



 HealthFitness®

Purpose Driven

We're a nationwide team of professionals who believe in the power of health and fitness — and creating opportunities for others to believe as well. We meet people where they are, from those just starting out to those with experience, making connections to help each move forward.





We'll engage more of your people, in more ways.

As your partner, our top priority is to engage your people with a variety of programming options, wherever and whenever works best for them — whether in person, at home or on the go.

How we're different

We'll connect with your people daily, caring for them and making each person feel as though they belong — while creating a community of health to support their journey.

- Unlike other fitness providers **our solution addresses the whole person.**
- From implementation to ongoing management and support, **our goal is to make your job easier.**
- We evaluate every participant and **provide a custom solution, using our Movement Training System.** The result is more than an exercise program; it's purpose driven based on a participant's entire body and full life.
- **We integrate our solution** with other industry vendors to elevate all of your benefit offerings and create an easy participant experience, so that we all can win.





On-site + Online

We build comprehensive programs, manage them on your behalf and reach, motivate and educate your people — regardless of location.

- Fitness center design
- Personal and small group training
- Group fitness
- Recreation management
- Fitness and wellness challenges
- Seminars, meet ups and series classes



Your program manager

Carefully selected to fit your organization, your program manager brings to life everything we do, in the unique way we do it. More than just the face of your program, they're an extension of you — caring for your people as you do and partnering with you to help you meet your goals.

Beyond Fitness

Our services and capabilities support the whole person, addressing diverse needs:



*Preferred partner LabCorp Employer Services

**Preferred partner Vitality



HealthFitness, a Trustmark company, builds and manages comprehensive fitness solutions for leading companies and organizations. With a holistic approach that extends beyond fitness, HealthFitness is a proven leader in engaging and connecting people both on-site and online, to create a strong community of health. Parent company Trustmark provides a full spectrum of employee benefits to improve wellbeing through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.

800-639-7913
www.healthfitness.com



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