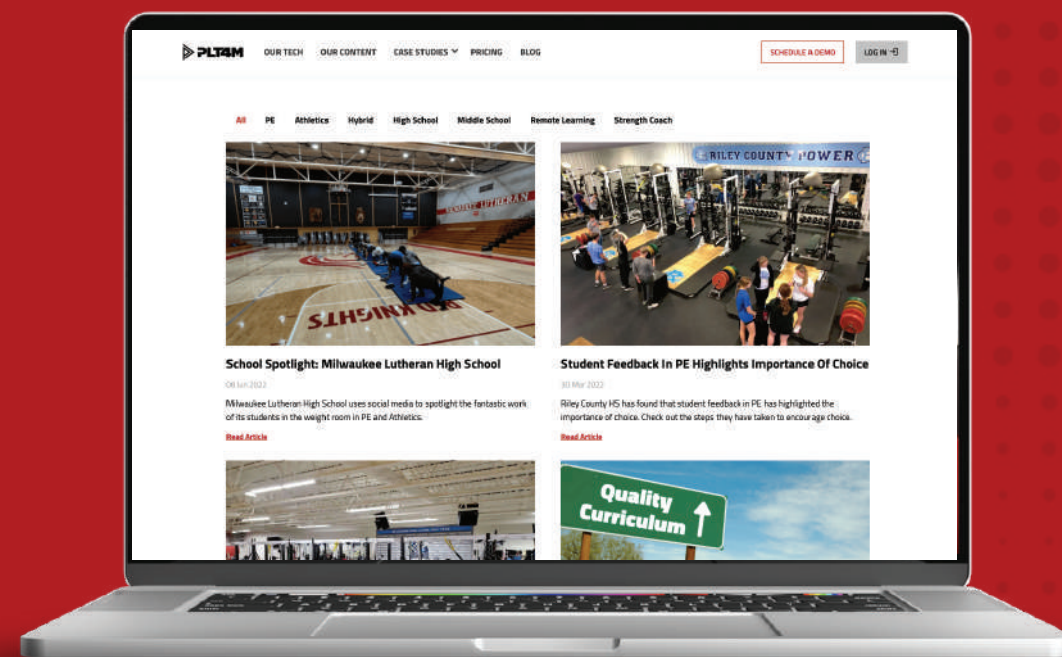


As needed!

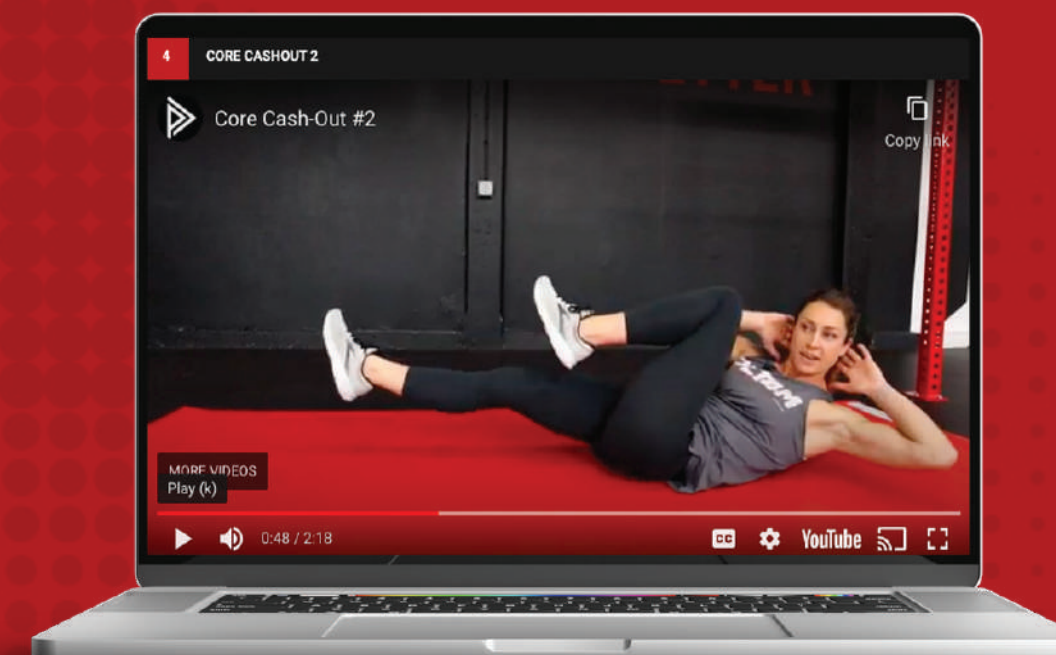
EXPLORE OUR RESOURCES FURTHER!



[Download our Program Guide](#)



[Check out Success Stories](#)



[Explore our video content on Youtube](#)



[Download our SHAPE Standard Alignment PDF](#)

FOLLOW US ON SOCIAL

