



INCREASED PROFITABILITY THROUGH WELLNESS

Companies are more profitable when their employees are healthy and fit. We believe the key is simply to help employees develop improved wellness habits.

Our primary purpose is to help people develop and sustain improved wellness habits resulting in ROI in the areas of **improved work performance**, **reduced absenteeism**, **enhanced morale** and **reduced healthcare costs**.

The following is a partial list of the habit development topics and services covered:

1. Permanent weight loss.
2. Improved flexibility.
3. Workplace ergonomics.
4. Achieving restorative sleep.
5. Major muscle strength training.
6. Exercise at the workstation.
7. Body composition evaluation.
8. Individual biomechanical and fitness evaluations.
9. One-on-one training.
10. Group exercise.
11. Hydration.
12. Stress Reduction.
13. Pain reduction.
14. Strategies to support habit change.
15. Group dynamics to enhance compliance.
16. Nutrition.
17. Blood Pressure screening.
18. Exercise solutions to manage high blood pressure, high cholesterol, diabetes and heart disease.
19. Special needs.



These customized company wellness programs are tailored to your company with the use of confidential employee needs survey cards preceded by ROI planning with your management.

Through the use of proprietary “right sized step” technology, even those employees who historically are not likely to participate with enthusiasm in a company wellness program are drawn in and become comfortably, happily and productively involved.

After meeting to explore your needs, goals and desired outcomes, discuss your ROI expectations and become attuned to your budgetary requirements, we can create your customized program.

An initial meeting of up to two hours is at no cost to you.

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For over fifteen years our staff of certified personal trainers, physical therapists, occupational therapists and massage therapists has worked closely with our clients to develop and execute strategies to improve their health, wellbeing and productivity.