

WELCOME TO



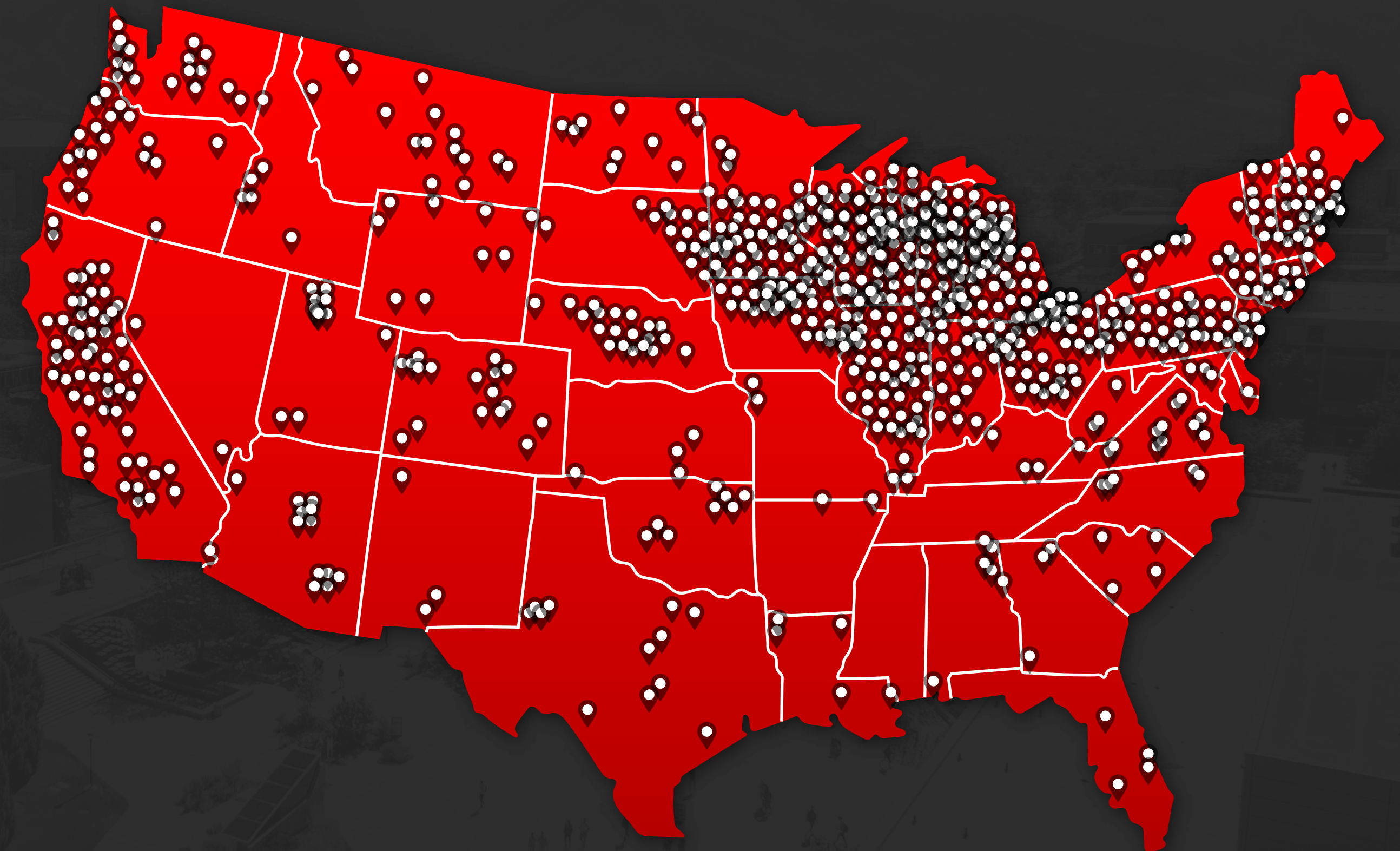
Optimizing Academic Success and Student Wellness  
through Comprehensive Physical Education



# ABOUT PLT4M

PLT4M exists to **EMPOWER** educators with the tools and resources needed to impact the health and wellness of the nation's youth in a real way.

We aim to be partners with teachers and students alike in pursuit of lifelong, physical, mental and emotional well-being.

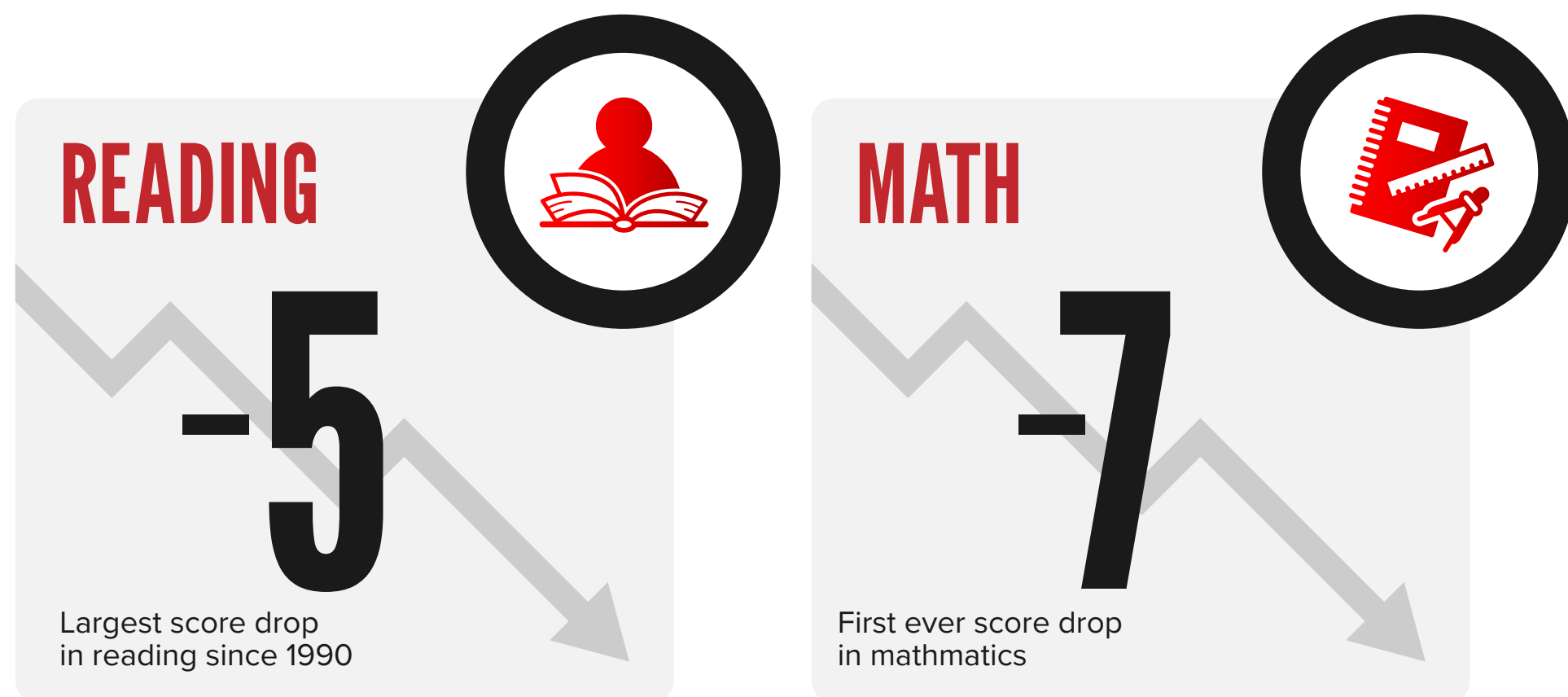


# OUR WHY

The future success and health of our nation's children is at stake. With slumping test scores, escalating rates of anxiety, depression, obesity, and a notable surge in behavioral challenges, the time to act is now. PLT4M was created to help schools create positive student outcomes through quality physical education.

## Academic Performance on the Decline

There is a concerning trend of declining academic performance among students. Stress can significantly impact a student's ability to focus, learn, and succeed academically. It is crucial for educational institutions to address these issues proactively through programs that promote physical activity, mental health support, and healthy lifestyle choices.



(Score change between 2020 & 2022)

## Student Wellness Crisis Reaches Alarming Levels

### OBESITY



Kids are considered obese or overweight

### INACTIVITY



Do not meet the CDC's 60 Minutes of activity/day



75% LONELINESS



65% HIGH ANXIETY



60% DEPRESSION



35% SUICIDAL THUGHTS

# QUALITY PHYS ED IS THE ANSWER

## Better Academic Performance and Behavior

*According to the CDC:*

- Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).

## Healthier, Happier Kids!

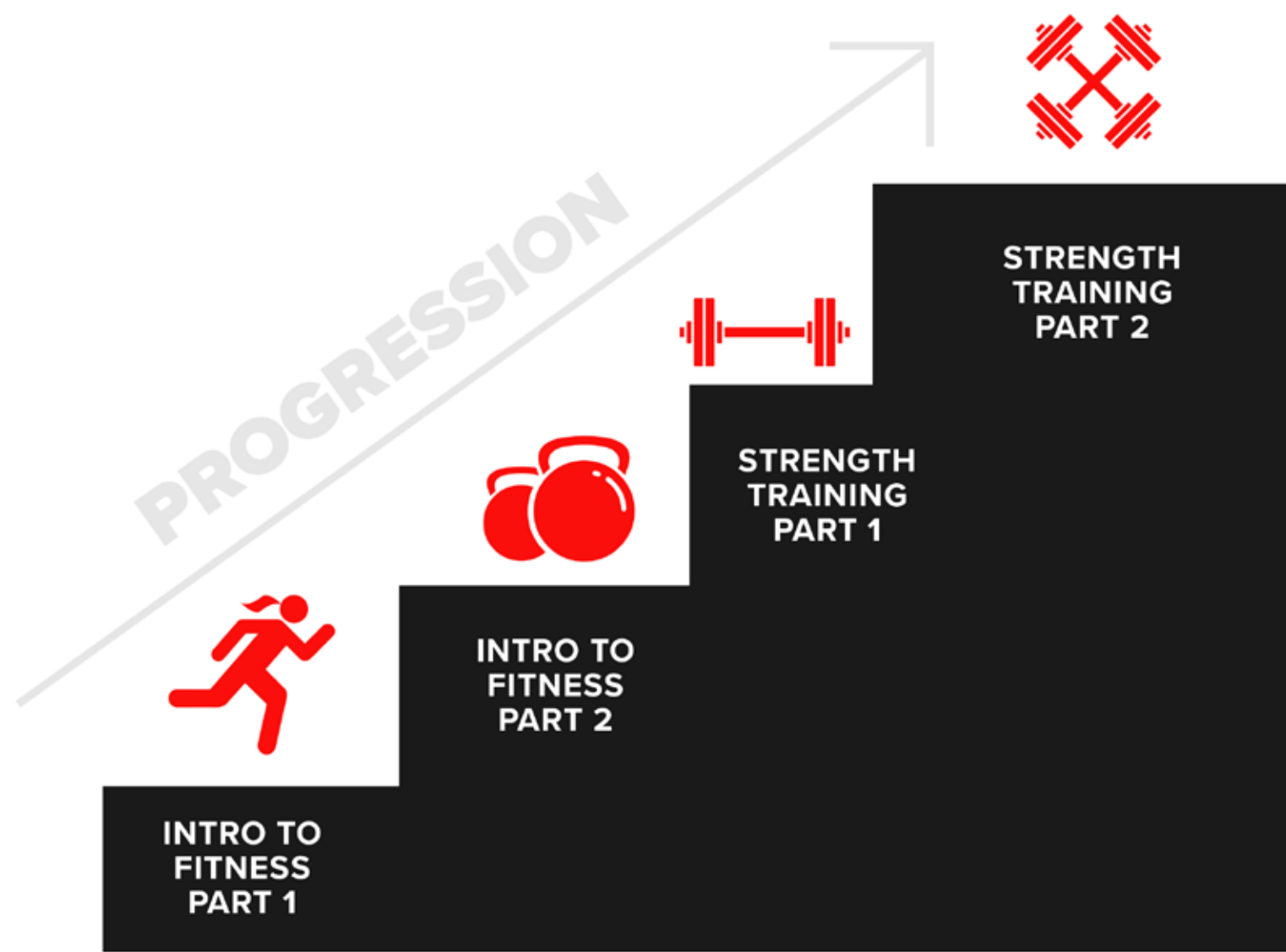
*According to the US Department of Health;*

- Strong scientific evidence shows that physical activity helps people maintain a stable weight over time and can reduce the risk of excessive weight gain and the incidence of obesity.
- Physical Activity reduces risk of depression and reduces depressed mood in children 6-17 while reducing short and long term anxiety in adults.



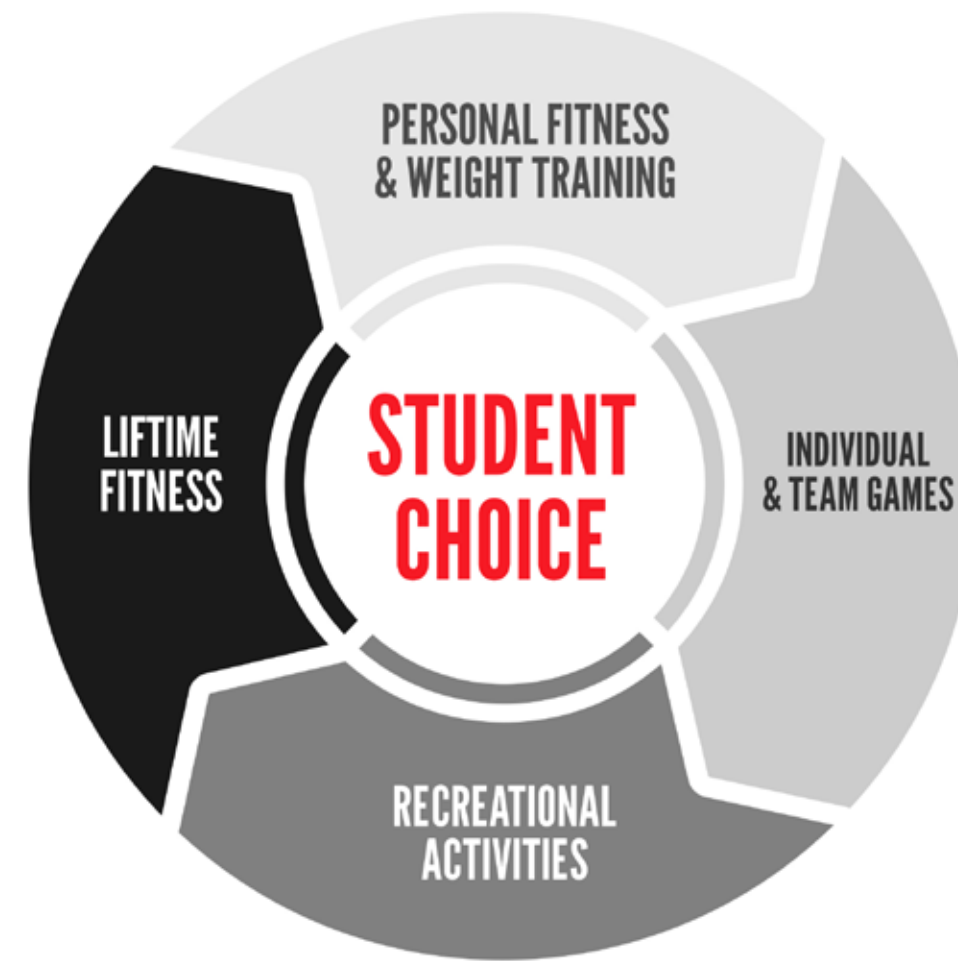
# THE PLT4M PHILOSOPHY

For Physical Education to deliver on its mission of improving student wellness, we must help students find their passion for exercise and activity. To do this, we need a well-rounded, comprehensive, and vertically aligned curriculum paired with technology that enables student choice and individualization.

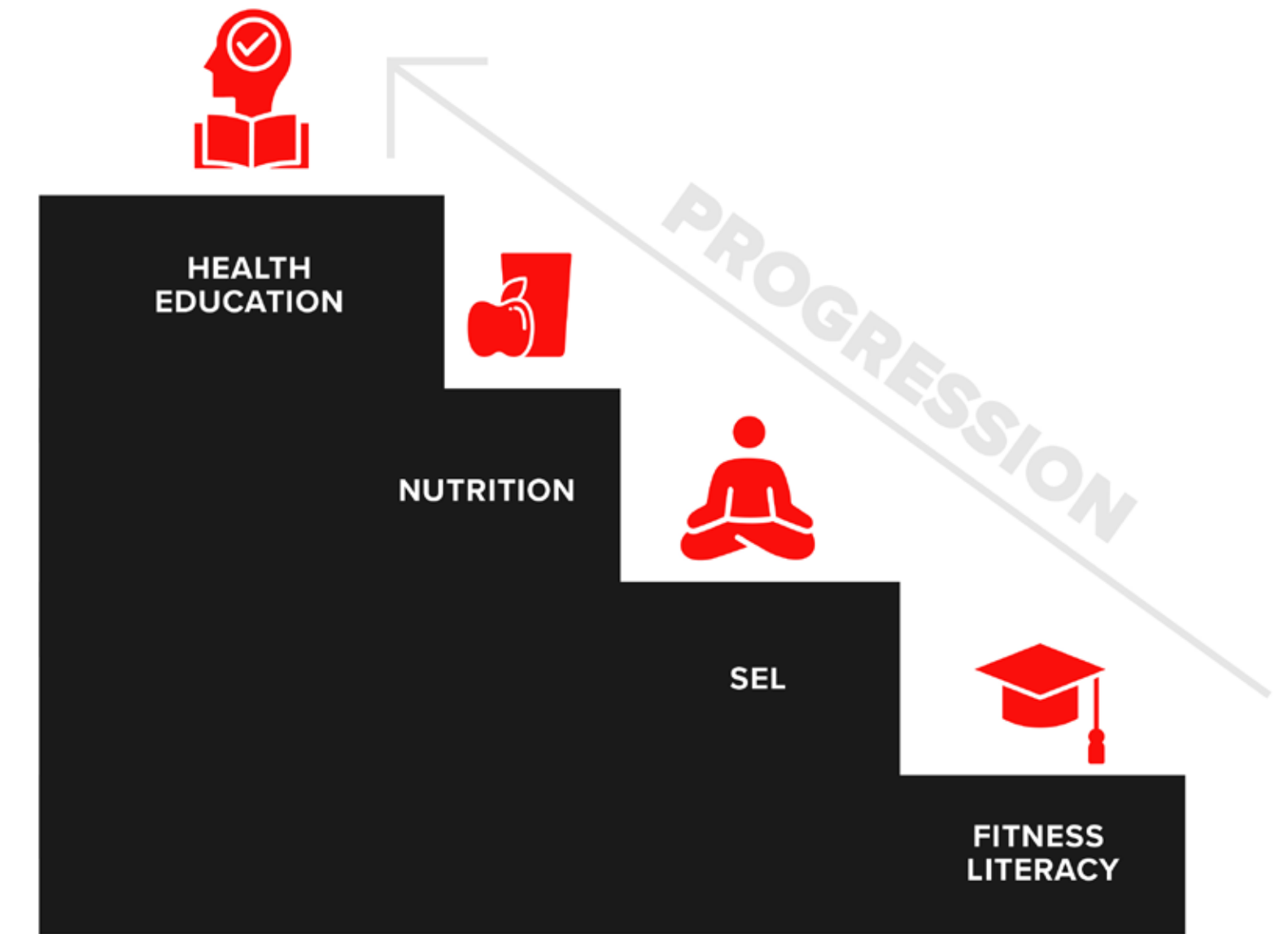


Create a Common Foundation of Motor Skills in Middle School

## THE 10,000 FOOT VIEW

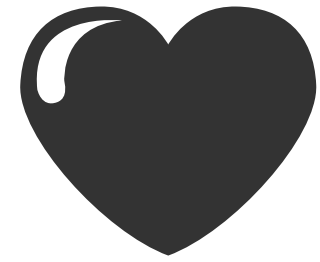


Create a Student-Centered Learning Environment at the High School with engaging Electives



Address important Health and Wellness Concepts throughout their time in PE

# OUR SOLUTION



## Content Kids **LOVE**

With hundreds of hours of video content, and 30+ unique programs, we help students find their passion for activity and exercise and build habits that will last a lifetime.



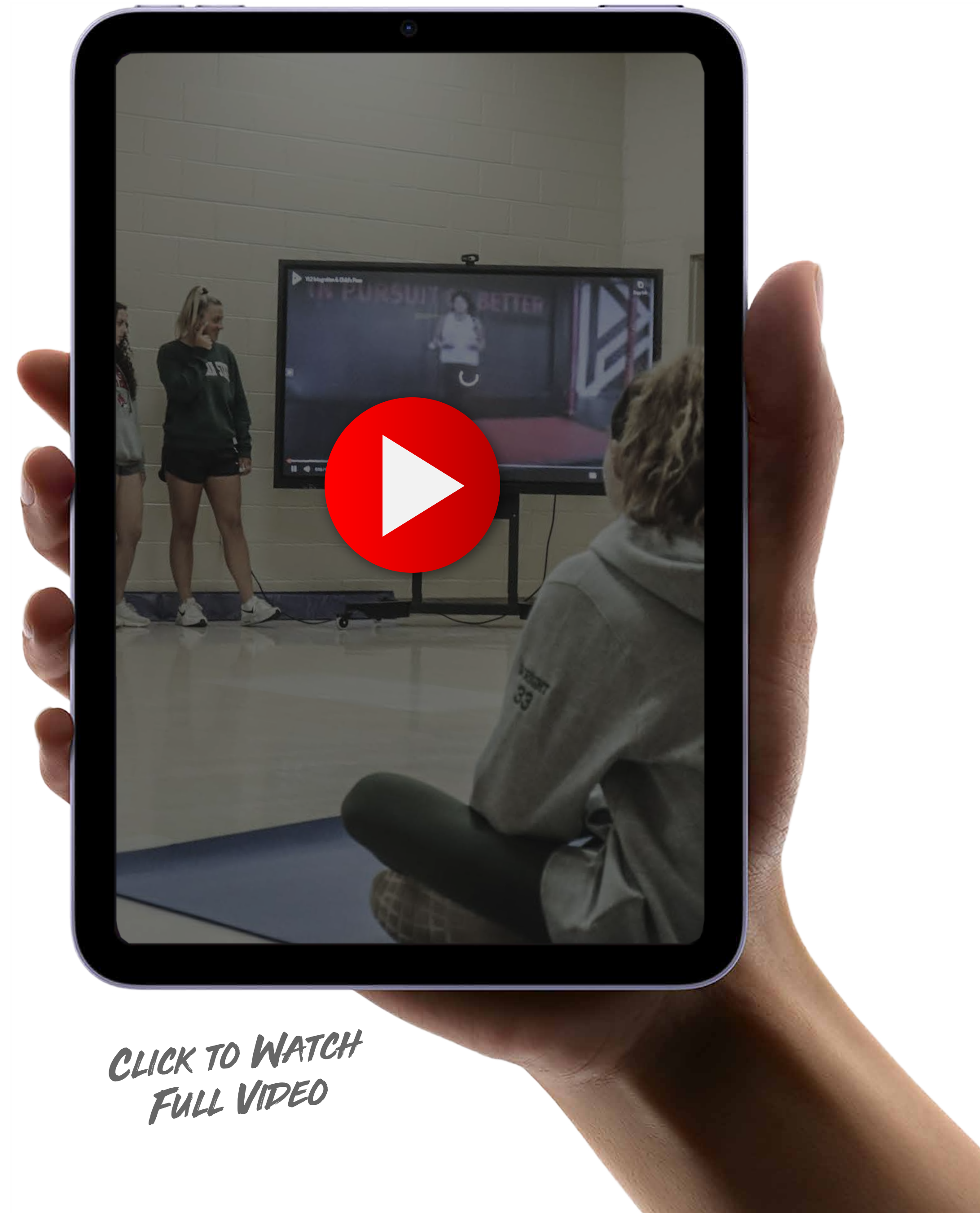
## Curriculum Teachers **TRUST**

Our diverse team of certified instructors provide curriculum and content you can trust across a wide range of modalities like 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.



*CLICK TO WATCH  
FULL VIDEO*

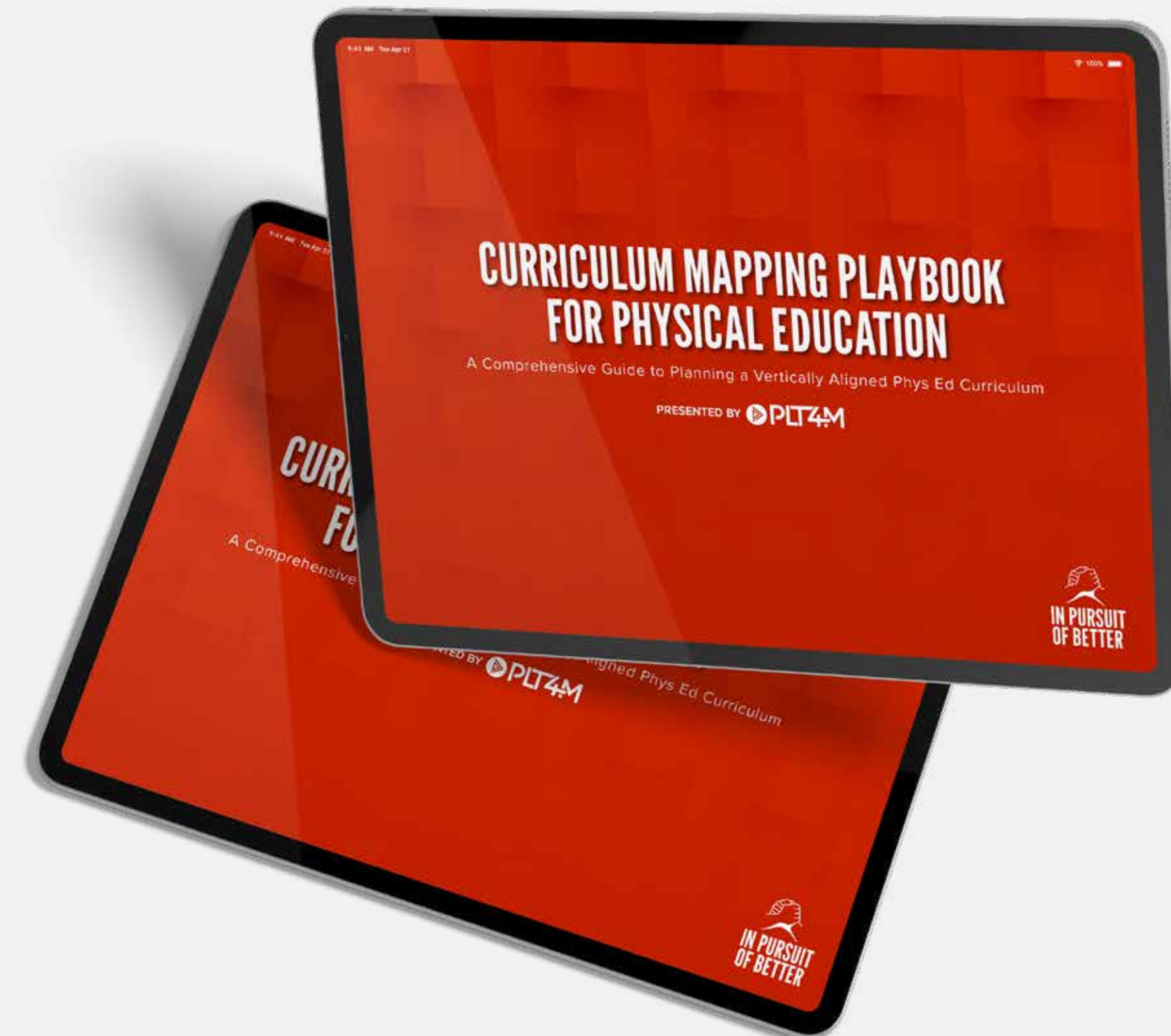
# EXPLORE OUR CURRICULUM!



Download our Program Guide



Download our Shape National P.E. Standards & PLT4M Program Alignment



Download our Curriculum Mapping Playbook for Physical Education



# SEE PLT4M IN ACTION!

[Explore Success Stories](#)



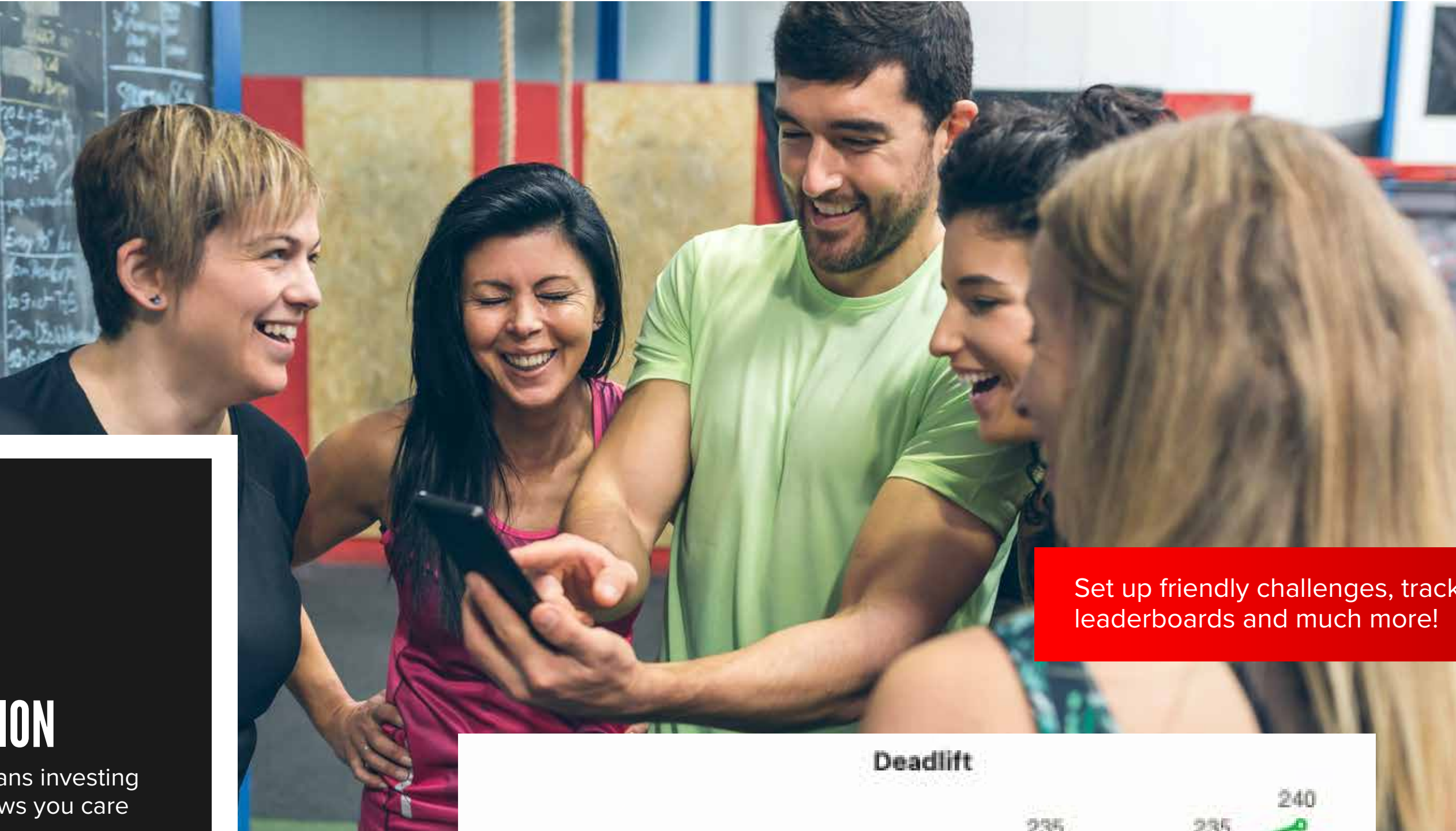


# MAKE WELLNESS A SCHOOL WIDE INITIATIVE!

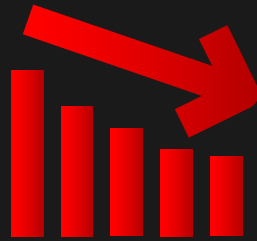
## Use PLT4M for Staff Wellness!

By uniting students and staff in the pursuit of healthier and happier lives, everyone reaps the rewards!

Offer your teachers quality, experience based fitness programs and engaging staff challenges to boost exercise involvement and enhance overall staff well-being.

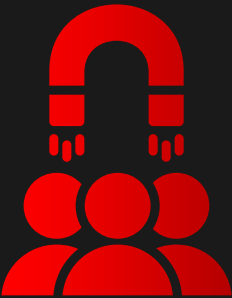


Set up friendly challenges, track data, leaderboards and much more!



### DECREASED STRESS

Stress is the most common cause of illness and decreased job performance



### BETTER RETENTION

Investing in wellness means investing in employees, which shows you care



### HIGHER PRODUCTIVITY

Less sick days, and improved energy and focus lead to more productive teachers



### LOWER COST

Healthier employees means less absenteeism and less money on hiring and training new employees and subs



# PRICING

Site License

**\$1,200/YEAR**

&

Student Licenses

**\$1/STUDENT PER YEAR**

## What's Included?

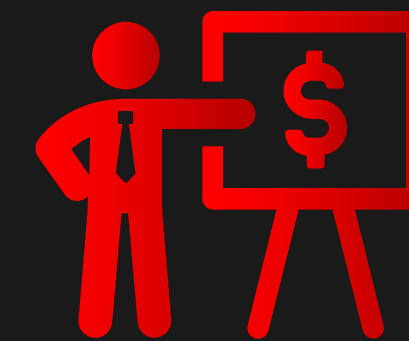
- Unlimited Staff Accounts
- Access to over 30 Programs
- More than 1,000 Workouts
- 1,200+ Demo Videos
- Workout & Lesson Builder

## Quality Professional Development

- Dedicated Success Coach
- 90 Day Onboarding & Training
- 10 Hours of Professional Development

## What's Included?

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



## HOW DO SCHOOLS PAY

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

**GET 50% OFF**  
ON A 4-YEAR MEMBERSHIP!

[Grab Our Funding Template](#)

# MEET OUR TEAM

## Your Support Team!



### Alex Relph

Co-Founder | Director of School Partnerships  
Mobility and 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 staff enhance student wellness. For any questions prior to purchase, Alex is your primary point of contact:

✉ alex.relph@plt4m.com 📞 (339) 226-8426

[Book a Zoom Meeting](#)



### 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 📞 (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 📞 (339) 226-8218

## Instruction & Content Team



**Max Isaak**  
Head Performance Coach  
CF-L2, CF-Aerobic Capacity



**Ricky Igbani**  
Speed & Agility Coach  
NASM-PES



**Rebecca Toutant**  
Nutrition Expert  
MA, RDN, LDN, CDCES, cPT



**Britney Willingham**  
Pilates Instructor



**Meghan Leighton**  
Mindfulness & SEL Instructor  
Certified MA Educator, Meditation  
Teacher, & Yoga Instructor



**Alexa Cavallo**  
Dance Instructor



**Lulu Emmons**  
Yoga Instructor  
RYT-200, YA



**Doug Curtin**  
Director of Content  
Swim Instructor



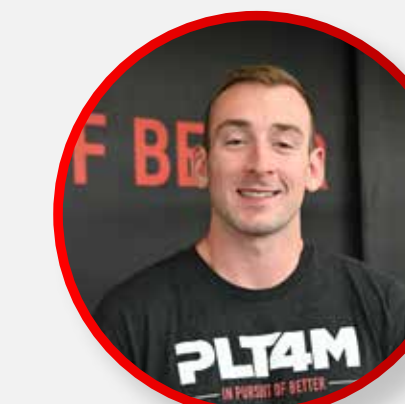
**Sean Lally**  
Boxing Instructor



**Mike Soares**  
Bootcamp Instructor



**Dani Ferreira**  
Bootcamp Instructor



**Coleman Lydon**  
Games & Activity Instructor  
Middle School PE Teacher

# WHAT ARE EDUCATORS SAYING?



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

**Annie Hinkhouse** | Reedsburg, WI



“Integrating technology and providing students better insights has changed the culture in our weight room and PE classes. Students are excited for each other, whether it is a student who just started adding weight to the bar and gets a personal best or one of our most experienced lifters hitting a big number.”

**Justin Sherrod** | Wayland Union, MI



“When students can see their fitness metrics and progress, they know in real time the improvement they are making. It helps them come to class with a purpose and focus on working hard. Every day is now an opportunity to get better.”

**Tim Thrasher** | Jacksonville, IL



“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



“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



“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

# PLT4M FAQs

## **HOW WILL STUDENT PROGRESS BE MEASURED?**

PLT4M allows staff to track and assess any assessments you want, along with participation data such as days attended, lessons/workouts completed, and time spent working out. PLT4M programs also have pre- and post-evaluations to provide a standard framework for teachers and students to record and report on progress.

## **HOW WILL PLT4M ENHANCE INSTRUCTION?**

Through the utilization of projector-based technology, and student devices, PLT4M will allow for differentiated learning within mixed class settings, and individualized lessons based on experience and interest. With access to thousands of new lesson material and the ability to deliver it in a variety of ways, teachers will be freed up to work with students on a more individual level.

## **HOW WILL THIS SUPPORT STUDENT LEARNING AND ACHIEVEMENT?**

With PLT4M's breadth of programming and content, staff can provide students more options to find activities they are passionate about, leading to better participation, and thus, better achievement!

## **CAN WE BUILD OUR OWN WORKOUTS AND LESSONS?**

Yes! You can add exercises and videos from YouTube, and then customize PLT4M programs, or build your own from scratch!

## **CAN WE USE THIS IN ATHLETICS AND PE?**

Absolutely! Unlike other softwares, your kids can be in multiple groups and have access to all the programs they need. When a coach or teacher goes to run a report, they will always have the full picture of all their kids.

## **ARE STAFF WELLNESS PARTICIPANTS FREE?**

For staff participating in the Staff Wellness programs, it is \$1 per member, just like for students. For any PE Teachers, Coaches, or Admins using it with their classes and teams, those licenses are included free.

## **HOW DOES ONBOARDING AND PROFESSIONAL DEVELOPMENT WORK?**

Each school has a dedicated success coach and support contact for the lifetime of their contract. There is also a 90 day onboarding and additional 10 hours per year of Professional Development provided.

## **HOW DO WE CANCEL AND WHAT IS THE FINE PRINT?**

No fine print! In the unlikely event you do not want to continue at the end of your contract year, just say so! We will delete the account and all the data associated with it, or transfer it to you if possible.