

SUPPORT AND MANAGE MEMBER CHRONIC CONDITIONS



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



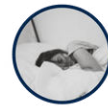
Mindfulness



Nutrition



Seniors



Sleep



Parkinsons

With 17,000+ live and on-demand classes taught by 2,500+ credentialed, local instructors in 50+ wellness categories we provide each member with the programming, support, and motivation they need to thrive.



39%

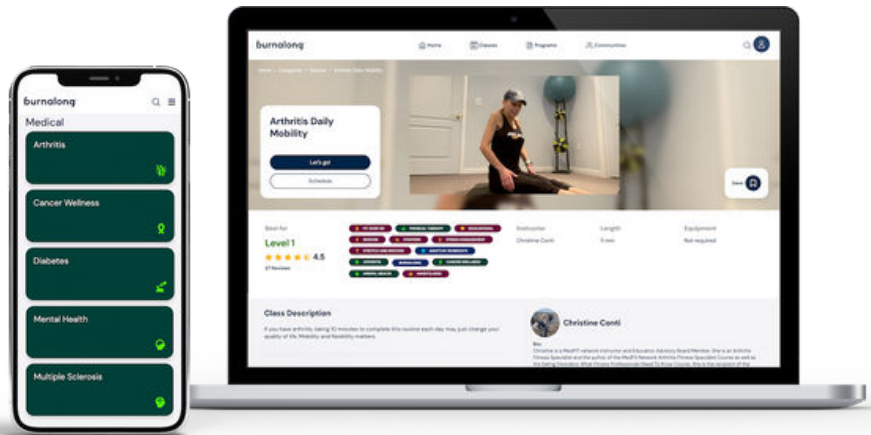
OF OUR USERS TAKE SPECIALTY CLASSES

120+

INSTRUCTORS SUPPORT CHRONIC CONDITIONS

4

FAMILY ACCOUNTS PER MEMBER TO SHARE WITH FAMILY & FRIENDS



WHAT CHRONIC CONDITIONS ARE SUPPORTED?

Support for chronic conditions on Buralong ranges from classes designed for people with Parkinson's, MS, cancer, diabetes, arthritis, and more. With recommended exercises and educational classes to support for caregivers, we offer holistic options for your members. Registered dietitians, certified cancer exercise specialists, rehabilitation specialists, and more provide their expertise for your members and their support network.

SUPPORT HOLISTIC HEALTH FOR EVERY MEMBER

39 percent of the all classes taken on Buralong's platform are in specialty categories including emotional support, chronic condition management, financial wellbeing, cancer wellness, adaptive workouts, and senior fitness.

With hundreds of classes added everyday, your members will find the diversity of content to support their unique goals, local instructors they can connect with, social motivation with live and group classes, and inclusive challenges everyone can compete in, together.