



START TODAY

# You Were Made to Move

Prevent tomorrow's injury today.

Symmio guides you to better health and wellness by providing you with your greatest opportunities for improvement. Once you are aware of these opportunities, Symmio provides direction on what to do and ensures you stay on track. Improving your musculoskeletal (MSK) health can reduce pain, boost productivity, improve mental health, and reduce the amount of time you spend on the sidelines missing out on life.



## Let's Get Started

Getting started with Symmio is easy.

Download the app from the Apple App Store or the Google Play Store. Sign up with your email. Then you'll be prompted to take an initial movement test that will identify the best ways to move forward on your fitness path.



## Stay Tuned

In our next emails we'll answer some frequently asked questions and hear what gains others have made using Symmio.

[Learn More](#)



### Try Symmio Today

Symmio will help you discover your full potential while keeping you focused on meeting your wellness goals in an easy-to-use app available on any mobile device.



[View in browser](#)

All rights reserved. Copyright © 2023 Symmio

This email was sent to hello@you.com because you indicated that you'd like to stay up to date on the latest features, services, support info and offers for FMS/Symmio.

You can unsubscribe from our emails [here](#).