

UNIQUE WELLNESS OFFERINGS



When employees are healthy, they are less likely to be out sick, less likely to be hurt on the job, and more likely to be happy and productive. Supplement these engaging activities throughout the year to truly design an integrated wellness program that offers something for everyone!



Cooking Classes

For busy professionals, this hands-on class will help stretch your dollars and minutes while preparing delicious, nutritious meals. Program includes a chef, all cooking equipment and food brought to your work. We use an induction burner for foods that need to be cooked, so you don't have to worry about a flame. All you need to have on-site is access to a sink, tables and your team!



Gridiron Games

Not your average physical fitness class, this fun, yet challenging obstacle course will test endurance, agility, strength and mental focus. In our busy lives, we are thrown obstacles to deal with, and we either rise to the challenge or crumble with defeat. Employees that play together, stay together.



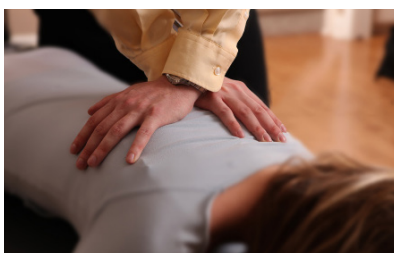
Self Defense Workshop

Self defense training has been shown to improve discipline, morale and enhance teamwork. Feelings of weakness, social anxiety and concern for one's safety can cause stress on an entire employee group. Employees are taught how to assess a situation and communicate clearly, as well as physical techniques that enable someone to escape, resist and survive a violent attack.



Massage

Massage is proven to not only reduce stress but support injury prevention. Therapists can perform chair or table massage, for various lengths of time. Rate is based on how many therapists are needed to service your staff and the length of time they spend onsite. Two hour minimum.



Chiropractic Care

Local doctors provide onsite care designed to offer restorative, sustainable solutions to employees' ailments. A thorough exam and treatment is performed, alongside a custom rehabilitative program to help each employee reach their own personal health and performance goals. Two hour minimum.



Live DJ Yoga

Downward dog to dope beats with DJ Yoga. Experience a unique, all-levels class that bridges flow yoga, partner movements, and fresh tunes to get you feeling more connected with your body, and each other!



Acupuncture

Licensed acupuncturist visits your office to provide this service, in which thin needles are inserted into the body at trigger points. Acupressure, a non-invasive approach is also available. Evidence proves acupuncture's health advantages, particularly alleviating various types of pain and illness.



Healthy Kitchen Takeover

Let our nutrition Pro come to your office kitchen to take inventory and help organize the food options. FitPros looks at the foods currently offered in your office and creates sample meal menus employees can create on their own – letting employees know they are eating nutritionally balanced meals. Your Pro can offer recommendations on ordering healthy office snacks, and identify the foods with “natural energy boosters” already available in the kitchen.



Healthy Skin Awareness Checks

A credentialed skin care expert meets one-on-one with employees to look at skin concerns, answer questions and provide valuable insight. Although samples are not taken onsite, if the Doctor notices an area of concern, they will advise the employee to see their primary Doctor.



Corporate Social Responsibility (CSR)

Most popular around the holiday season, FitPros partners with national and local foundations to support those in need. FitPros will design artwork to promote and coordinate all logistics with the cause.

A few examples include:

- Hospital Mural Painting
- Assemble Cheek Swab Kits
- Get Well Card Writing to Patients
- Cooking Class
- Live DJ Yoga
- Self Defense

For most programs, FitPros will design a flyer for you to print, post and/or email to all staff announcing the program. We suggest your team internally motivates employees through social media.