

IMPLEMENTATION, INTEGRATIONS & FITNESS OPERATIONS

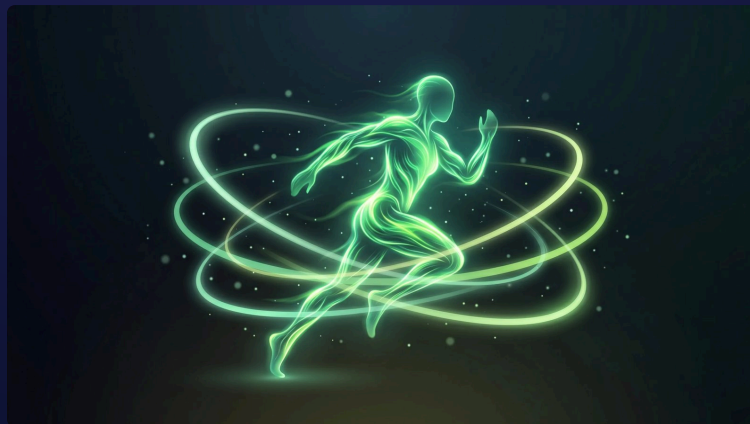
Expert hands on MyBodyShield

MyBodyShield is a health & fitness platform you can run yourself. But you do not have to do it alone. We help you adopt and get more from MyBodyShield, and we deliver done-for-you fitness outcomes powered by it: platform implementation, integrations, migrations, coaching operations, governance, and enablement.

GROUNDED IN THE PRODUCT

RBAC & AUDIT THROUGHOUT

API-FIRST & INTEGRATION-READY



01 How the services fit the product

MyBodyShield unifies workouts, training plans, nutrition, body metrics, coaching, and recovery in one place. The services wrap around it, across the whole platform lifecycle.

Every service is grounded in a real product capability. Engage one, or combine several into a program. The same loop applies whether it is a one-week studio stand-up or a multi-quarter corporate-wellness program: scoped, reviewable, and audited at every step.



TRACK 01

Adopt MyBodyShield

Consulting, implementation, migration, security, and training so your team gets the full value of the platform, faster, and with governance from day one.

Wellness Program Consulting & Discovery · Member Data Onboarding & Migration · Coaching & Operations Enablement · Health Intelligence & AI Enablement · Security, RBAC & Health-Data Governance · Coach & Staff Training and Enablement

TRACK 02

Powered by MyBodyShield

Done-for-you outcomes we deliver using the product (platform implementation, integrations, and managed fitness operations) so you can focus on members.

Platform Implementation & Configuration · Wearable, EHR & Nutrition Integrations · Managed Fitness-Platform Operations

02 · TRACK ONE

Adopt MyBodyShield

Consulting, implementation, migration, security, and training so your team gets the full value of the platform, faster, and with governance from day one.

FOR GYMS, STUDIOS & CORPORATE WELLNESS

One governed health & fitness platform

We map how your program actually runs today, across members, training plans, nutrition, classes, and coaching, then move it in, secure it, and get your coaches and staff genuinely productive on it.

2.1 Wellness Program Consulting & Discovery

2.2 Member Data Onboarding & Migration

2.3 Coaching & Operations Enablement

2.4 Health Intelligence & AI Enablement

2.5 Security, RBAC & Health-Data Governance

2.6 Coach & Staff Training and Enablement



02 Adopt MyBodyShield: design it, move in, run coaching

2.1 · CONSULTING

Wellness Program Consulting & Discovery

We map how your gym, studio, or corporate-wellness program actually runs today, across members, training plans, nutrition, classes, and coaching, and design how that should live in one governed health & fitness platform.

- Discovery of your current member-management, scheduling, and tracking tools
- Program modelling for workouts, training plans, nutrition, and recovery
- Class, session, and coaching-flow design across in-person and remote
- Single-location vs. multi-studio or corporate-wellness topology recommendations
- Workspace, RBAC, and data-isolation design grounded in the platform

2.2 · MIGRATION

Member Data Onboarding & Migration

Moving off a tangle of spreadsheets, a legacy gym-management suite, and disconnected tracking apps? We migrate your members, training history, plans, and class schedules into MyBodyShield with minimal disruption.

- Inventory of current member, plan, class, and tracking systems
- Member profile and training-history migration with mapping and validation
- Workout, nutrition, and progress-data import where feasible
- Parallel-run validation and a reversible cutover plan
- Team handover with runbooks for the new fitness operating model

2.3 · COACHING OPERATIONS

Coaching & Operations Enablement

We turn day-to-day coaching into a smooth operation (assign plans, track progress, run classes, and review recovery) with coach rosters, session scheduling, and the status flows that power member tracking.

- Coaching workflow and plan-assignment configuration for your trainers
- Coach roster, roles, and session-scheduling setup for teams
- In-person, remote, and hybrid class and session flow design
- Progress-timeline and goal-tracking configuration for member check-ins
- Feedback and community wiring so motivation is built into every program

02 Adopt MyBodyShield: data, governance, people

2.4 · INTELLIGENCE & AI

Health Intelligence & AI Enablement

We help you put the platform's data to work (training trends, recovery signals, smart recommendations, and adherence patterns) as a governed roadmap, so coaching moves from gut-feel to data-backed without overstating what exists today.

- Analytics setup for adherence, progress, recovery, and program performance
- Training and nutrition experiments scoped against real member data
- Smart-recommendation and AI-coaching enablement as it ships
- Recovery- and load-management design for sustainable progress
- Honest current-vs-roadmap framing so expectations stay accurate

2.5 · GOVERNANCE

Security, RBAC & Health-Data Governance

We configure MyBodyShield for your compliance bar: least-privilege roles across member, coach, trainer, and admin, audited actions, and governed handling of sensitive health data, inherited from the Burdenoff platform rather than re-invented.

- Workspace RBAC role design and least-privilege access reviews
- Multi-role identity setup with every action scoped and attributable
- Audit-log review, retention configuration, and evidence workflows
- Sensitive health-data handling and consent-flow review
- Data-protection and subprocessor alignment for your jurisdiction

2.6 · ENABLEMENT

Coach & Staff Training and Enablement

We get your coaches, front-desk staff, and engineers genuinely productive, not just logged in. Role-based sessions and golden-path playbooks so a new coach builds a plan, and a new developer drives the API, in hours.

- Hands-on workshops for coaches, staff, and platform teams
- Golden-path playbooks for onboarding, plan-building, and class management
- API, CLI, MCP, and SDK enablement for engineering teams
- Admin and oversight training for studio and program operators
- Onboarding checklists and curated learning paths

03 · TRACK TWO

Powered by MyBodyShield

Done-for-you outcomes we deliver using the product (platform implementation, integrations, and managed fitness operations) so you can focus on members.

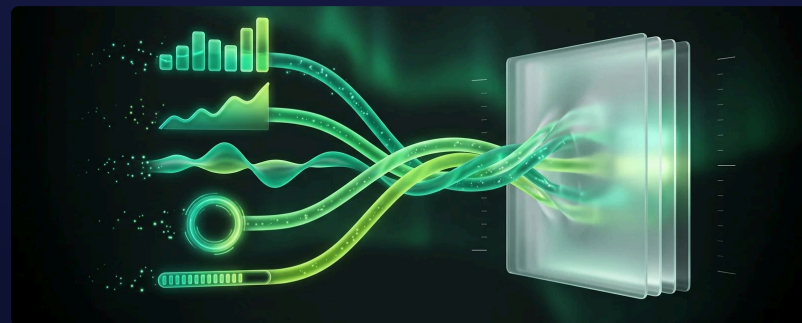
API-FIRST & INTEGRATION-READY**Health data that flows instead of being re-keyed**

We stand the platform up for your programs, connect wearables, nutrition databases and your own systems, and can run the backend for you, with RBAC-scoped, fully audited health-data flows.

3.1 Platform Implementation & Configuration

3.2 Wearable, EHR & Nutrition Integrations

3.3 Managed Fitness-Platform Operations



03 Powered by MyBodyShield

3.1 · IMPLEMENTATION

Platform Implementation & Configuration

Our team stands MyBodyShield up for your gym, studio, or wellness team end to end, with workouts, training plans, nutrition, class schedules, coaching, and member roles wired to how you actually operate, so you launch ready, not half-configured.

- Workout, training-plan, and nutrition-template configuration for your programs
- Class, session, and booking setup across locations and time zones
- Coach, trainer, and member role configuration mapped to real responsibilities
- Body-metrics, goal, and progress-tracking setup for your methodology
- Sandbox-validated cutover so the first real member session works on day one

3.2 · INTEGRATIONS

Wearable, EHR & Nutrition Integrations

MyBodyShield is API-first. We set up the integrations built into the product (wearables and fitness trackers, nutrition databases, payments, and analytics) and help your team connect your own systems, EHR and clinical tools included, through the API and webhooks. If a connection you need is missing, tell us.

- Wearable and fitness-tracker sync for activity, heart-rate, and sleep data
- Guidance for connecting your EHR and clinical systems through the API
- Nutrition-database and meal-logging integration for accurate plans
- Payments, scheduling, and notification connectors for daily operations
- Webhook and API enablement to connect downstream systems

3.3 · MANAGED OPERATIONS

Managed Fitness-Platform Operations

Prefer to focus on members and coaching? We operate your MyBodyShield backend for you: monitoring platform health, keeping plans and classes current, watching integration and data flows, and acting on what the data shows.

- Member-engagement and platform-health monitoring across locations
- Workout, plan, class, and nutrition-content upkeep
- Wearable, EHR, and integration-flow oversight
- Scheduled maintenance, backups, and incident response
- Usage, quota, and analytics reporting back to your team

03 Stand it up with us, or hand us operations

WE STAND IT UP WITH YOU

Programs, integrations, and member experience

Our team works alongside yours to implement MyBodyShield for your gym, studio, or wellness program. Workouts, training plans, nutrition, classes, coaching, and member roles are configured to how you operate, validated in a sandbox before a single real member session goes live.

- Workout, training-plan, and nutrition templates configured for your programs
- Class, coaching, role, and integration setup across your locations
- Sandbox-validated cutover so the first real member session works on day one

OR HAND US OPERATIONS

Managed fitness-platform operations

When you would rather focus on members and coaching, we run the platform backend for you. We monitor engagement and platform health, keep plans and classes current, watch wearable and EHR integration flows, and act on what the data shows, with usage, quota, and analytics reporting back to your team.

- Member-engagement and platform-health monitoring across locations
- Workout, plan, class, and nutrition-content upkeep
- RBAC-scoped, fully audited health-data flows, never shared secrets

04 How we engage

A clear path from intent to impact. The same loop whether it is a one-week studio stand-up or a multi-quarter corporate-wellness program: scoped, reviewable, and audited at every step.

01

Discover

We map your members, programs, classes, coaching, and goals, and agree on what "done" looks like before any work starts.

02

Plan

A scoped, reviewable plan: program and plan model, class scheduling, integrations, RBAC, and rollout sequence, with checkpoints where it matters.

03

Build

We configure programs, migrate member data, set up the integrations built into the product, and validate everything in a sandbox, shipping in increments you can see.

04

Operate

We hand over with docs and enablement, or stay on to run the platform backend: monitored, audited, and reporting from the first day.

ENGAGEMENT MODEL

Engage one service, or combine several into a program.

PRICING

Contact us. Tell us about your members, programs, and goals and we will scope the right mix.

SUPPORT & SLAS

From standard support to priority response with defined SLAs.

Incident response, upgrade guidance, and a named point of contact for enterprise engagements. Tiers are scoped to your plan and operational needs.

05 We leave your team able to run it without us

Every engagement ships documentation, golden-path playbooks, and hands-on enablement. Whether you keep us on to operate the platform backend or take the keys yourself, your coaches, staff, and engineers understand the platform, not just the dashboard.

- Role-based workshops for coaches, staff, and engineering teams
- API, CLI, MCP, and SDK enablement so teams extend it themselves
- Onboarding checklists and curated learning paths



HOW TO START

Let's scope what you need

Tell us about your members, programs, and goals. We will recommend the right mix of consulting, implementation, operations, and enablement, and a plan to get there.

TALK TO OUR TEAM

mybodysield.com/contact

EXPLORE THE PRODUCT FIRST

mybodysield.com/features

GET STARTED

Let's scope what you need.

Tell us about your members, programs, and goals. We will recommend the right mix of consulting, implementation, operations, and enablement, and a plan to get there.

TALK TO OUR TEAM

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