



**ON DEMAND**



## TOP 8 BENEFITS

1. KAATSU is the ultimate corporate wellness program by enabling employees to exercise or rejuvenate at their desk or work area.
2. Enables exercise (aerobic, isometric, stretching, strength training) to be performed without having to change work attire, break a sweat, or mess up hair, makeup or clothing.
3. Stimulates the secretion of a significant amount of human growth hormone and adrenaline—a huge bonus before important meetings or presentation.
4. Helps relieve stress as well as minor aches and pains during especially stressful periods at work.
5. Enables employees to order exercise at any time during the workday.
6. Sessions can be requested online and Specialists will show up at your office within 2 hours for a great on-site workout.
7. Can be completed within 10 minutes while talking on the telephone or writing emails without use of weights or equipment.
8. Can be utilized to combat jet lag or insomnia during business trips.

## CORPORATE EXECUTIVES USING KAATSU

Taco Bell Corporate, Facebook, Microsoft, Google, Accretive, William Morris Endeavor, Groupon

## ABOUT KAATSU

KAATSU is the world-leader in blood flow moderation training and therapy. Invented in 1966 by Dr. Yoshiaki Sato in Tokyo, Japan and protected by 47 patents, KAATSU equipment and protocols have an impressive and unprecedented safety track record with over 20 million individual KAATSU sessions in dozens of countries across the globe. From elite athletes, to baby boomers, and everyone in between, KAATSU is the ultimate biohack for health and rehabilitation.

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