

GAME ON!

SMARTCHASE



CREATED BY



HEALTHCHASE



YOUR COMPANY IS INVESTING IN YOUR HEALTH WITH SMARTCHASE, A GAME THAT MOTIVATES YOU TO FEEL GREAT!

SmartChase is a four week game that encourages you to do the right things by your body to feel the best you can. It motivates you to think about the food you eat, raising your heart rate, relaxing and managing stress. And it makes it all fun! The result is better concentration, memory and brain health, so you're more productive and feel fantastic!

Play against, or 'chase', other teams. Use your phone, tablet or PC to watch the action on the live scoreboard, chat to your team in private or banter with players in other teams.

WHY PLAY? TO FEEL GOOD!

Whether you're chasing improved concentration and memory, better ways to cope with the stresses of modern life or simply want to feel better physically and mentally, SmartChase can help you get there.

IT'S FUN AND IT WORKS.

Players achieve great results with HUGE benefits for short and long term health. Give it a go. 95% of our players recommend it!





WHO SHOULD PLAY?

Everyone! SmartChase is designed for busy lifestyles – it's about being conscious of the dietary and activity choices you make every day and what helps you cope with the pressures of modern day life. It can help your physical and mental wellbeing, boosting energy and concentration levels to help you feel good and be more productive. Busy people often benefit the most.

It only takes seconds to enter scores and play the game.

Relaxation not for you? Recovering from the stresses of everyday life is essential but how you do it is completely up to you. You decide how to take time out, what you enjoy and what works for you.



Not into diets? Neither are we. SmartChase is not a diet plan, it's a way of motivating you to make sustainable changes that work for you. You gain Chase Points for including fruits, vegetables, Smart Foods and water in your diet.

We live in the real world! Treats or a glass of beer or wine are fine too, we just help you do it in moderation. There's even a full day off each week to make it all very achievable. No fads, calorie counting or food diaries.





SO HOW DOES IT WORK?

Simple. You build your score by choosing or creating meals that contain fruit, vegetables and Smart Foods. Water, activity, exercise and extra points for relaxation and stress management also come into play. You can enter your scores via your phone, tablet or PC and see the immediate effect on the live scoreboard – it's a great motivator!

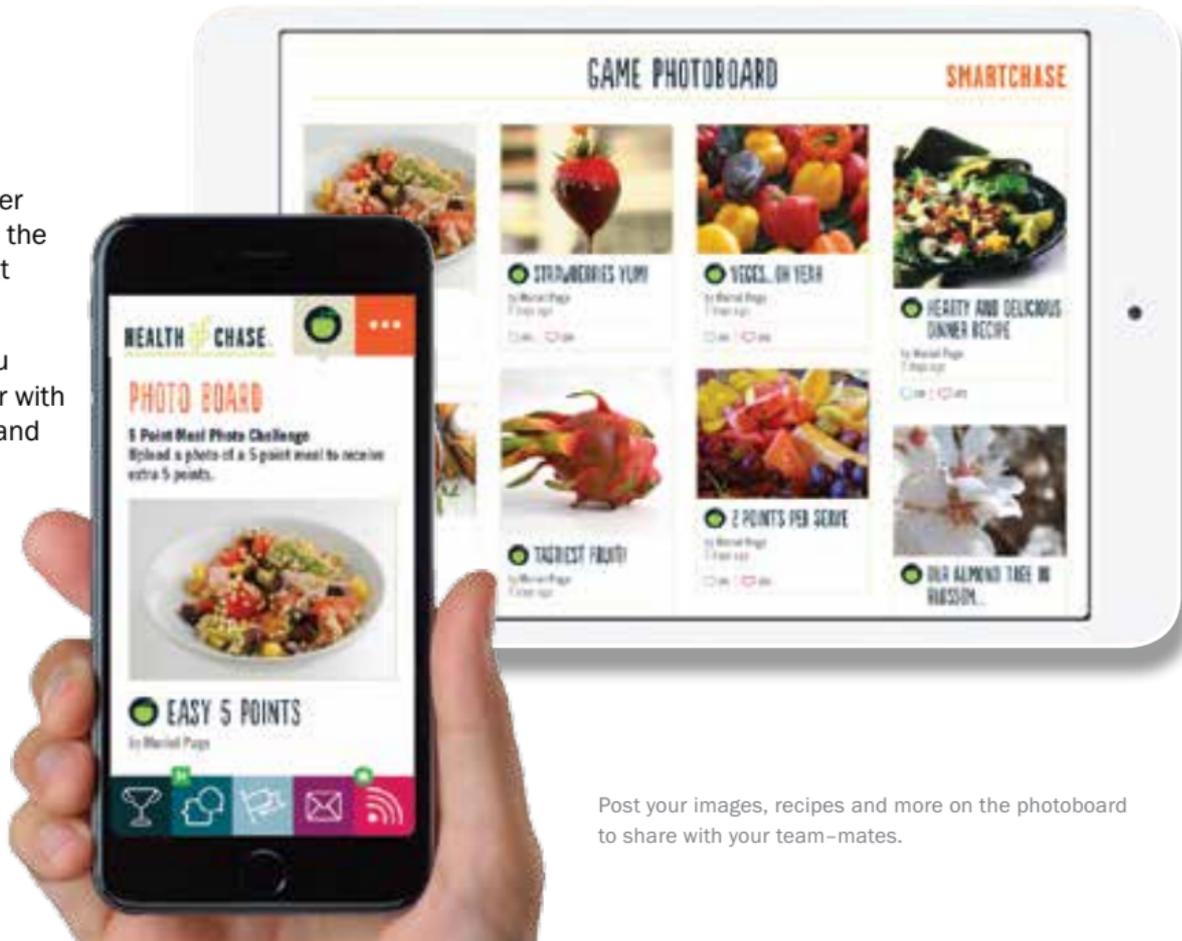
As well as the scoreboard, the SmartChase WebApp also lets you post photos of your culinary or exercise achievements and banter with teammates or other teams – the goal is to have fun, get healthy and share the experience with your workmates.

SmartChase is the most enjoyable way to help your mind and body feel great in the short term and build sustainable changes that will benefit you into the future.

SO SIGN UP AND LET THE GAME BEGIN!

For more information visit us

WWW.HEALTHCHASE.COM 



Post your images, recipes and more on the photoboard to share with your team-mates.