



A Product by



www.fit24.live

Problem Statement

According to recent findings, nearly 1.8 billion adults worldwide are at risk of developing various diseases due to insufficient physical activity. This alarming statistic highlights a significant public health challenge that needs urgent attention.

This widespread issue underscores the urgent need for effective interventions and solutions to promote healthier lifestyles.



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26 June 2024 | News release | Geneva | Reading time: 2 min (636 words)

From source : [Nearly 1.8 billion adults at risk of disease from not doing enough physical activity](#)



Overview Impact WHO response

Physical inactivity is one of the leading risk factors for noncommunicable diseases (NCDs) and death worldwide. Alternately, regular physical activity reduces risk of many types of cancer by 8–28%; heart disease and stroke by 19%; diabetes by 17%; depression and dementia by 10–35%. It is estimated that 8.5 million deaths per year could be avoided if the global population was more active.

One in 4 adults and 4 in 5 adolescents don't do enough physical activity. Women and girls generally are less active than men and boys, widening health inequalities. Older adults and people living with disabilities are also less likely to be active and miss out on the physical, mental and social health benefits. Physical inactivity burdens society through the hidden and growing cost of medical care and loss of productivity.

WHO developed an economic analysis which predicts that nearly 500 million new cases of preventable major NCDs will occur globally between 2020 and 2030 if the prevalence of physical inactivity does not change. These NCDs will cost an estimated US \$300 billion in healthcare costs alone in that 11 year period, or about US\$ 27 billion per year. These estimates do not include the significant indirect costs including loss of productivity.

Failing to increase levels of physical activity will negatively impact attainment of global targets as well as multiple SDGs.

From source : [Latest update - World Health Organization](#)

Furthermore, since then, the World Health Organization (WHO) has been actively releasing reports on this issue, highlighting the progressively dangerous nature of the situation.



Solution Statement



Fit24 is providing a comprehensive solution to enhance the fitness, health, and wellness of our community members. By leveraging advanced technology and personalized wellness plans, we aim to revolutionize health outcomes. Additionally, we incentivize our members through the Fit24 Token, rewarding healthy behaviors and active participation in our wellness programs. This innovative approach ensures that every member is motivated and supported on their journey to a healthier, more active lifestyle.

Introducing Fit24 Application

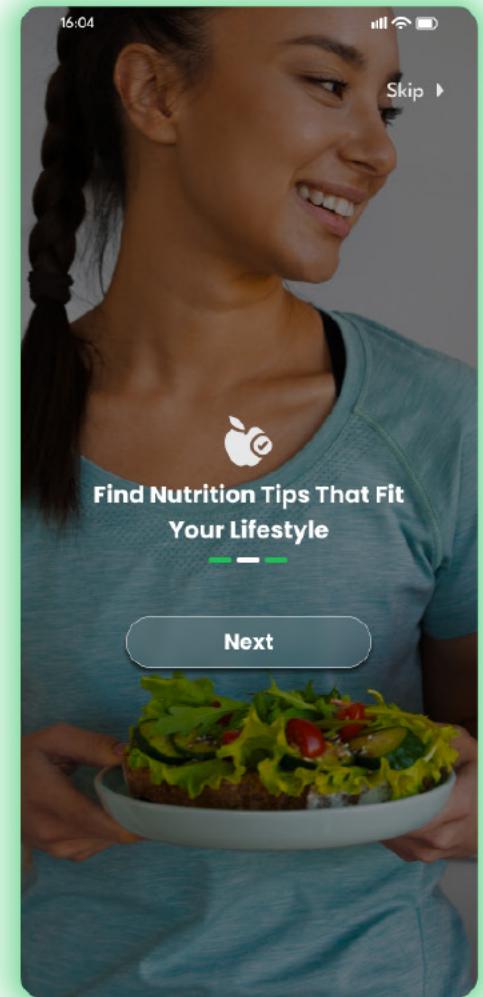
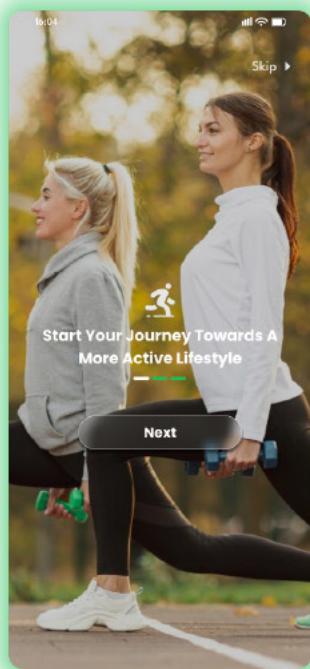
What is Fit24?

Fit24 is the first utility of the BlockFit ecosystem which is designed to help you burn calories and earn rewards.

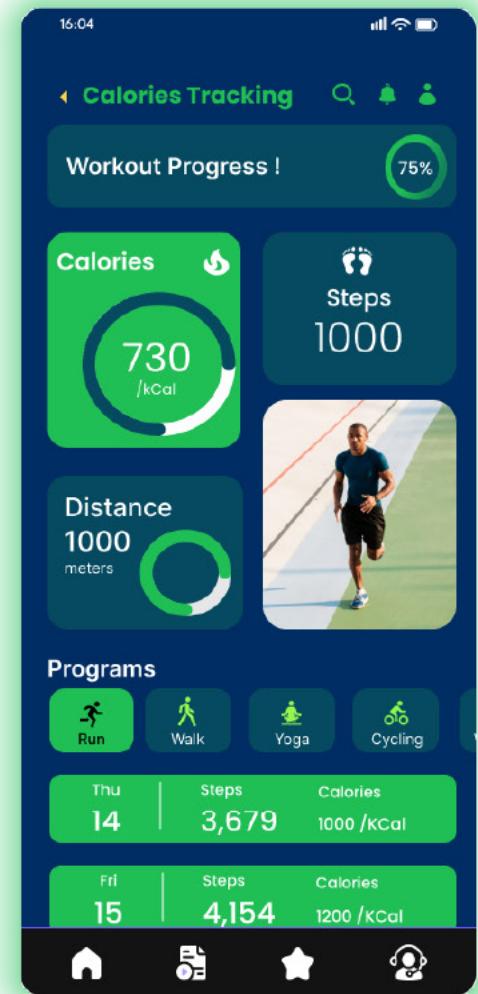
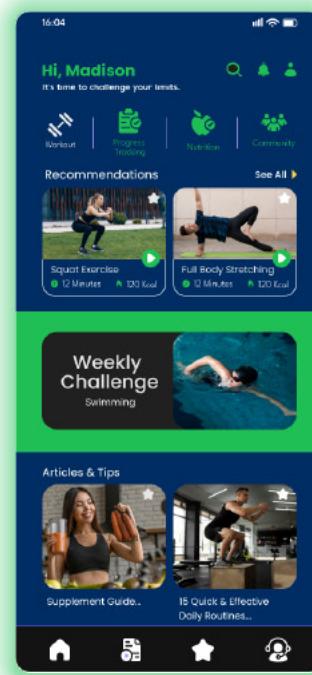
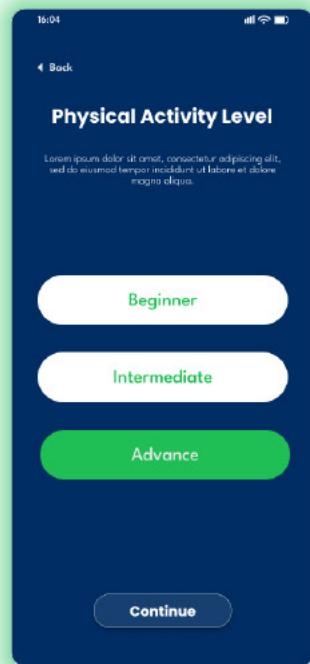
Fit24 supports you in understanding, managing, and overcoming your fitness and wellness challenges. At Fit24 we believe fitness should be accessible to everyone, offering affordable and effective workout programs that easily fit into any lifestyle. Earn Fit24 tokens by completing tasks and redeem them instantly.



First Look of Fit24 Mobile Application



First Look of Fit24 Mobile Application





Services offered by Fit24 application.

TASK ASSIGNMENT:

Users receive daily or weekly fitness tasks, such as running a certain distance, completing a set of exercises, or attending a workout class.

PROGRESS TRACKING:

Fit24 tracks user's progress using GPS, pedometers, or manual input. This includes monitoring steps, calories burned, workout duration, and other relevant metrics.

REWARDS SYSTEM:

Converts steps into fit24 token that can be exchanged for goods, services, donations to charity or on any exchange.

LEADERBOARD AND SOCIAL FEATURES:

Users can compare their progress with friends or a broader community, providing a competitive edge and social motivation.

PERSONALIZED PLANS:

Fit24 may offer personalized fitness plans based on the user's goals, fitness level, and preferences ensuring that tasks are relevant and achievable.

EDUCATIONAL CONTENT:

To support users in their fitness journey, Fit24 may provide articles, videos, and tips on exercise, nutrition, and overall wellness.



Benefits of using Fit24

We believe that every step towards better health should be celebrated, which is why Fit24 comes with multiple benefits and keeping yourself healthy must be rewarding.

INCREASE MOTIVATION:

Fit24 rewards every completed physical activity and motivates workout consistency by adding fun and accomplishment to fitness routines.

GLOBAL ACCESSIBILITY:

Promotes a supportive community creating a welcoming and encouraging environment where fitness boosts positive connections, with group classes and community events to meet new people, share progress, and stay motivated together.

ENHANCED FINANCIAL LITERACY:

Users can gain exposure to the world of virtual currencies, learning about digital assets and blockchain technology. The app can serve as an educational tool, helping users understand and manage their crypto rewards effectively.

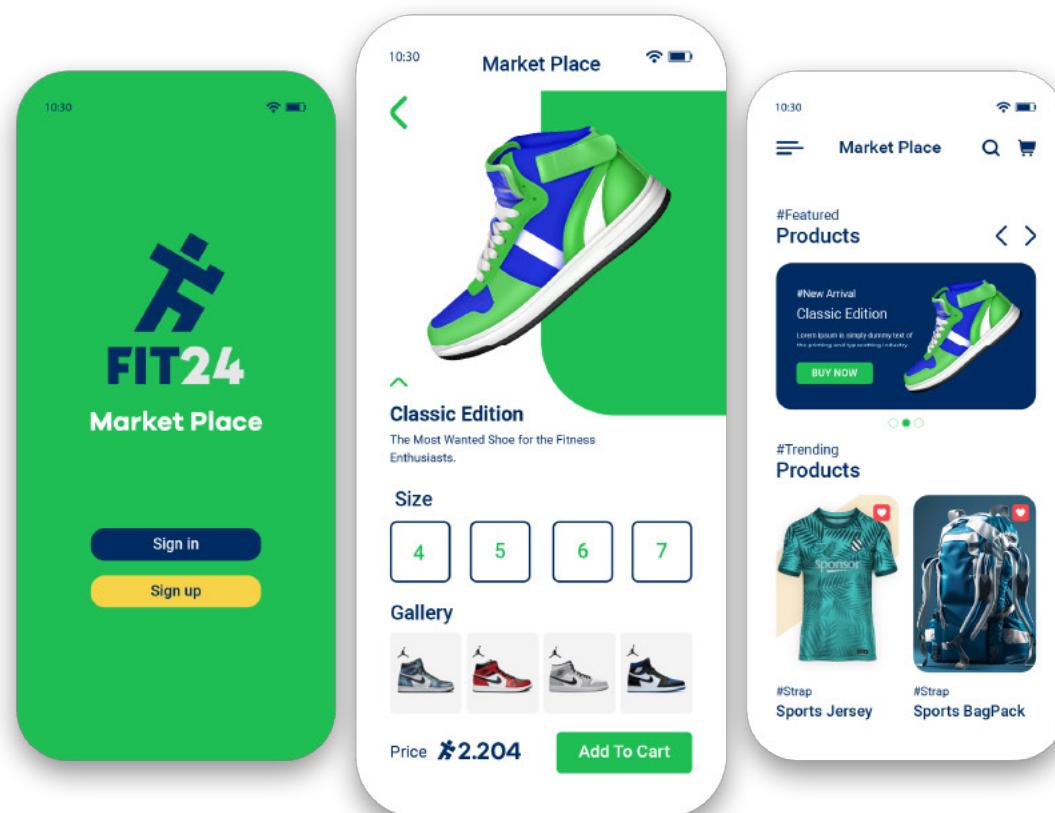
FINANCIAL BENEFITS:

Users can accumulate valuable digital assets without the need for a significant initial investment. Fit24 Tokens can be traded, saved, or used for various transactions, providing financial flexibility.

Fit24 Market Place

Fit24 is a marketplace that aims to cater to the health and fitness industry by providing a platform for various products and services related to wellness, fitness, and nutrition. The platform is designed to connect consumers with a wide range of fitness-related items and services, including:

- | | |
|--|--|
| ■ Smart Watches | ■ Running Shoes |
| ■ VR Goggles | ■ Protein Bars |
| ■ Fitness Gadgets | ■ Health Drinks |
| ■ Sport Kits | ■ Beverages and others |



Revenue Generation Model

Your data is yours. Now, and forever.

Fit24 places utmost importance on safeguarding the privacy and confidentiality of its users' information.

Fit24 is a platform through which Fit24 holders can choose to monetize their data.

Advertising

In-App Ads Sponsored Content Affiliate Marketing

Aggregator Partnerships

Fitness Classes and Trainers Health and Wellness Products

Subscription Model

Tiered Subscriptions Premium Content Seasonal/Annual Memberships

Marketplace

E-Commerce Platform User-to-User Sales Exclusive Deals and Early Access



Become a Fit24 App Fitness Influencer

Invite your friends and get 10% referral generation rewards and build your own fitness global community.

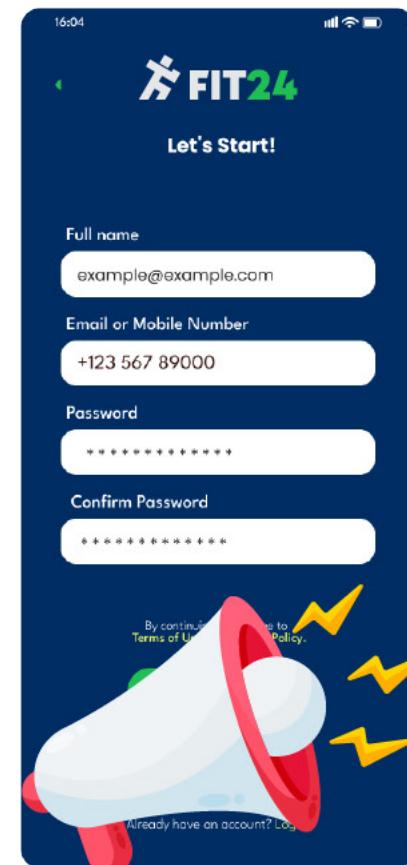
Example:

If John earns 1000 coins through physical activities today, you will also earn 100 coins just for referring him!

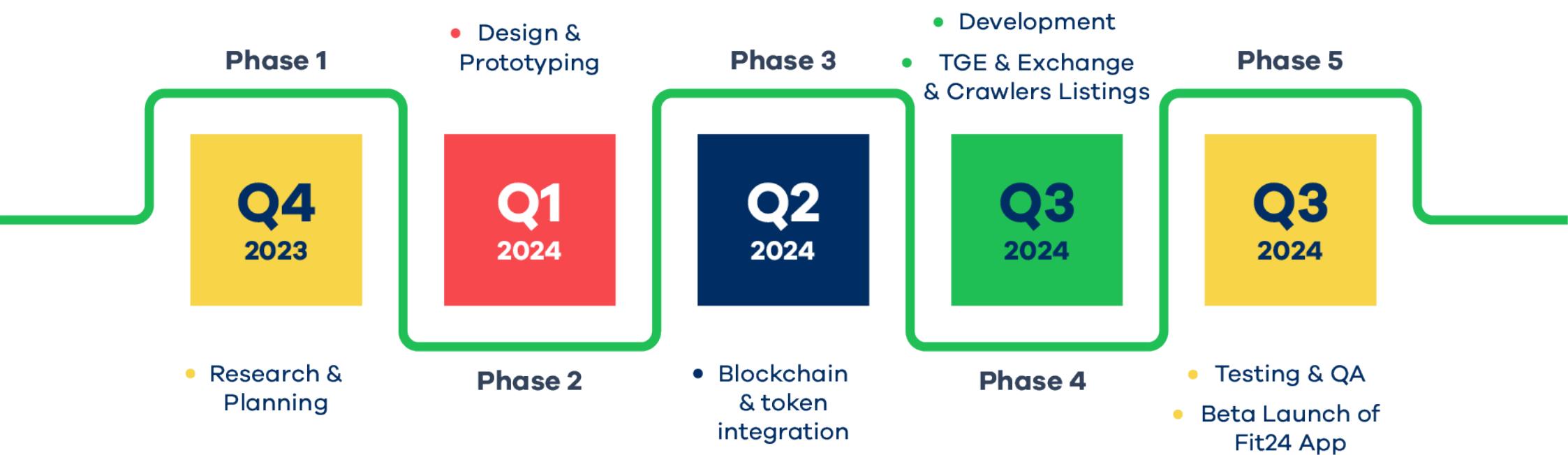
How It Works:

1. Invite your family and friends.
2. When they earn coins through their activities, you get 10% of their generation earnings as a reward.
3. The more you refer, the more you earn!

Start inviting now to maximize your rewards!



Fit24 Roadmap



Fit24 Roadmap



Introducing Fit24 Token

First Gen Token of **BLOCKFIT**

What is Fit24 Token?

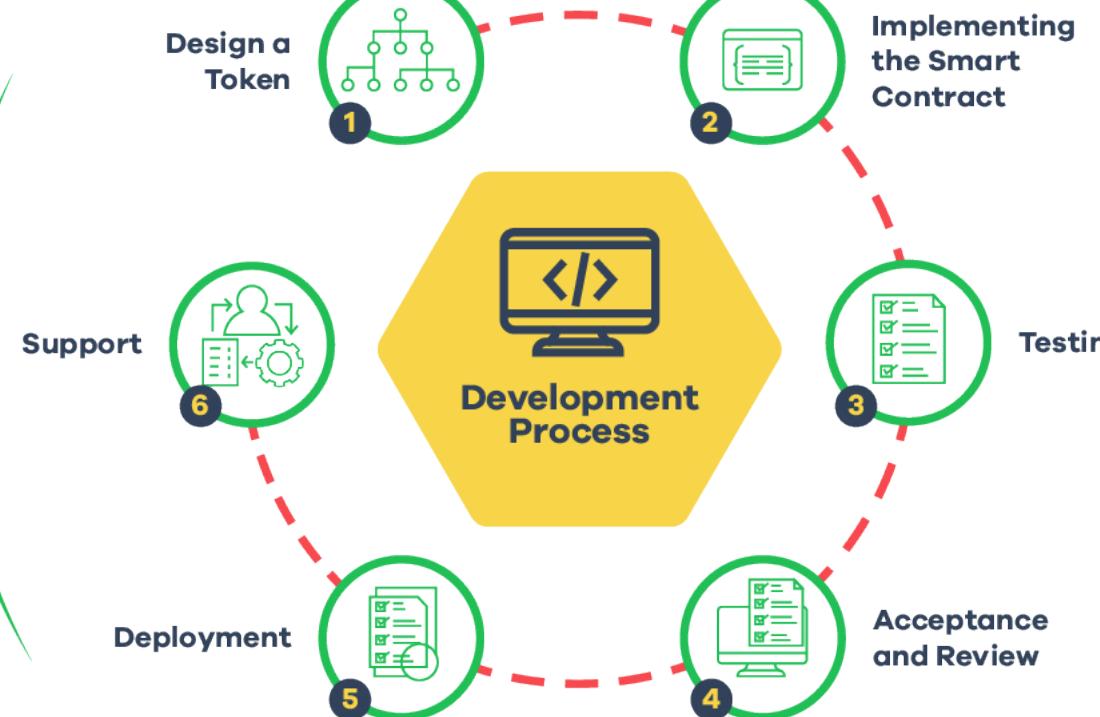
Fit24 token is a revolutionary physical activity based mintable token built on BlockFit network blockchain. Fit24 token motivates you to stay active and healthy. It offers a seamless and engaging experience, turning every step, rep, and workout into a rewarding adventure.

With Fit24 token, you experience a unique blend of fitness and financial growth, making your journey to a healthier lifestyle, more motivating and rewarding than ever!

Fit24 token transforms every step, workout, and achievement into financial empowerment, providing you with better financial freedom resulting in healthier and wealthier global community.



Development Phases of Fit24 Smart Contract



Tokenomics of Fit24 Token

Token Name:

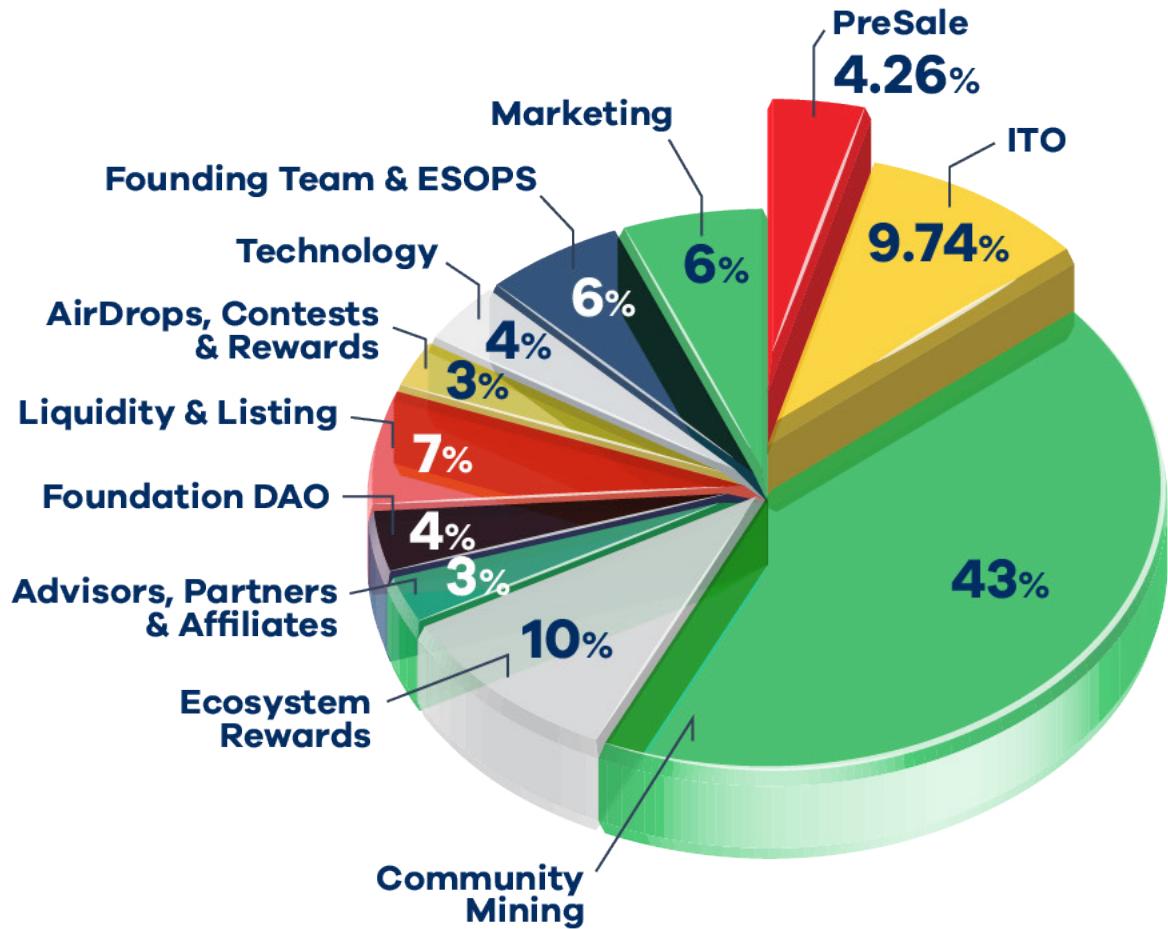
Fit24

Native Blockchain:

BlockFit Network Blockchain

Total Supply :

12.7 Billion



Fit24 Token Listing on Exchanges

Q3/Q4 | 2024



Q2/Q4 | 2025



Q2/Q4 | 2026



Fit24 Token Listing on Crawlers

Q3/Q4 | 2024



CoinMarketCap



CoinGecko

Q2/Q4 | 2025



coinbase



CoinStats

Q2/Q4 | 2026



ICOHOLDER



blockspot.io



Introducing the Wealth Creation Program of Fit24

Fit24 is thrilled to unveil its Wealth Creation Program, meticulously designed to empower individuals and businesses to achieve financial success and sustainable growth. Our program integrates fitness principles with strategic financial planning, aiming to create a holistic path to wealth.

Individuals: Anyone looking to improve their financial health and physical well-being. Entrepreneurs: Business owners seeking to grow their wealth and business. Professionals: Individuals aiming to enhance their financial knowledge and skills.



ITO for Fit24 Token

At Fit24, we believe that everyone deserves access to tools and resources to support their wellness journey. With the power of BlockFit Network blockchain, we will take this vision to new heights.

This ITO isn't just about tokens; it's about revolutionizing the way we approach fitness and well-being.

Only 9.74 % of the total supply of 12.7 billion Tokens is out for ITO.

Don't miss the opportunity.

Get 5% Direct Referral Rewards during ITO Sale.



Wealth Creation through Staking Fit24



Stake Pool	Minimum Staking	Yearly APY	Monthly APY	Daily APY
Pool A 12 months	₮ 2,500 \$100 worth of Fit24 Tokens	72-96%	6-8%	0.2-0.26%
Pool B 24 months	₮ 5,000 \$200 worth of Fit24 Tokens	84-108%	7-9%	0.23-0.3%
Pool C 36 months	₮ 10,000 \$400 worth of Fit24 Tokens	96-120%	8-10%	0.26-0.33%

*During the staking period staked token will be locked.

*After completion of these contracts your tokens will be released equally in 10 months.

*The monetary value of the minimum staking amount in terms of dollar remains fixed, however Fit24 token quantity may vary due to it's price fluctuations.



Minimum Stake for each Pool

The minimum staking values for each pool are based on the current price of FIT24 tokens.

Pool A

Minimum staking value of **\$100** worth of **FIT24 tokens**

Pool B

Minimum staking value of **\$200** worth of **FIT24 tokens**

Pool C

Minimum staking value of **\$400** worth of **FIT24 tokens**

The monetary value of the minimum staking amount in terms of dollar remains fixed, however Fit24 token quantity may vary due to it's price fluctuations.

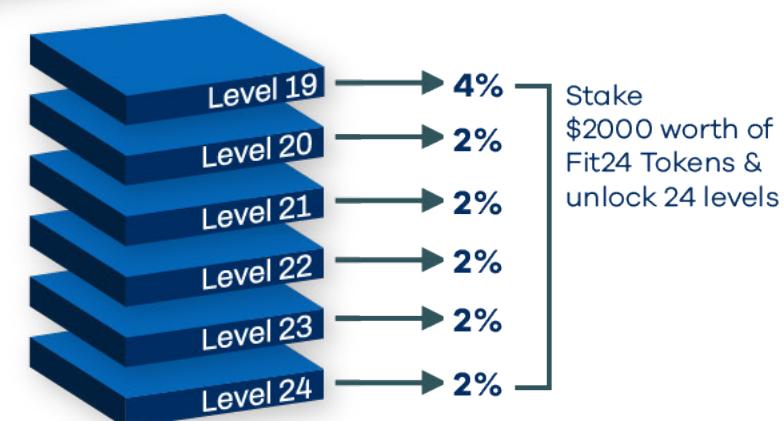
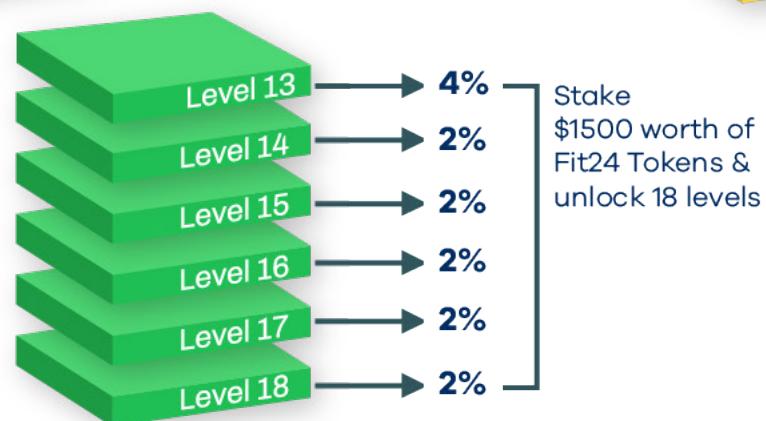
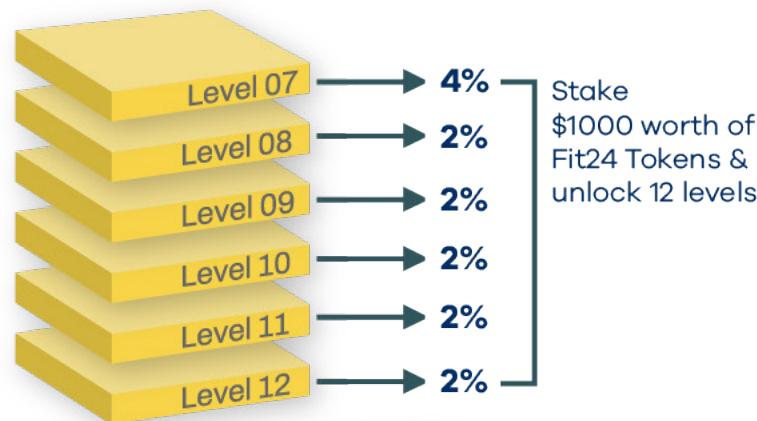
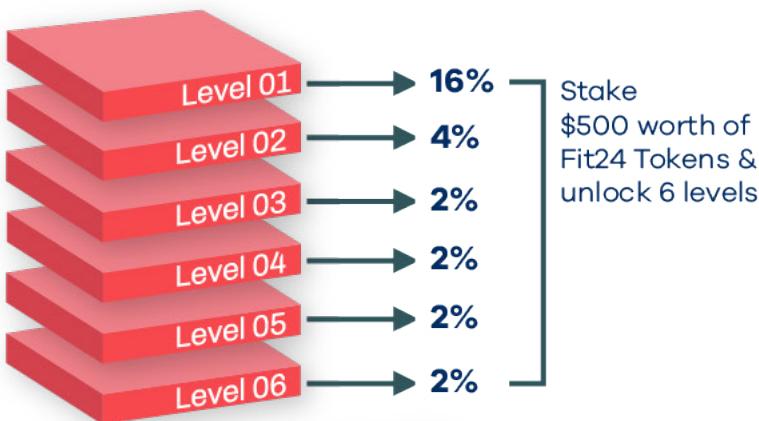
Compounding Opportunity

Daily APY	
3 Months	0.2%
6 Months	0.25%
12 Months	0.3%



*Minimum staking of 1000 Fit24 Tokens

Level Rewards



*Open each level by referring one direct for example, To open 24 levels, you will need 24 direct referrals

*All the calculations of FIT24 Token are based on the launching value that is \$0.04

*The monetary value in terms of dollar remains fixed, however Fit24 token quantity may vary due to it's price fluctuations.

Unlock the Mystery: Dive into Rewards

Wondering what surprises lie within?

Here's the scoop: Each Mystery Box holds a tantalizing assortment of rewards, ranging from your daily, weekly and monthly assignments.

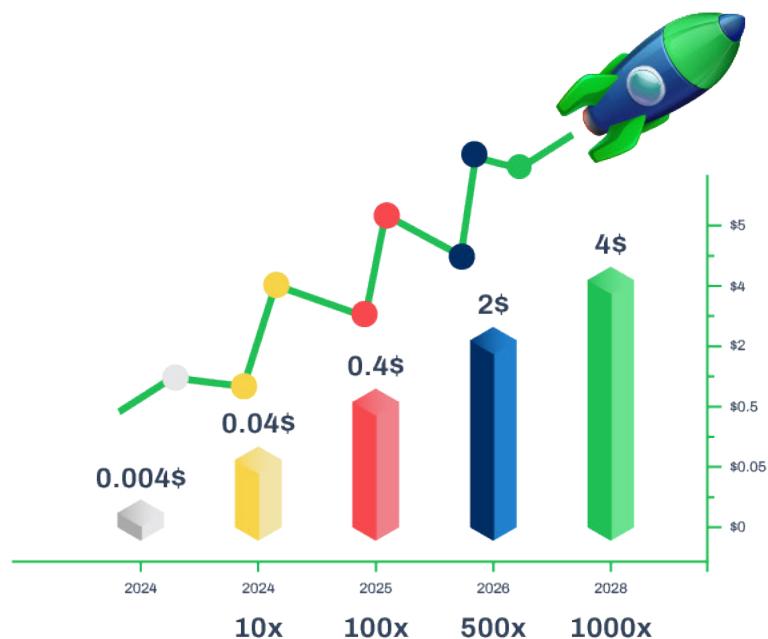
How does it work? It's simple! Just engage with Fit24, complete tasks, level up your profile, and watch as the Mystery Box appears on your dashboard. The more you explore and participate, the greater your chances of uncovering something extraordinary.

Start your adventure today and let the mystery unfold!



Potential Growth

FIT24



- Expected Potential Growth of Fit24 Token by 2028

Ethereum



Recognition

Fit24, the flagship product of BlockFit Network Ecosystem, has become a distinguished member of the Chamber of Commerce Dubai.

This partnership underscores our dedication to promoting fitness, fostering growth and innovation, and creating a positive impact within our community.



Our Tech Partners & Associates





Our Partners in Action



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Nations**



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Media Partners



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Thank You



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