

A faint, light purple line-art illustration of a hand holding a pen, positioned behind the text. The hand is shown from the side, with the index finger and thumb gripping the pen. The pen is oriented vertically, pointing downwards.

WHITE PAPER



Thoughts Emotions Actions Results

Thoughts create Emotions which create Actions that create Results

Introducing TEAR

More than just a coin, it's a revolution in health, fitness, and wellness.

By holding VFIT, you're not only investing in a cryptocurrency but also in a brighter, healthier future.

With VFIT tokens synced in our app (VentureFIT) you are part of a revolution that rewards you for improving your health, Fitness and Lifestyle.

But that's not all!

Dive deeper into our ecosystem, and watch our community and projects grow with potential to earn passive income through our projects.

Join us in our mission to reshape the world, one heartbeat at a time



Welcome To TEAR

The founders of TEAR have been involved in the health and fitness industry since 1998 and have built their own successful business within the industry as well as recognition within the industry awarding bodies

Alongside this, they have individually been investors in crypto projects since 2018 and through their experiences in their respective industries they have created a sustainable investment strategy and identified opportunities within the health, fitness and wellness industries.



Health, Fitness and Wellness

The funds raised through the VFIT token will be used to in both internal and external projects

Our goal is to create a hub of health, fitness and wellness products for members and non members alike to help them to build a sustainable health and wellness program

Our community will have the opportunity to earn a passive income through referrals on our projects



Investments

The investments we make via a % of funds from our token will be made within the health and fitness industry's as outlined by our roadmap

Our current 2 projects (VentureFIT and Test Wellness) are in development

We aim to incorporate both on and off chain projects, alongside the passive income opportunities as a result of our VFIT token



The global fitness market is estimated to be worth \$75.7billion and the health and wellness market \$275 billion (2020) growing from \$145.8 billion since 2017



The Market and The Problems We Solve

According to WHO (World Health Organisation), around 2 billion adults are overweight (39% of women and 40% of men)

Worldwide obesity has nearly tripled between 1975 and 2016 and if the trends continue then it is expected that 2.7 billion adults will be overweight by 2025

Even more worrying, this trend has increased the obesity levels of under 18's with 340 million children between the ages of 5-19 overweight or obese, and 39 million children under the age of 5 overweight or obese

In 2014 the global economic impact of obesity was estimated to be \$2 trillion and apart from the economic pressure, obesity has a direct result on employee productivity, lost days at work morality and permanent disability



The Ongoing Concern

Depression affects around 300 million people worldwide, with 23 million below the age of 18, With 301 million living with an anxiety disorder including 58 million children and adolescents

Since the pandemic these numbers have increased, with WHO publishing its early evidence document of the effects on the pandemic (published March 2022)

According to WHO, levels of inactivity are twice as high in high income countries compared to low-income countries which places more direct stress on health systems, global economics and most importantly, the quality of life of the individual

Globally 28% of adults are not active enough in meeting the global recommendations of 75 to 150 minutes of activity each week



*To create good physical health you must have good mental health,
and to create good mental health you must have
good physical health*



While these figures are worrying you have on the flip side the current levels of worldwide population are exercising and taking regular steps to improve their health and wellness

The global fitness industry market is currently worth an estimated \$75.7bn and the health and wellness market are worth \$275 billion (2020) growing from \$148.5 billion in 2017

As the markets continue to grow, more worldwide incentives are launched for people to start exercising, looking after their mental health, and getting access to more information and education on the subject

VFIT aims to have a huge impact on this and bring more supportive products to market that will help people improve their health, wealth, and fitness



Where TEAR Will Invest and Develop Projects

THOUGHTS Create EMOTIONS, Which Creates ACTIONS, That Leads To RESULTS

Welcome to VFIT and the TEAR Community

VFIT token is the overall leader in a bigger concept

Monies raised through VFIT will be used to develop, purchase, and invest in Health, Fitness, and related projects

The initial investments will be made in 'real world' assets and give our community, and people outside of our community access to products that will help with their physical, mental, and overall health

At the time of this initial White Paper, we are currently in development of 2 projects



VentureFIT APP is our first project that is currently in development and aims to be the main hub of our Health, Fitness and Wellness projects



Our Main Project: VentureFIT

The app will be packed with educational content, links to health professionals, workouts, nutrition guides and much more

It will also give users the chance to earn rewards through activity that are measured based on heart rate and time (a maximum reward cap will be imposed to ensure the safety of our users).

These rewards are then redeemable against products within the app in Phase 1 of the development

Further phases are available in our Pitch Deck for VentureFIT



Test Wellness is our second project in development and initial targets male health with our blood tests and bio markers

According to the American Urological Association, 40% of men over 40 have low testosterone and it is estimated that 92% of the population have at least 1 vitamin and mineral deficiency.



Test Wellness Project

TestWellness initial offering is for male users to be able to order blood tests and have it checked against 27 bio markers

This subscription-based model helps male users understand their current physical health and allow them to track for any changes or supplement/hormone replacement therapy that may be needed

This product will also link to VentureFIT as users are able to view their results within the APP

Once launched we will then build out the female portion of this product

The project's pitch deck is available on request.



Creating The Support People Need

We will create a complete health and wellness hub that is accessible to all and allow people to get the right information and education needed to make a difference to themselves and their family/friends.

With mental health, obesity, and social pressure on the rise

We aim to do our best to help people find the right path, create the right habits, and get control of their health, fitness, and wellness

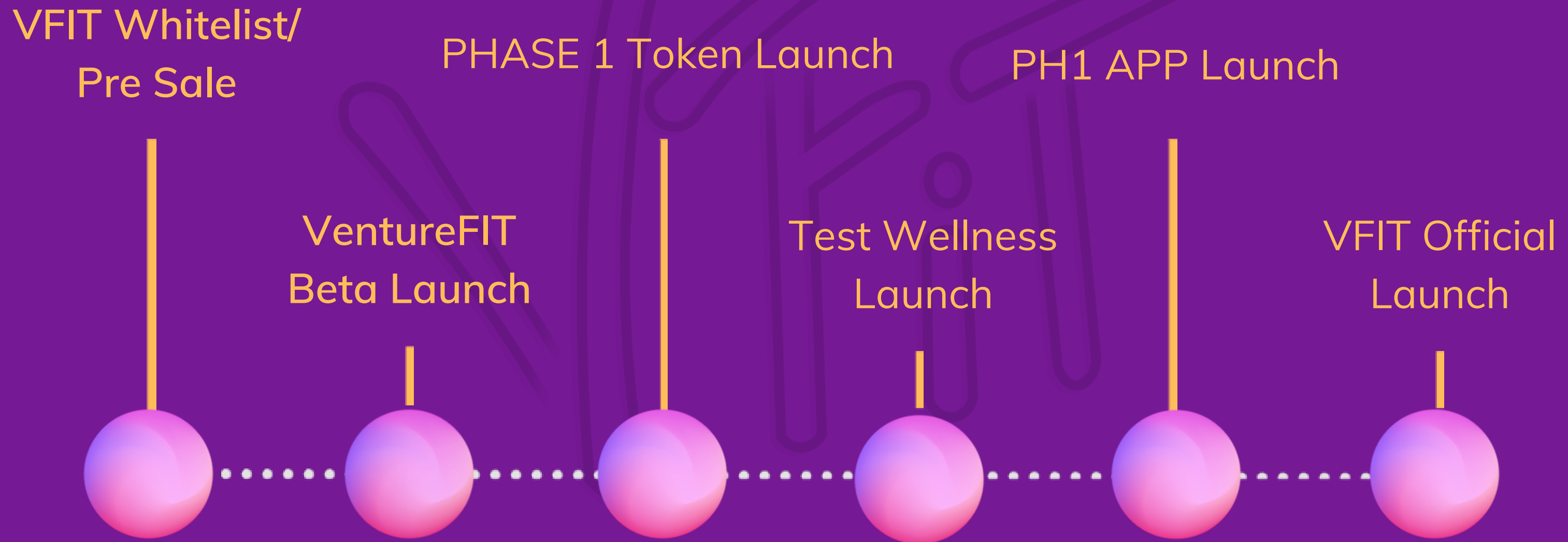


*You Don't Build A Business, You Build People... And Then People
Build The Business*

Zig Ziglar



VFIT Roadmap and Project Roadmap



FOUNDERS & STAFF TOKENS

Launch Breakdown:

Total Tokens: 100,000,000,000

Liquidity Pool: 30%

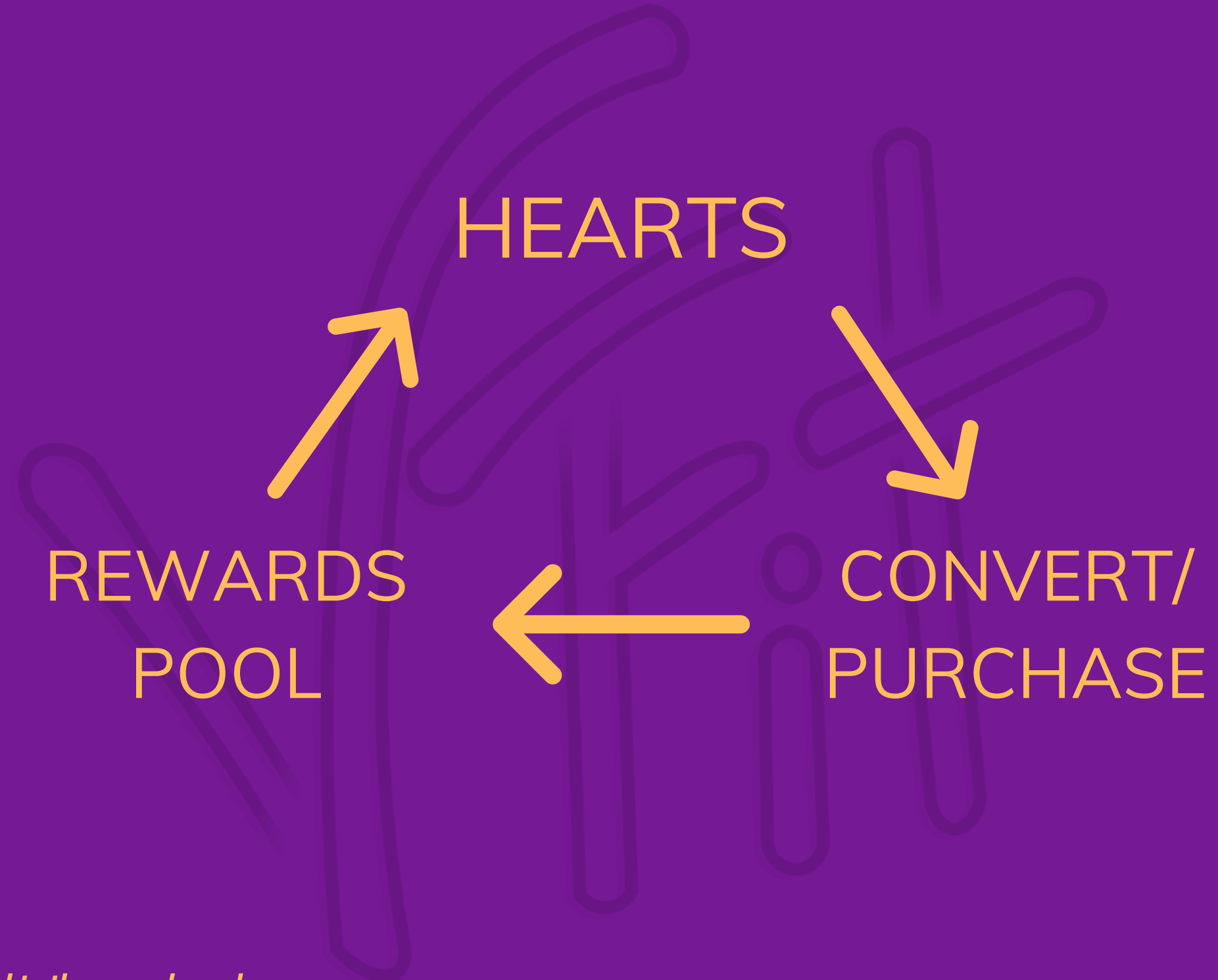
Treasury Supply: 15%

Rewards Pool: 10%

Founders Tokens: There Will Be No Founders Tokens



TOKEN ECO SYSTEM



**Purchases through the app will be returned to the rewards pool*



Disclaimer

The information contained in this whitepaper does not amount to financial, investment, trading, or any other advice.

We cannot guarantee you any returns and nor can we guarantee any price actions on the VFIT in the market

Ensure you have undertaken any legal/qualified advice before purchasing the VFIT token as its founders and staff accepts no responsibility or liability for any damages whether it is in reference to this whitepaper or reliance on its contents

This is an evolving whitepaper and changes may be made along the way.

