



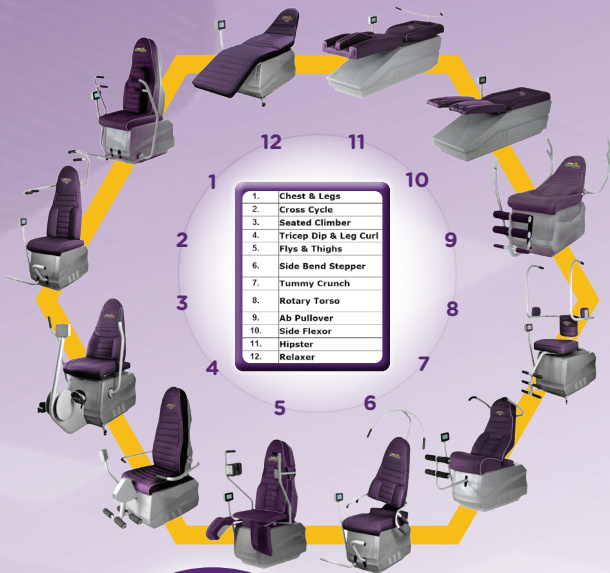
● **Hello GoodLife Hubs** encourage people to say hello to a good life by embracing power-assisted exercise equipment and a holistic approach to health and well-being providing a supportive, community-driven environment where individuals can focus on their overall health & well-being. Together, these components aim to empower individuals to lead healthier, happier lives right up into their 90s.

● We supply power assisted exercise equipment all across Ireland. However we are not just about supplying equipment; we are about creating customized health & wellbeing hubs for mature and older adults. Ireland has a growing over 55s population whose focus and priority shifts to looking out for their own health and wellbeing and research tells us they seek to do it in a socially relaxed and enjoyable way. Our approach is backed by science and recognizes that exercise doesn't have to be excessively difficult or impossible; it can be empowering and inclusive.



● With every BODY in mind, the wide range of programmes on each machine means the very healthy, the mobility impacted and every one in between can achieve their fitness goals at their own pace, designed with this age group in mind.

New untapped revenue streams present big opportunities for your business/community enterprise. There is a rapidly growing demand for inclusive, enjoyable, exercise solutions and Hello GoodLife Health & Wellbeing Hubs are the perfect answer!



The first **Hello GoodLife Health & Wellbeing Hub** opened in Castle Leisure Centre, Castlebar, Co. Mayo in 2024 and currently has grown it's membership to 500 plus people. Power-assisted exercise is for every BODY regardless of age or physical condition. The **Hello Good Life Hub Circuit** is 12 machines with up to 3 minutes on each machine. In less than 40 minutes a complete body work out is achieved and every muscle in the body is exercised.



On most machines people are upright and enjoy engaging in socially inclusive and uplifting exercise experiences that prioritise their social, mental, physical health and their overall wellbeing.

90%
of users report a positive impact on their mental health, feeling more relaxed and less stressing



70%
of users say that they can move better



What do we Provide?

- We franchise all-weather business opportunities to the right people
 - A full turn-key service if required
- 12 Machine Circuit: Delivery, Installation and Service
 - Floor Plan, Colour Scheme, Signage
- Advice on Marketing & Promotion, Membership
 - Support with Set Up
 - Full Certified Training
 - Up and running in 3 - 4 months



We also supply combinations of individual machines into Gyms & Leisure Centres, Community Facilities, Nursing and Care Homes, Therapy and Rehabilitation settings all over Ireland.

After using the circuit there is an area for sitting and chatting, having a cup of tea, coffee and refreshments which people love as they say hello to a good life!

