



Exercise Science Wellness Center Presents: **Free Fitness App for Faculty & Staff!**

Get started with the TeamBuildr app! To kickstart your fitness journey, the app is designed to guide you with achieving your goals.

➔ **The app features workouts tailored to the equipment provided at the Exercise Science Wellness Center.**

➔ **You have the choice to opt for a free baseline assessment at the Exercise Science Wellness Center (Ext 4625) prior to your initial session.**

APPLE STORE



GOOGLE APPS



STEPS TO ACCESS YOUR ACCOUNT:

1. DOWNLOAD THE APP OR GO TO [MTSAC.TEAMBUILDR.COM](https://mtsac.teambuildr.com)
2. CLICK EASY JOIN & ENTER THE FOLLOWING:
 - a. JOIN CODE: **HUPJ & BKAM**
 - b. PASSWORD: **EZJ6BYKD**
3. CLICK CONFIRM & FILL OUT REQUIRED INFO
4. CLICK ON THE FIRST DATE TO START (JAN 22ND)