

New Year, New Race To Your (Leaner) Bottom: Grokker Offers Businesses 30 Curated Videos For "Be a Better You" Challenge

Winners Compete To Win 4 Apple TVs & To Benefit Non-Profit "Girls On The Run"

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/EINPresswire.com/ -- [Grokker](#), the

online Video On Demand Yoga, Fitness,

Meditation and Cooking network, is launching a "Be A Better You Challenge" from January 2 – January 31, 2017 - in the workplace. This competitive, fun challenge will be all about helping people workout every single day for a month, without ever getting bored. Employees are encouraged to create teams to build not only workplace morale but also to earn valuable points towards a prize: an Apple TV.(4 Apples TVs will be given away.)

By the time you are done with this fitness challenge, not only will you get to lord it over your friends and work colleagues, but also brag that your leaner body is also supporting a great cause: the non-profit "Girls on the Run", whose mission it is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Lead by world experts in their field, the challenge will offer four different options for videos and training, with the goal to help users complete one of the challenges, and enter to win one of four Apple TVs. Grokker will also donate money to Girls On The Run charity in honor of each person who completes the challenge.

Participants will see fast results, and be stronger, leaner and more flexible in one month. Grokker's world-class experts have curated a series of the best videos on Grokker that are designed to deliver fast impactful results for participants. The series offers 4 Challenges: Beginner Yoga, Intermediate/Advanced Yoga, Beginner Fitness and Intermediate/Advanced Fitness. Under the umbrella "Be A Better You Challenge", each of the four programs includes 30 curated videos, so participants will never get bored, and will continually "shock" their body with new routines.

Experts and videos for the 4 Challenges include:

- New Year, New Yogi - Lead by Celeste Periera
- Yoga Guru Challenge – Lead by Laura Burkhart
- Get Movin' Challenge – Jamie McFaden
- Get Fit Challenge – Sarah Kusch

The daily changing videos make "Be A Better You Challenge" the most fun workout or yoga experience ever. Participants can track their results against others for some lively competition; see comments and activity from other participants and even compare one another's activities. Best of all, at the end of the competition, four winners in total, one from each Challenge, will be chosen to receive a free Apple TV. Every participant can also improve their chances of winning by completing more than one Challenge!

About Grokker: Founded by mother, yogini, and successful entrepreneur Lorna Borenstein, Grokker is an online, Apple Watch and On Demand video wellness service for busy people on-the-go. Grokker makes it easy to take time for yoga, fitness, meditation, and healthy cooking by bringing thousands of



stunning expert-led video classes right into your living room. Lorna's secret to her own personal and professional success is her deep commitment to a healthy lifestyle. Of course we all know that's easier said than done – you don't always have time to make it to a class or that perfect place to take a deep breath and focus on yourself. That's where Grokker comes in. Available online and on VOD, on Comcast, Amazon, Apple TV, Roku, and Chromecast, and on your Apple Watch, learn more about Grokker at www.grokker.com

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