

EXERCISE, DIET & WELLNESS

Welcome to Perkspiration where you can turn your sweat into great rewards!

At Perkspiration we believe that rewarding your healthy choices will lead to many more. We have teamed with several companies who believe the same thing. They are providing products and services which our members can earn through hard work, healthy living, and wellness.

Turn your great choices into great products and services by trading in your points. You can earn even more points by competing in challenges with friends and other Perkspiration members.

EAT FOR BALANCE. Eating a balanced diet is the most important aspect of your health and fitness. When you decide to eat well, we believe you should be rewarded. Perkspiration has over 200 food choices that give you reward points, so you can always find something you will enjoy while enjoying the rewards you'll be earning.

STEP BY STEP. Exercise. Get rewarded. Exercise some more. Get more rewards. It's as simple as that. Whether you fit in a walk over your lunch break or commit to a killer session at the gym, we want to reward you for your efforts. With a variety of exercises to choose from, you can earn great rewards regardless of your fitness level. Our goal is to encourage you to live a little healthier each day.

MIX IT UP. Oftentimes we don't know where to start or we get bored with our routines. This can lead to a lack of motivation, or to stopping the program altogether. At Perkspiration, our rewards include fitness plans created by professionals so you always have something new to try. Find your favourite routines and reignite your passion for fitness.

TAKE TIME OUT. One of the most overlooked aspects of our health is relaxation. Life is stressful so you need to slow down sometimes. Perkspiration offers rewards for stress-reducing activities to inspire you to take some time for yourself.

Perkspiration is here for you on your journey. We reward your healthy choices. Take a step towards a healthier you by joining us today. We know you can do it and we want to inspire you the whole way.

REWARDS

We make it easy to earn rewards from leading health and fitness companies.

Perkspiration provides motivation to people who desire a happier, healthier lifestyle. We do this primarily by partnering with great businesses and mentors who share our passion for helping people. These businesses provide rewards which you can earn by making positive choices.

Each positive choice earns you points which can be redeemed. Our belief is that these rewards will encourage you on your journey of making more and more healthy choices. You'll find with each small change you make, it will be easier to make the next one. Healthy habits will form and you will be well on your way to achieving your goals.

Ways to earn points include:

- **Logging your exercise, food, and wellness victories.** Studies show that keeping a log doubles your chances of success.
- **Inviting your friends.** Starting and maintaining a healthy journey can be hard but having friends to support you makes it so much easier. You are 300% more likely to stick with a program if you are doing it with a group of friends.
- **Maintaining your streak.** By checking in every day you will be more likely to remain motivated. The streak awards points for every consecutive day you log in. A two-day streak earns you two points and a 100-day streak earns you 100 points. Remaining consistent adds up!

It's easy to earn back your membership fee and then some through our reward system. But we also want to make sure you get your money's worth from day one. That's why we provide over \$1000 worth of programs for you to use from the moment you sign up.

You can choose from healthy eating challenges like a 14-day keto diet, or a 1500-calorie healthy eating plan, or a 28-day clean eating plan, and more. There are also exercise plans, such as our Tabata Gym Program, or our 30-day Body Weight Program, or how about our 28-day Beach Body Blast-Off? Whatever your goal, we have a program to get you started and we are committed to keeping you motivated. In fact, our goal is to ensure that you achieve yours.

Here are some of the rewards you can look forward to when you become a member of Perkspiration.

ABOUT US

Are you looking to get back into shape but can't seem to find the motivation? Or maybe keeping fit hasn't been your thing in the past but your lifestyle has caught up with you.

Whatever your reasons for deciding to get active, eat well and live healthily, you're in the right place to get started.

Hi, I'm Jason Cooper and I'm here to help you lead a healthier lifestyle. I'll help you celebrate each small success and not let setbacks stop you. I want to provide you with great value and results when you become a member of Perkspiration.

Our Story

Perkspiration was born out of my own experience of finding myself out of shape. I was working a physically demanding job that kept me fit but that all changed when I transferred to a less active but more stressful job. I started to gain weight from stress-related eating and a lack of exercise. I didn't really notice it until one day I was passing a mirror. I was surprised to see a fat guy.

I read everything I could get my hands on about health, nutrition, and exercise. I tried a variety of plans but always lacked the motivation to see them through. As I learned more about human performance, I discovered the simple concept of rewarding the good and forgetting the bad. I set up a series of milestones for myself with rewards for reaching them.

The milestones were micro-goals, such as: *Today I'm going to eat vegetables for a snack instead of chips*. My reward was a star on the calendar – yes, even adults need encouragement! If I accomplished 10 micro-goals in one week, I rewarded myself by going to a movie or buying a book.

I noticed that these micro-goals were habit-forming and many of my unhealthy habits were being replaced by healthy ones. Next thing I realized is the guy in the mirror was not quite so fat.

I used my years of experience in the Canadian Forces and what I had learned on my own personal fitness journey to create Perkspiration – an online exercise, diet and wellness hub. I have teamed with several companies who believe like I do that rewarding healthy lifestyle choices will lead to many more. Better than a movie or book as motivation, they are providing products and services which our members can earn through hard work, healthy living, and wellness.

Our Team

You're in good hands here at Perkspiration. We have a team of qualified personal trainers and nutrition advisers who create our fitness and nutrition plans. We are all dedicated health and fitness enthusiasts who know the challenges of fitting exercise and healthy eating into your daily routine. Whether your main goal is to get fit, improve strength, or lose weight, we have plans and rewards to guide and motivate you.

Jason Cooper has 15 years of experience as a training officer in the Canadian Forces with a focus on fostering human performance.

Faye Chapman is a personal trainer and sports nutrition advisor based in the UK but working with clients around the world.

Megan Lieu is a NASM certified personal trainer, competitive powerlifter, and NPC bikini bodybuilder based in the U.S.

Join a motivational community here at Perkspiration and we will help you achieve the results you want.