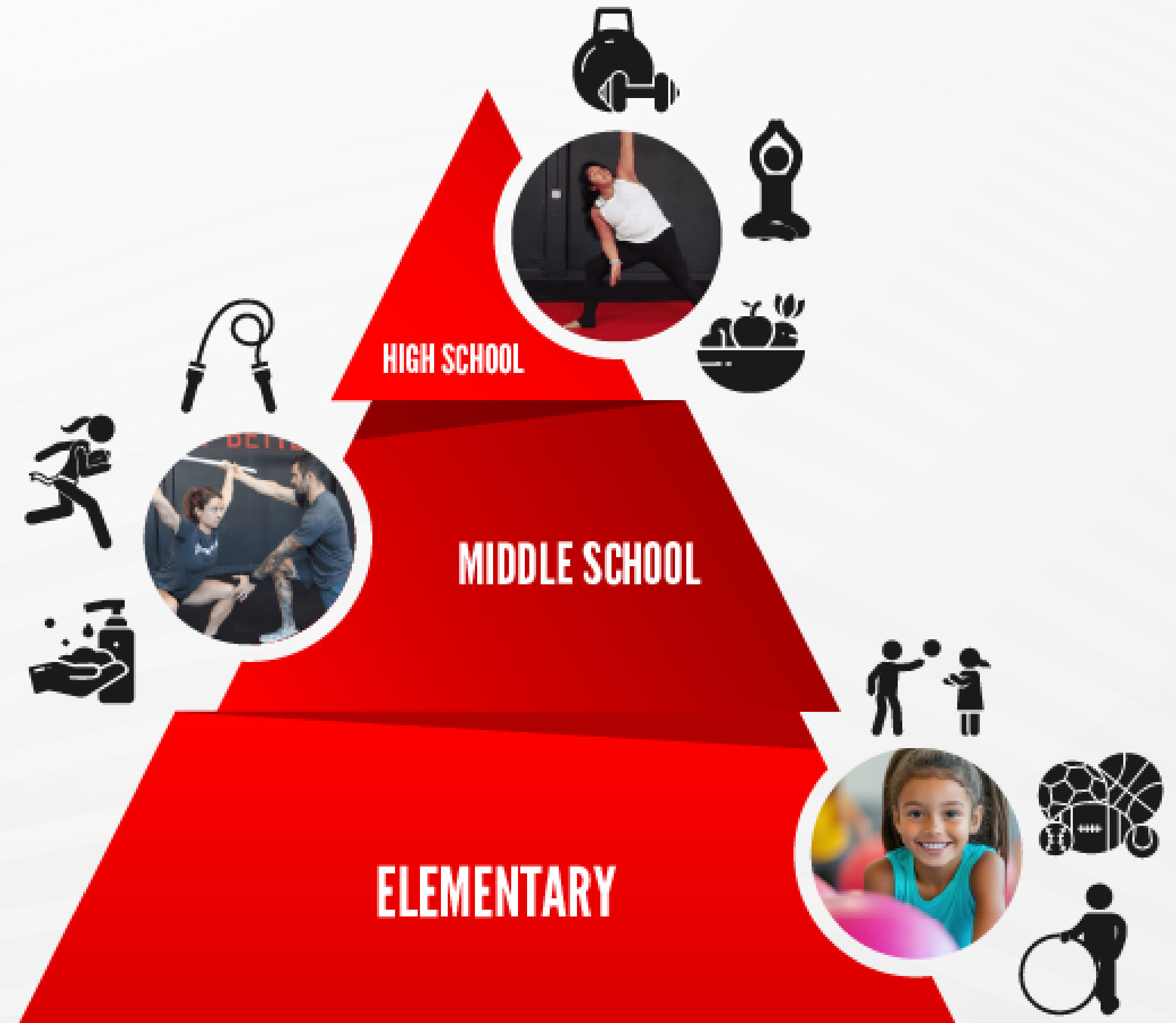
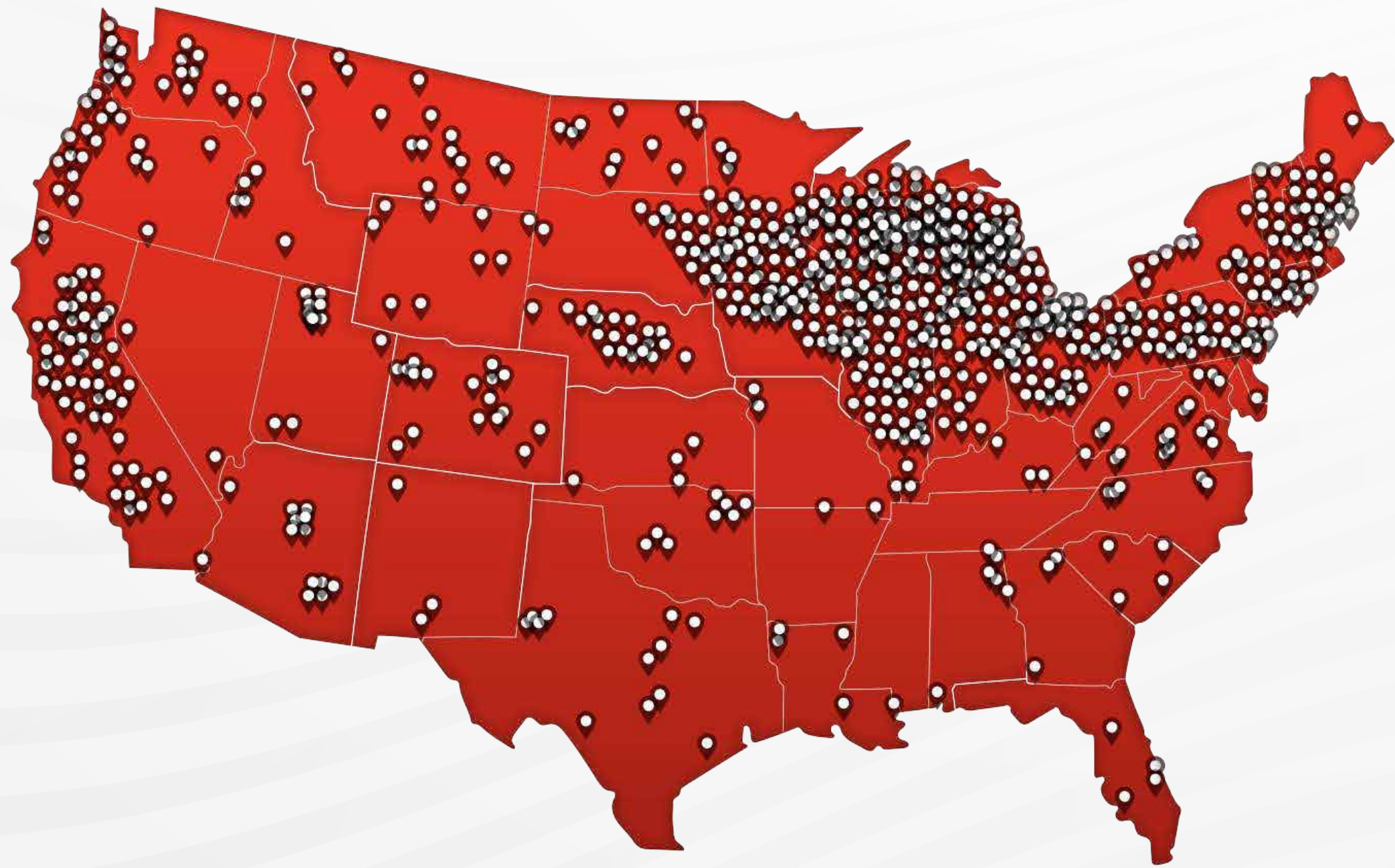


WELCOME TO

# ▶ PLT4M

Creating A New Standard For **Quality**  
K-12 Health & Physical Education





Founded in Boston in 2013, we are proud to partner with **over 1,000 schools**, improving the health and wellness of more than 500,000 students through a modernized and engaging Health and PE experience.

## WE HELP SCHOOLS



Establish Physical Activity



Support Whole Child Wellness



Inspire Student Confidence



Boost Classroom Engagement

# Our Impact

The future success and health of our nation's children is at stake. Our youth are more sedentary than ever before, contributing to significant physical and mental health issues, such as obesity, type-2 diabetes, anxiety, and depression.

At PLT4M we believe regular physical activity and a practical health education are key pieces of the solution. We partner with schools to get kids moving and inspire a lifelong love of healthy, active living. We do this through vertically aligned, standards-based, quality Health and PE instruction.



## By The Numbers In 2024

**60,000,000+**

Minutes of Student Activity

**3,000,000+**

Workouts & Lessons Completed

**1,400,000+**

Assessments & Fitness Tests Logged

# Our Solution



## Content Kids **LOVE**

With over a thousand lessons across a wide range of K-12 courses, we help districts develop a powerful scope and sequence that develops students' physical literacy and helps them discover their passion for activity.



## Curriculum Teachers **TRUST**

Our diverse team of certified instructors provide standards-based curriculum across a wide range of modalities from Elementary PE to Secondary level Nutrition, Fitness, Pilates, Weights, Yoga, Boxing and more!



## Tech That **INSPIRES**

We help teachers harness the power of technology in ways that enhance student learning outcomes. Compatible with all devices, students finally have consistent and reliable access to their data and progress.



# Our Community

We are helping teachers across the country deliver on their mission to improve the lives of students. But don't take our word for it! Here's what they have to say...



"The PLT4M videos are an invaluable resource for students. And because they focus on form and technique, **students build confidence** that will help them know they can eventually go workout independently."

**Chris Cabe** | Old Rochester, MA



"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."

**Chris Meyer** | Lewiston, ID



"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."

**Brandon Siegel** | Fullerton, NE



"With PLT4M, students can see everything that has ever been logged. Now, they are more **engaged and excited about PE.**"

**Annie Hinkhouse** | Reedsburg, WI



**STUDENT  
FEEDBACK**



"PLT4M has made my experience at school so much more impactful. Using PLT4M, **I have been able to do things I never expected to be doing.**"

**Sophia**



"PLT4M has **impacted my overall health and wellness** in a way I never could have imagined. It has provided us a way of tracking our growth along with providing information that helps us reach our goals."

**Keith**

# OUR CURRICULUM



## Elementary PE

Engaging and developmentally appropriate, each unit features clear teaching cues, game setups, and activities that build physical literacy, teamwork, and confidence. Lessons are easy to implement, standards-aligned, and designed to maximize activity time.



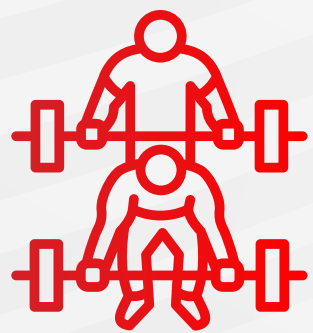
## Secondary Health

A ready-to-use, skills-based health curriculum that equips teachers to deliver standards-aligned instruction. Covering core topics like nutrition, drug education, stress management, and more, each lesson blends videos, articles, and assessments to support physical, mental, and emotional well-being.



## Secondary PE

A student-centered curriculum that drives engagement through choice, variety, and empowerment. With standards-based lessons designed for students of all interests and skill-levels, PLT4M helps teachers deliver PE experiences that build confidence, motivation, and lifelong fitness habits.



## Athletic Performance

Advanced performance training programs that prepare athletes for the demands of any sport. From 2–4 day off-season lifts to in-season, recovery, speed, and conditioning plans, PLT4M delivers structured, progressive workouts that build strength, power, capacity, and durability—optimizing athletes for success.

[EXPLORE OUR COURSE CATALOG](#)



# Our Pricing

\*Site License Required

# \$600/YR

## What's Included?

- 3 Staff Seats
- Curriculum Builder
- 1,200+ Videos
- Activity Tracker & Progress Reports
- Classmode Lesson Display
- Leaderboards



### Additional Users

\$25 per staff/year

- Access to all Site Licenses Features
- Access to any purchased Curriculum

### Student Seats

\$1 per student/year

- Access on any device
- Individualized Instruction
- Assessment Logging
- Progress Reports
- Exersive Log
- Fitness Plan Builder



### Secondary Health & PE Curriculum **\$600/YR**

Our student-centric courses boost engagement by providing greater variety and choice. Integrated with our modernized health curriculum, PLT4M helps you deliver on your mission of cultivating lifetime wellness habits.

### Elementary PE Curriculum **\$400/YR**

With our standards-based programming you will develop students' physical literacy by teaching fundamental movement skills, fostering an appreciation for physical activity, and promoting lifelong healthy habits.

### Athletic Development Curriculum **\$300/YR**

Help athletes maximize their potential with expert programming built by certified professionals, covering off-season, in-season, speed and conditioning.

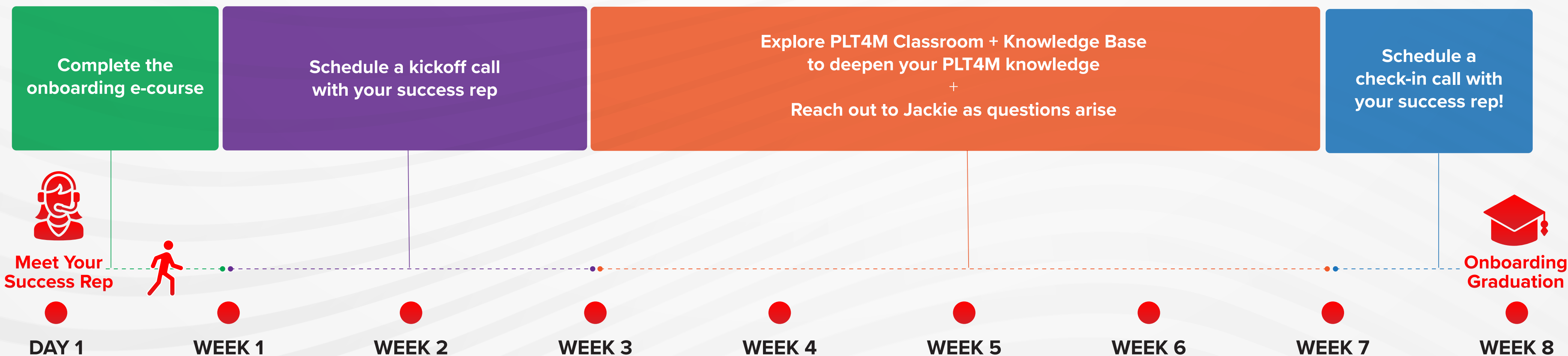


### Dedicated Support Specialist **(FREE)**

- 30-Day Onboarding
- Phone and Email Support
- 10 Hours per year of Zoom Based Professional Development

# Our Onboarding & Support

Each school is paired with a dedicated Success Specialist who leads an intensive 8-week onboarding program, followed by 10 additional hours of Zoom-based professional development. Ongoing support is always available by phone and email.



## Beyond Onboarding

**Mid-Point Check In**

We'll check in with you at the half way point. We want to hear how it's going and learn how we can optimize your PLT4M experience.

Optional: Feedback survey and optimization call!

**Professional Development**

Explore PLT4M Classroom for relevant courses. We'll notify you as new ones become available!

## Your Ongoing Support Resources

**Knowledge Base**

Written and video tutorials are available to answer most of your questions.

**Email + Phone Support**

For immediate support, email us at [support@plt4m.com](mailto:support@plt4m.com) or call us at 855-802-5502 x2.

**Submit a Ticket**

Experienced an issue? Have a product request? submit a ticket so it gets in front of the right team.

While we would love to visit your school, please note that all support is provided virtually. We promise to make it as personal as possible.

# Our Team

## Your Support



### Alex Relph

Co-Founder | Director of School Partnerships Mobility & Flexibility Coach

Alex consults with administrators, teachers, and coaches looking to enhance student outcomes through quality PE. Together, we will explore how PLT4M can help your sta enhance student wellness. For any questions prior to purchase, Alex is your primary point of contact.

[BOOK A ZOOM MEETING](#)

[✉ alex.relph@plt4m.com](mailto:alex.relph@plt4m.com) 📞 (339) 226-8426



### Sam Breslin

Co-Founder | Director of Performance

Sam assists teachers and coaches looking to optimize their programming and instruction, working together to identify strategies and techniques that will help schools achieve the best results.

[✉ sam.breslin@plt4m.com](mailto:sam.breslin@plt4m.com) 📞 (339) 226-8193



### Jackie Milani

Director of Customer Success & Professional Development CF-L1 | Performance Coach

Jackie runs our Customer Success and Professional Development team. Once you become a customer, she will coordinate an extensive 90-day onboarding process to help staff get acclimated, and provide ongoing PD for your staff. At PLT4M, your success is our success!

[✉ jackie@plt4m.com](mailto:jackie@plt4m.com) 📞 (339) 226-8218

## INSTRUCTION & CONTENT TEAM



### MAX ISAAK

Head Performanc Coach  
CF-L2, CF-Aerobic Capacity



### RICKY IGBANI

Speed & Agility Coach  
NASM-PES



### REBECCA TOUTANT

Nutrition Expert  
MA, RDN, LDN, CDCES, cPT



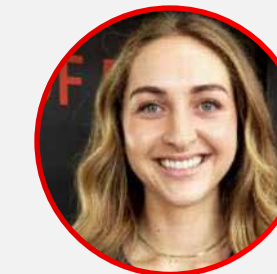
### BRITNEY WILLINHAM

Pilates Instructor



### MEGHAN LEIGHTON

Mindfulness & SEL Instructor  
Certified MA Education, Meditation Teacher  
& Yoga Instructor



### ALEX CAVALLO

Dance Instructor



### LULU EMMONS

Yoga Instructor  
RYT-200, YA



### DOUG CURTIN

Director of Content  
Swim Instructor



### SEAN LALLY

Boxing Instructor



### MIKE SOARES

Bootcamp Instructor



### DANI FERREIRA

Bootcamp Instructor



### COLE LYDON

Games & Activity Instructor  
Middle School PE Teacher



### BREANNA BURKE WEBER, MPH, CD

Health Educator



### MIKE GRAHAM

K-5 Curriculum Lead  
2021 SHAPE Elementary  
Teacher of the Year



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# Explore Our Sample Lessons



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