

burnalong

2022 Health & wellbeing trends



2022 was a banner year for Bernalong.

Let's take a look at all the amazing ways we were able to support entire populations with our diverse content, social support, personalized experiences, and actionable data through our digital health solution.

In 2022...

3,600+

new classes were added every month



5,000+

live classes hosted on the platform by relatable instructors



1 CLASS

was added to Bernalong every 12 minutes

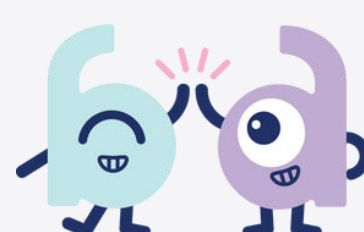


4.7

was our average class rating



We more than doubled...



the number of instructors on our platform! Some of the notable credentials our instructors offer are:

- Group Exercise instructors
- MSW
- Pharmacists
- Registered Dietician
- Registered Nurses
- SCW Trainers
- Licensed therapist

We grew in our diverse and relatable content, meeting every person wherever they are in their health journey.

More than **100%** growth in:

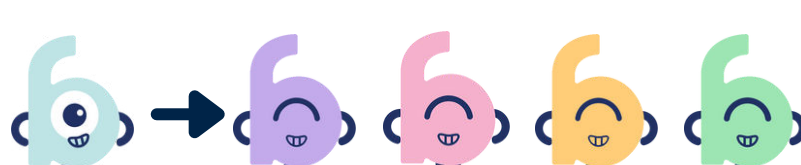
- Cancer wellness
 - MSK care
 - Stress management
- Cardiovascular health
 - Arthritis Care
 - Mental health
- Adaptive Workouts
 - Mindfulness
 - Diabetes care
 - Financial wellbeing



Our most popular categories this year were:

- Fitness
- Mindfulness
- Stretch & restore
- Stress management
- Clinical nutrition

Did you know...



Each Bernalong member has 4 free family accounts to share?

In an independent population health study this year, we found:



50-59

The majority of people using Bernalong were 50-59, despite the average age of the population being 33.



65%

of those who were using the platform had chronic conditions (vs. 40% of avg. population).

We enter 2023 with...

60+ wellness categories



30,000+ classes

100s of curated programs

5,000+ instructors

Bernalong is on a mission to help every person achieve their health and wellness goals while delivering business, health and cultural goals to organizations across the globe.

We can't wait to grow, together, in 2023! To learn how we can support your population, schedule a quick call with us.

