



## Who We Are

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For nearly 30 years, Exos has been dedicated to getting people ready for the moments that matter by promoting a holistic approach to health. As an elite coaching company, Exos applies its evidence-based methodology to programming designed to unlock the potential in everyone from corporate employees, elite athletes, military operators, and beyond.

We've never been the type to accept the status quo. We're all about studying, learning, innovating, and making waves. And we feel that it's our responsibility to help others because we know there's a better way. That better way is Exos Readiness.

### Exos Readiness

**Having the physical, mental, and emotional capacity to achieve your goal and live up to your potential in the moments that matter most.**

So, the question is... are you and your team Exos Ready?

**2.7K+**

Team  
Members

**380+**

Locations

**10**

Countries with  
Physical Facilities

**45**

Countries with  
Virtual Coaching

**1M+**

Lives  
Impacted

## What We Offer

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**Employee Well-Being  
Solutions**



**Professional & Team  
Development Programs**



**Holistic Athletic  
Training**



**Coach  
Education**



## Employee Well-Being Solutions



## Professional & Team Development Programs

### Client Impact & Reach

80

**Client NPS**  
Net Promoter Score  
of Exos clients  
industry average is 26

24

transitions in the last 5 years  
(new clients who had a previous  
provider that successfully  
transitioned to Exos)

Nearly

25%

**of Fortune 100**  
companies around  
the globe are  
contracted with Exos

~16

**Years**  
Avg Tenure of Clients

150+

current clients

1K+

fitness centers designed  
(ranging from 100 to 100,000 sq ft)

51

new clients in the last 5 years



### What Our Members Think

71

**Member NPS**  
*Net Promoter Score of  
employees at Exos clients  
industry average is 26*

89%

reported an overall  
improvement in quality of life

85%

named Exos as the most  
valued employee benefit

78%

reported an increased ability  
to meet the demands of life

81%

said Exos provided them  
with the necessary tools  
to adopt a healthy lifestyle

86%

found access to Exos services  
made employees excited to  
come to work



**Holistic Athletic  
Training**



**Coach  
Education**

## Coaches & Athletes Supported

**14**

Performance Centers  
& Client-Owned Sites

**4K+**

Elite Athletes,  
since founded

**10K+**

Youth, High School  
& College Athletes,  
since founded



### We've coached the best of the best.

+ Patrick Mahomes	+ Jamal Murray
+ Aaron Donald	+ Brittney Griner
+ Julie Ertz	+ Sloan Stephens
+ Sophia Smith	+ Mia Hamm
+ Curt Schilling	+ Dustin Pedroia

**36,700+**

Coaches trained in Exos Methodology around the world

**1,345**

Exos-supported athletes drafted into the NFL since 1999

## Tactical Athletes & Operators Supported

**39**

Bases  
Supported

**1.5K**

Participants through our  
Accelerated Return To Duty  
program with the Eagle Fund

**170K+**

Operators  
Trained

**2.5K**

Participants in  
Tactical Mentorships



## Supporting Our Team Members



## Supporting Our Communities



### Social Impact

Our social impact program, Coach for Good, is powered by our coaches — over 2,000 of them! The program funds and supports three core beneficiary communities: Women Athletes, Military, and Youth.

**11K**

lives impacted across Women Athletes, Military, and Youth

**2.5K**

Donated Coaching Hours

## Supporting Our Team Members

The not-so-secret ingredient to high performance is a healthy relationship between work and rest, and our workplace culture prioritizes exactly this! We proudly live and breathe what our coaches teach, supporting our team members with tools and resources that allow them to perform their best at work and in life outside of work.



**75**

eNPS

