



Welcome to the Zactiv Family App

We're excited to officially launch the **Zactiv Family App** - a **FREE health and fitness app** available to the families of **every child in your school**, because you are proudly a **Zactiv School**.

The app is designed to extend the Zactiv ethos beyond the school day and into the home, helping families build healthy habits together.

What Is the Zactiv Family App?

The Zactiv Family App is built to:

- Encourage families to be active together
- Help build healthy habits at home
- Support wellbeing beyond the school day
- Strengthen the connection between school and home Family App flyer

It's simple, inclusive, and designed for *everyone* to enjoy.

How Families Get Started

Families can:

- 1 Click your personalised link to the **Zactiv Family App** (**please only use this link as it is specific to your school**)
- 2 Fill in the requested details and log in
- 3 Start enjoying workouts, activities and healthy eating together at home

You can share this email with families, they can follow the links or use the QR code on the attached information flyer

What's Inside the App?

Families will find:

- Fun family workouts to enjoy together
- **Four different workouts released every week**
- Simple, body-weight sessions suitable for all ages
- Healthy snack and meal ideas to try at home as a family

☆ As you complete activities you'll earn Zactivs (tokens), these will be awarded to the school and we'll be awarding prizes to top performing schools!

Everything is designed to help families build positive habits - and **have fun along the way**

 [Your personalised link to the Zactiv Family App is here!](#)

Join the Zactiv Family Community

Families can also join the exclusive **Zactiv Community on Facebook**, where they can:

- Share tips and ideas
- Celebrate achievements
- Stay motivated together

Use referral code ZACTIV when prompted

Hit the button below to join!

[Zactiv Community Facebook group](#)

Every Home. Every Heart. Living Healthy Together.


The Zactiv Family App is another step in supporting children's health and wellbeing not just in school, but at home too.

Thank you for being part of the Zactiv journey,
- Zack & The Zactiv Team

Need help?

contact us anytime:

 zack@zactiv.co.uk | dazza@zactiv.co.uk | nick@zactiv.co.uk | jacob@zactiv.co.uk

 www.zactiv.co.uk

ZACTIV FAMILY



Welcome to the Zactiv Family App "EVERY HOME, EVERY HEART, LIVING HEALTHY TOGETHER"

The Zactiv Family App is FREE to download and use, because your school is proudly a Zactiv School!

The app is designed to:

- Encourage families to be active together
- Help build healthy habits at home
- Support wellbeing beyond the school day
- Strengthen the connection between school and home

Inside the app you'll find:

- Fun, family workouts to enjoy together
- Four different workouts released every week
- Simple, body-weight sessions that are inclusive and suitable for all ages
- Healthy snack and meal ideas to try at home as a family

Build positive, healthy habits together — and have fun along the way with Zactiv

Join the fun here!

This is your personalised link

Start your
family
workouts
today!



ZACTIV
ANYTHING IS POSSIBLE

