

What an incredible two days of sharing experiences, challenging current thinking on business strategies, and reimagining our world of health and wellness. With so many thoughtful conversations had, and meaningful partnerships created, it's tough to pick out a few key highlights from CHFS. Some key points addressed included:

- Maximizing your existing audience by listening and empathizing with customers. The need to truly understand not only what consumers expect from their fitness/wellness provider, but also what makes them tick as a unique individual. By knowing what motivates each customer and acting on their habits, the opportunity to build audience retention is huge.
- Widening your offering but remaining great at what you do. As our approach to health and wellness shifts to a holistic view, the temptation to enter new verticals like mental health, sleep, nutrition and more is growing. Understanding what partnerships you need to successfully penetrate these markets and offer something meaningful to your customers in these areas is paramount.
- Innovation and disruption. The two days in LA saw some truly exciting innovations that promise to shift how we consume fitness. Highlights included new biometric tracking technologies, incentives for fitness via healthcare, opportunities in virtual reality and wellness entertainment.

A huge thank you to everyone who helped shape the fantastic event content and contributed to its success – from our speakers, partners, selection committee, advisory board, and showcase finalists. It was truly a powerful two days of creativity and optimism for the industry. From the whole CHFS team, we are so excited to welcome you back next February, with broader content on health, wellness and more!

Have a kick ass 2023! Amy Connolly – Head of Content











#### THANK YOU TO OUR PARTNERS

PLATINUM PARTNERS

**Gympass** 





**GOLD PARTNERS** 

















**EVENT PARTNERS** 

GOOD S#UL HUNTING









**NETWORKING PARTNER** 



#### 2023 HIGHLIGHTS

#### **KEY STATS**



260+ ATTENDEES



60+ SPEAKERS



850+ MEETINGS



2350+
CONNECTIONS



NPS SCORE

#### **AUDIENCE BREAKDOWN**



BOUTIQUE BRANDS



CONNECTED H&F BRANDS



PHYSICAL GYMS



**INVESTORS** 



SUPPLIERS/ SUPPORTING



I CAN'T RECOMMEND THIS CONFERENCE ENOUGH. IT IS 2 FULL DAYS OF **INSIGHTFUL PANELS**, COUNTLESS 1-ON-1 MEETINGS, AND PERFECT SIZE WHICH ENABLES YOU TO INTERACT AND MEET WITH EVERYONE IN ATTENDANCE. I LEFT **FEELING INSPIRED** AND EXTREMELY GRATEFUL TO WORK IN THIS INCREDIBLE INDUSTRY.

LAUREN FOUNDOS

TALK ABOUT TOP TIER EXECUTION! EVERY
DETAIL WAS WELL THOUGHT LEADING TO
AN AMAZING EXPERIENCE. THE ATTENDEES
WERE ALL THOUGHT LEADERS AND
EXECUTIVES ALLOWING MOST
CONVERSATIONS TO BE WITH THE REAL
DECISION MAKERS.

EDDIE LESTER
METAGYM



EXCELLENT EVENT
CHOCKED FULL OF
GOLDEN NUGGETS
FROM THE TOP
INDUSTRY LEADERS!

JOLENE PURCHIA
BURN BOOT CAMP



THIS WAS THE BEST HEALTH, WELLNESS & FITNESS INDUSTRY EVENT I HAVE EVER ATTENDED! THE RANGE OF TOPICS WAS ALLENCOMPASSING OF WHAT IS TRENDING RIGHT NOW AND OFFERED A CLEAR VIEW OF THE FUTURE. THE EVENT TEAM WAS EXCELLENT, CLASS ACT ALL-AROUND!

BROOKELYN SUDDELL CRUNCH FITNESS

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Aaron De Jong (He/Him) • 1st Founder, movr

As we grow into this year, I'll look back at Kisaco Research: Connected Health & Fitness Summit and appreciate the number of quality connections and opportunities that were presented for us to bring better movement health to the masses. I'll also remember an incredible sushi dinner in the most unexpected supplies closet with some very bright founders and innovators. Thanks LA - nice to get some ...

Jason Moore Sarah Ray Alex Armstrong Ed Lippie





It was an honor to speak at the Connected Health & Fitness Summit by Kiasco International last week alongside other amazing industry leaders, Lindsay Cook from FitOn, Julie Cartwright from Pvolve, Andy Hoang from Aviron Interactive, and Robert Louw from Wexer.

I can't recommend this conference enough. It is 2 full days of insightful panels, countless 1-on-1 meetings, and the perfect size, which enables you to interact and meet with everyone in attendance. I left feeling inspired and extremely grateful to work in this incredible industry.

I also had a chance to catch up in L.A. with my investors, Wayne Kimmel and Chad Stender from SeventySix Capital whom I am eternally grateful to have in my court.

FORTË SeventySix Capital Wayne Kimmel Chad Stender Jack Isaacs Sean Turner Tiffany Sirikulvadhana Feed.fm iFIT Andrew Donkin Amy Connolly Debra Strougo Frohlich [solidcore] Bryan Myers





■ Jonas Dücker · 1st

COO I CMO @RookMotion (Techstars'22) Making this world a healthier place.
4h • Edited • ⑤

Coming into the event with a 95% recovery score to leave with a score of 24%. Was it worth the lack of sleep and recovery? Definitely yes! Yet another great event, thanks Kisaco Research: Connected Health & Fitness // Emma Forrest, Amy Connolly, and Carlie Johnson!!

Last year walking into the room we knew almost nobody - just one year later at the same event and it felt like catching up with a bunch of friends. It's incredible how many great people we have met, that over the course of just one year have become really important people to us. We highly appreciate, admire, and quite frankly like you all a lot!!

But it has not only been about meeting familiar faces, we made great new connections with inspiring founders, brilliant minds, and change-makers in this industry.

Have a great Sunday everyone! Can't wait to get back to co-creating, building, and innovating together. See you soon at IHRSA!



#### Stefan Sillner · 1st

Entrepreneur | Business Development | Global Partnerships | Business Accelerator | Advisor @  $\mathbf{Fi}$ ...  $\mathbf{6h} \cdot \mathbf{9}$ 

What a week- back in Miami Beach after two great days at the London Hotel in West Hollywood with some of the best and brightest in the industry and then onto some Pre Super Bowl events in Phoenix!

Thanks to the Kisaco Research: Connected Health & Fitness team (Emma Forrest, Carlie Johnson) for organizing an awesome event with some of the best entrepreneurs, investors and experts in the industry.

Congrats to Robbie Bent for winning the pitch contest with Othership and congrats to my friend Emre Ozgur for an awesome pitch of his private gym concept Safe Sweat and Owen Bowling for introducing "Coach Welly" aka Willy Wonka to a global audience. The Wellness Program

Especially enjoyed meeting many FitTech Club members and the roundtable discussion with Eddie Lester and Andy Hall about the game changing opportunities of web3 for the health and fitness industry. Check out brandXchange and thank me later!



Mohammed Iqbal (He/Him) • 1st Founder and CEO

O 1d ⋅ ⑤

Back in DC after 3 amazing days in West Hollywood with some of the best and brightest in the industry!

Thank you to the Kisaco Research: Connected Health & Fitness team (Emma Forrest, Amy Connolly, Carlie Johnson) for curating some of the best minds along a thoughtful agenda that sparked many conversations after the sessions.

It was a privilege to lead two panels with rock start panelists -

How to build wellness that is inclusive - Mateo A.
Ortega (Strava), Maris Jameson (ÕURA), Hélène
Guillaume Pabis.

The influence of leading and bleeding edge technologies (including VR, AR, Gamification and Web3) on fitness - Mauro Frota (BHOUT), Tom Aulet (Ergatta), Jeffrey Morin (Liteboxer).

From a quick glance at my notes from the numerous meetings and conversations we had, I noticed a few recurring themes coming out of the summit -

The focus on strength (and connected strength) is still strong.

M Fundraising across all stages are taking at least 50% longer to close.



Emma Barry (She/Her) • 1st Chief Creative Soul at Good Soul Hunting 55m • \$

Join Matthew Januszek and me for insights from top guests at the Kisaco Research: Connected Health & Fitness Summit The London West Hollywood at Beverly Hills in #losangeles last week in our Escape Your Limits Podcast. In this episode, we chat...

One ring to rule them all - OURA with Maris Jameson - Senior Product Manager - https:// ouraring.com/

№ Building attendance and revenue, cutting cost and bringing the power of teams with Cofounder and CEO Eric Posner at Swerve Fitness - https://swervefitness.com/

The world's first boxing bag with a brain with Mauro Frota, Founder of BHOUT - https://www.bhout.com/

The Connected Health & Fitness Summit highlights the increased desire for a hybrid approach, demand for more holistic health offerings, and a preference for a highly personalized fitness experience.

To register interest for the event next year - jump in here https://lnkd.in/gYMAmQ7S

Show notes: 0:00 Intro with Emma Barry



Emre Ozgur · 2nd

+ Follow

Founder and CEO | Consultant | Accomplished Strategic Fitness Ind... 9h • ®

Last week, I had the best week of my professional career. I had the opportunity to present Safe Sweat at the Kisaco Research: Connected Health & Fitness as we were finalists for the Innovation Showcase.

I have to admit, I was a little nervous heading into that week. There were hundreds of investors, innovators, executives, industry veterans and leaders in attendance. This would be the first time I would pitch Safe Sweat, after we opened, with the purpose to kick-off our fundraising round.

All the nerves disappeared once I hit the stage:

- \* I was the first finalist to present
- \* I shared my education & 25+ year fitness industry experience, which I am extremely proud of
- \* I explained why Safe Sweat is needed in our world today, and how we are filling a gap in the industry. With all the mental and physical health issues growing, and now adding body image dysmorphia and social anxiety issues, there is a large underserved community that would prefer a more private experience in a public setting.
- \* I shared our new concept Safe Sweat, and explained the features of our studio
- \* I presented a video tour of our studio, with my business partner Andrea Kloegman beautifully narrating the video
- \* All the investors in the audience perked up when I shared our financial highlights. We are over-exceeding our budgeted financials and crushing some industry



Nolan Parker • 1st People > Problems > Products

Having great technology, talent, and marketing is not enough to win in today's fitness landscape.

This clicked for me last week at CHFS. I had a chance to meet with leaders in the fitness space. Being curious and obsessed with fitness, I was a kid in a candy store .

We discussed:

How gyms are getting creative to attract and retain clients

The massive amount of data that is becoming available

How despite massive funding and celebrity endorsements some products fall flat

So how do fitness businesses win?

They focus on the full customer experience. They put together the infrastructure to deliver a seamless journey. They have systems in place from brand recognition to the aha moment

And because our brains love consistency and alliteration is fun here are the 5 C's to Success (and companies spearheading the solutions)

Content-Content is essential to move the needle in a

Love this... In n

In my opinion...

(I'm curious



FLEXIA





BodQR is a cloud-based, hardware-free body and needs analysis software platform for fitness and nutrition businesses. Members and prospects simply scan a QR code with their smartphones or click a link, submit information via custom-branded web app for their fitness or nutrition provider (no app download required), and instantly get a comprehensive body analysis. Once registered, members can repeat their analysis and track their results over time. bodOR transforms body & needs analysis from a high-friction event to an always-available service

Flexia may love data more than you do. That's why they designed their smart Pilates Reformer with patent-pending sensor technology that tracks your real-time results. With first-ever Pilates performance metrics, finally there is a way to interpret and improve your strength, flexibility, and mindfulness as you follow along with your favorite instructors.

Maverick Community is a shared space for trainers to run their own thriving businesses. Maverick Community is like WeWork, CloudKitchen, or SolaSalon for trainers.

It's mission is to set the most successful personal trainers up for a lifetime of sustainable success. Through offering a high-end gym, a community of exclusive talent, business admin tools, and opportunities to scale, Maverick Community create an environment aimed at helping full-time trainers level up their business and create sustainable growth in the future.

Through a unique onestop-shop offering, Pause Studio is a lifestyle brand that offers preventative healthcare services and products to our members. It's mission is to optimize it's member's health and well-being through transformational healing and recovery experiences.

Pause combines science-backed technologies and age-old holistic healing modalities with inspired design, experiential service and touch-points, and accessible pricing and convenience.



#### SAFE SWEAT





Safe Sweat is an innovative fitness concept that provides a private workout experience with all the equipment and programming of a premium gym. The company's hybrid model merges the privacy of an at-home workout with the convenience of a fully-equipped gym. Safe Sweat aims to meet the needs of those looking for a premium workout experience without the potential judgment or discomfort of a traditional gym.

The company's first location in Vancouver, features private FITsuites equipped with the best cardio, resistance training, and functional equipment, as well as recovery tools and adjustable lighting to support overall wellness. Safe Sweat's digital programming offers a variety of workouts and recovery sessions, and the company's team of skilled trainers is available for inperson training sessions. Safe Sweat is dedicated to promoting mental and physical empowerment and providing a solution for those that might be suffering from gymanxiety.

Swerve is redefining group fitness as a category – starting with indoor cycling – by delivering a connected digital experience to gyms nationwide.

Using our own production facilities, we package livestreamed content and connected fitness technology with two-way communication to offer existing cycling studios (within big-box gyms) an immersive, gamified class format.

In a world of leaderboards and individualized competition, our teambased approach motivates riders via competition while also building community within the room. Equipmentagnostic, our tech seamlessly connects with existing bikes at our partner gyms. The bike data is pulled in real-time, allowing each individual studio to compete against all of the other locations, globally.

The Wellness Program provides scalable health engagement technology solutions, enabling insurers, corporates and gyms to deliver personalised engagement, support & rewards with Alpowered experiences via the Coach Welly app.

Owen Bowling is the Co-Founder and CEO of The Wellness Program, an Alpowered wellness platform enabling insurers, corporates and gyms to support and reward their members with the Coach Welly App.

Owen has decades of fitness industry experience and previously founded CrankIt Fitness in 2010, designing a functional fitness product and education courses for personal trainers which are now distributed in over 20 countries.

### **AUDIENCE CHOICE WINNER**

CONNECTED SUMMIT HEALTH & FITNESS



Othership is building the future of emotional wellness through saunas, ice bath's and breathwork programming with physical locations and an immersive breathwork app used daily by Ben Greenfield, Dave Asprey, and Shaan Puri. The purpose built spaces include classes in a 100 person sauna, custom built ice bath's and a tea lounge.



#### HOW DID YOU FIND CHFS AND WHAT WERE YOUR KEY TAKEWAYS?

Very helpful. Met with +20 CEOs in brick-and-mortar, connected fitness, and real estate developers. Left with great knowledge of what marketing tactics are working and where to focus efforts. One of my key takeawys is that in person brick and mortar is back. Volumes are at pre-covid levels and community led marketing is the most effective channel for growth.

### HOW DO YOU SEE THE CHFS SHOWCASE HELPING OTHERSHIP & WHAT'S IN STORE FOR THE NEXT 12 MONTHS?

Our focus for the next 12 months is launching two new studios in New York and the showcase really helped to build brand awareness around this launch. It drove tons of discussions that have lead to parnterships with local gyms and NYC wellness providers. I would recommend attending the next CHFS!

#### SAMPLE ATTENDEE LIST

COMPANIES

- 24 Hour Fitness
- Abbott
- Aeguitas Advisors LLC
- Alter
- Altos Ventures Capital
- Arketa
- ASENSEI
- Athletech News
- Athletic Republic
- Athletica. Inc.
- Aviron Interactive
- Barre3
- Barry's Bootcamp
- Beachbody Company
- Bemav
- BHOUT
- Body Fit Training
- BoxUnion
- Brainchild Strategies Inc
- Brandxchange
- Brightcove
- Burn Boot Camp
- California Fitness Alliance
- Channel M. LLC
- CrossCourt
- Crunch Fitness
- DiffZero
- Dunn Pellier Media
- Echelon
- Equinox
- Ergatta
- Escape Fitness
- Escape Your Limits Podcast
- EY Ventures Group
- Feed.fm
- First Republic Bank
- FIT HIT
- Fitbiomics
- Fitnessartz Limited
- FitOn
- FitReserve
- Fitscope Studio
- FitTech Company
- Fletcher Road Consulting
- Flexia

- FunXtion International BV
- Gainful
- Genius Sports Group
- Global Cosmetic Developments
- Global Fitness Consulting
- Good Soul Hunting
- Google
- Gympass
- HARMAN International
- HarrisonCo
- Health Fitness Corporation
- Heartcore Fitness
- HIIP
- Horizon Fitness (Johnson Health Tech)
- Houlihan Lokey
- House of Athlete
- Hydrow
- Hyperice Hypersphere
- Innovative Fitness & WRKOUT
- inSquare Fit
- Integrity Square
- Intel Corp
- Intelivideo
- KDH concepts
- Kemtai
- Kinomap
- L.E.K. Consulting
- Lens For Hire LLC
- Les Mills International
- Limina Fitness
- Liteboxer
- Mariana Tek
- Matrix Fitness
- Maverick Community
- Maynard Cooper & Gale
- MELT Method
- MetaGym
- MetPro
- Microsfere Technoliges. Inc.
- MOVATI Athletic
- Movr

- Mutual Mobile
- MUX
- Myodetox
- Matrix Fitness
- Maverick Community
- Maynard Cooper & Gale
- MELT Method
- MetaGym
- MetPro
- Microsfere Technoliges. Inc.
- MOVATI Athletic
- Movr
- Mutual Mobile
- MUX
- Myodetox
- MyStrongCircle
- MYZONE
- NetGym
- New York Sports Club
- Nexersys
- Next Health
- NextWorld Evergreen
- Nike
- North Castle Partners
- North Pole Engineering
- OneSpaWorld
- OneSpaWorld Holdings Ltd.
- OPEN RIDE
- Open Venture Capital
- Orange Theory
- Orangetheory Fitness
- Othership
- Oura
- P Volve Paceline
- Padel Mgmt Group
- Passion Fit LLC Pause
- Pause Studio
- Peloton
- Physique 57
- Physmodo Planet Fitness Group
- Precor & Peloton
- Reform RX

- Robert W. Baird & Company
- RookMotion
- Row House
- Rumble
- Safesweat
- Sage Wellness
- Sensei
- Silofit
- SnapCalorie
- SnapDragon Capital Partners
- SnowAngel Capital
- Solidcore
- Solomon Partners
- Spottyr
- Spren
- Strava StrengthPortal
- STRIDE
- Stronger U Nutrition
- Struct Club
- Sunny Health & Fitness
- SweatWorks
- Swerve • The SageHouse
- The SOTO Method
- The Wellness Program
- UpperHand
- Verb
- Virdio
- VMG Partners Volt Athletics
- Walla
- Welld Health
- WeShape
- Wexer Wild Al
- Wisetail • Wisetail An Intertek Company
- WRKOUT
- Wunup
- Xplor Technologies
- Xponential Fitness YBell Fitness
- YogaSix

#### SAMPLE ATTENDEE LIST

- Executive Advisor
- Board Advisor
- Board Director
- Business Banker
- Business Development Director
- Business Development Partner
- Business Development Representative
- Business Strategy Advisor
- CEO
- CEO Americas
- CEO & Advisor
- CEO & Chairman of the Baord
- CEO & Co-Founder
- CEO & Founder
- CEO, Commercial
- CFO
- Chief Content Officer
- Chief Customer Officer
- Chief Digital Officer
- Chief Growth Officer
- Chief Operating Officer
- Chief Revenue Officer
- Chief Strategy & Systems Officer
- Chief Strategy Officer
- Chief Technical Officer
- Chief Wellness Officer
- CMO
- Co-Founder & Chief Business Officer
- Co-Founder & CTO
- Co-Founder & Executive Director
- Co-Founder & Managing Member
- Co-Founder & Partner
- Co-Founder &CMO
- Commercial Partnerships Director, Consumer Portfolio
- Commercial Partnerships Manager
- Consultant & Business

- Development Professional
- Content Creator
- COO
- Director
- Director Engineering
- Director of Business Development
- Director of Business Development & Marketing
- Director of Concept Development & Experimentation
- Director of Connected Partnerships
- Director of Digital Product
- Director of Ecommerce
- Director of Group Fitness Strategy & Development
- Director of Marketing
- Director of Marketing and Business Development
- Director of Partnerships
- Director of Partnerships & GTM Strategy
- Director of Product and Design
- Director of Sales & Partnerships
- Director of Sales, USA
- Director of Strategy
- Director Strategic Finance
- Division VP, Sports Ventures
- EVP, Business & Legal Affairs
- Executive Director of Strategic Execution & Partnerships
- Fitness Brand Builder, Content Strategy Consultant, Freelance Editor
- Founder
- Franchise Business Director
- Global Product Lead
- Growth Advisor

- Head Coach
- Head Coach & Head of Communication
- Head of Business Development
- Head Of Corporate Development
- Head of Finance
- Head of Fitness Partnerships
- Head of Product
- Head of Research
- Head of Sales
- Head of Strategic Partnerships
- Investor
- Lead Account Manager
- Manager, Corporate Development
- Managing Director
- Managing Partner
- Marketing
- Media
- National Sales Director
- NBE
- Operations Manager
- Partner
- Partnership Lead
- President
- President & CEO
- President & Co-Founder
- President & COO
- Principal
- Principal/Partner
- Principle
- Research Analyst
- Retention Marketing Manager
- Senior Client Services Manager
- Senior Director of Fitness Partnership
- Senior Director of Sports Performance Technology

Senior Director, Strategic Accounts

JOB TITLES

- Senior Manager, Partnerships
- Senior Product Manager
- Senior Product Marketing Manager
- Senior UI/UX Designer
- Strategic Advisor
- SVP
- SVP Franchise Development
- SVP Growth & Revenue
- SVP Innovation & Strategic Partnerships
- SVP Marketing
- SVP of Fitness & Programs
- SVP Operations
- SVP Product
- SVP Sales & Partnerships
- Vice President, Business Development
- VP
- VP Connected Partnerships
- VP & Head of Partnerships
- VP Business Development
- VP Business Development Mariana Tek by Xplor
- VP Customer Experience
- VP Finance
- VP Franchise Operations
- VP Group Fitness
- VP Healthcare
- VP Marketing
- VP Partnerships
- VP Partnerships & Sales
- VP Product
- VP Strategic Partnerships & Ventures
- VP WW Sales & Marketing

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For questions regarding exhibition, digital and sponsorship opportunities, please contact our team.

CONTACT US FOR PARTNERSHIP OPPORTUNITIES



**CARA FAUTLEY** 

Commercial Partnerships Manager caralyn.fautley@kisacoresearch.com

**BOOK A MEETING**