



WORKPLACE WELLNESS

HEALTH AND FITNESS SOLUTIONS TO RECRUIT AND RETAIN

GUIDE TO A SUCCESSFUL WELLNESS PROGRAM

Studies prove consistent programs increase familiarity and engagement, in turn heighten productivity, decrease absenteeism, and lower healthcare costs. To recruit and retain high-caliber employees, it's imperative that your company is competitive by offering wellness programs that support a healthy work - life balance.

DID YOU KNOW?

42%

of workers say they "have purposely changed jobs due to a stressful work environment" that affects both their life inside and outside of the office.¹

69%

of employees would participate in **wellness programs** if provided by their companies.⁵

LEADERSHIP ENGAGEMENT

Whether you're an executive, middle management, or an informal leader, YOU are the gatekeeper of success for your office wellness program.

Managers account for 70% of team variation on employee engagement.²

Direct reports of managers who support and actively participate are 15% more likely to have high overall job satisfaction six months later.⁶

WORK - LIFE BALANCE

Whether it's learning from a nutritionist or raising your heart rate with a fitness class. Corporate wellness will impact employees' lifestyles and can be effortlessly carried into their daily wellness habits when it is supported at work.

61% of businesses have a healthier workforce and increased productivity as a result of having a wellness program in place.⁵

A consistent, integrated program with a variety of offerings will create a positive impact on both employees' physical and mental health.

RETURN ON INVESTMENT

By investing in the well-being of their employees, research shows that companies and employers will receive more satisfied and loyal employees, as a result of showing they care.⁵

With customized workplace wellbeing, companies see increased productivity, decreased absenteeism, and lower healthcare costs. Johnson & Johnson estimated that wellness programs saved the company \$250 million on health care over the past decade, with a return of \$2.71 for every dollar spent.⁷

WELLNESS CHAMPIONS

Create a group of *wellness champions*, who will get fellow employees excited for upcoming events. These could be fitness or health enthusiasts who want to propel the program by exciting others.

Often name recognition is enough incentive when people are jazzed about the program! Consider choosing a champion from each company department will allow for more buzz throughout the office and make the program more enticing.

1. Dangerously Stressful Work Environments Force Workers to Seek New Employment
2. Forbes, 5 reasons Why Corporate Wellness is More Important Than Ever
3. The Business Health Group, Wellness Champions

4. The Mehda journal, 7 Touch Points of Communication
5. The Institute for Healthcare Consumerism, The Impact Of Wellness Programs on America's Workforce
6. Wellness Leadership, Wellness Culture White Paper Series
7. Harvard Business Review, Dec 2010



FITNESS CLASSES

All behind the scene paperwork necessary for our insured and accredited instructors.
Boot Camp Circuit, Yoga, Pilates, Self Defense, Meditation, Zumba - You name it, we teach it!

 Most Popular

-  **VINYASA YOGA** – Noted as the most common form of Yoga. The breath acts as an anchor to the movement as you to flow from one pose to the next with an inhale or an exhale. Sequencing will vary with instructor philosophy.
- RESTORATIVE YOGA** – Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions. Often supported by props to increase flexibility and encourage a full-body deep release.
- STIFF GUY YOGA** – This class rocks Yoga with a light attitude and cool tunes yet offers a workout worthy of a fitness-loving guy! Special attention is paid to areas where most guys are tight: hamstrings, hips and shoulders. Gals are welcome too, and the instructor will provide variations for all skill levels.
- MEDITATION** – Often attempting meditation on their own, people complain not being able to quiet the mind. Through guided meditation, cultivate inner peace and release stress. Learn tools to be present, and live life to its fullest! Typically a 30 minute teacher guided class.
- YOGALATES (YOGA + PILATES)** – In this class, we combine pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation. BYOM - Bring Your Own Mat!
- TAI CHI QIGONG** – Qigong is an ancient Chinese meditative practice designed to open energy pathways and increase internal energy (Qi) flow. Tai Chi Qigong is a mixture of traditional Tai Chi postures and Qigong breath movements designed to release stiffness in joints, balance organ functioning, and physically strengthen while giving clarity to the mind.
- TABATA** – This cardio and strength circuit workout alternates between 20 seconds of max training and 10 seconds of rest. This full body challenge is fast-paced and fun.
-  **MAT PILATES** – Gain flexible strength through movement, breath, and stability for better posture and improved performance. Tools such as magic circles and small hand weights may be used to sculpt your core and more!
-  **BOOT CAMP** – Fast-paced class, integrating cardio and strength to keep the heart rate elevated for optimal calorie burn through a challenging combination of drills and resistance training. Combines the use of body weight, resistance bands, floor ladders, and other fun fitness toys.
- HIP HOP** – Feel like one of Rhianna's backup dancers even if you've never danced before. Contemporary choreography to push athleticism and endurance. Shake, shimmy, and groove in this fun and challenging dance class.
- ZUMBA®** – The class that started the dance-fitness revolution mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It's fun, effective and best of all? Made for everyone!
- BUDDY BUILDING** – Sweaty spin on traditional "Team-building." Training in tandem ups accountability and intensity in this Boot Camp style strength and cardio class. Tackle intimidating moves and tough out those last few reps you might have let slide on your own.
- SALSA** – Designed to start with the basics then progress through the weeks. Working out the kinks, the fun begins as we advance onto partnered dancing.
- TRX®** – Use body weight and gravity to work every muscle. You're in control of how much you want to challenge yourself by adjusting your body position to push, pull, lunge, squat, and plank your way to a fitter you. Rate may increase if instructor is required to bring equipment for a TRX class.
- CARDIO BOX** – A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, a set to an explosive, upbeat playlist that powers you through one-of-a-kind class that will train you to move, look and feel like a champion.
-  **BOXING** – No bags, no wraps and no ring. It's just you, set to an explosive, upbeat playlist that powers you through class to train you to move, look and feel like a champion.









HEALTH TALKS

 Most Popular

A one hour informational Health Talk with a certified professional who inspires healthy living through a motivational discussion. It's your choice what time of day to hold the seminar. From experience, we've learned talks given during lunch hours, when food is provided have the highest attendance. FitPros can recommend healthy food caterers for a "Lunch & Learn" or snacks for other meeting times during the day.

POPULAR TOPICS INCLUDE:

-  ☐ Be Your Own CFO*
- ☐ Investing Boot Camp*
- ☐ Desk Job Body, Importance of Movement & Ergonomics
- ☐ Learning to Identify and Manage Stress
-  ☐ Mindfulness: Tools to Disconnect
- ☐ Power of Positive Thinking
- ☐ How to be "fully present" and manage attention
- ☐ Train your brain: Pain Relief and Injury Prevention
- ☐ Manifest Your Dreams
-  ☐ Leadership: Communicate and Collaborate Effectively
- ☐ Bring Your Whole Self to Work
- ☐ Conflict Management 101
- ☐ Stress Management Strategies for Parents
-  ☐ Nutrition and Wellness Habits for Lifelong Health
- ☐ Office Snacking: Mindful Eating and Cravings
- ☐ Vitamins, Minerals, Macro and Micro Nutrients
- ☐ Easy, Yet Healthy Meal Prep for the Busy Body
- ☐ Energetics of Food: Grains, Greens & Caffeine
- ☐ What is "clean eating" and how do I get started?
-  ☐ Fad Diets, Food Myths, Sugar & Gluten, Oh My!
- ☐ Set and Stick to Realistic Goals
-  ☐ Art of Self Alignment: Balance Food, Fitness & Fun!
- ☐ Time Management
- ☐ Talk Sleep; It's More Than Counting Sheep!



*Financial wellness workshops are higher rate than other talks.

WORKPLACE HEALTH FAIRS

During a FitPros fair, your employees will collect free, useful swag, learn healthy habits and sample delicious snacks. Massage therapists, nutritionists and clinicians increase awareness about these specialty services and offer on the spot consultations. Exhibitors may include wellness technologies, fitness apparel, food, health information and interactive displays, such as live exercise and cooking demos.

Unlike old-school, health fairs, FitPros throws a wellness party for your employees! To energize your team, FitPros' Boot Camp Challenge will engage attendees, as they compete for prizes. Our vendor partners are required to perform an activity and giveaway samples. From experience, lunchtime events have higher attendance than other times of the day.

HEALTH FAIR

To encourage foot traffic, employees receive a Wellness Passport in which they collect a sticker from each vendor, then return the completed passport to the FitPros table to be entered to win high-value prizes. We'll design the Passport and supply stickers, your team handles printing.

FitPros takes all of the coordination off your plate, and we provide marketing support by designing a flyer for you to internally promote. We also design the floor plan that is printed on the back of the Passport.

- Secure 15+ vendors, and all vendor communication leading up to Fair
- Collection of vendor's Certificate of Insurance
- 2 Hour Health Fair
- 3 FitPros staff on-site day of to coordinate and engage with employees
- FitPros activities; such as, Boot Camp Challenge, corn hole, photo backdrop, and wellness passport game with BIG prizes
- Wellness Passport prize(s) that FitPros will intake and bring day of event typically values over \$500

MINI HEALTH FAIR

We understand that not all budgets are equal, or your company may be in growth mode. Your staff still deserves access to health and fitness! Thus, we've created a Mini Wellness Fair to meet your needs.

The Mini Fair is shorter in time with about half the number of vendors of a large fair. One FitPro will be on-site to facilitate an engaging Bootcamp Challenge. We will design a flyer to help internally promote, but the Wellness Passport and floor plan are not part of this program. This is the perfect wellness party on a smaller scale!

- Secure 6 vendors, and all vendor communication leading up to Fair
- Collection of vendor's Certificate of Insurance
- 90 Minute Health Fair
- 1 FitPro staff on-site day of to coordinate and engage with employees
- FitPros activity - Boot Camp Challenge



Venue size larger than approximately 1,500 sq ft, 750+ employees, and 16 or more vendors may increase rate. Event specifics, marketing material printing, and ancillary costs are additional; i.e. food/beverage not provided by the event vendor, audio, additional vendor rental or equipment needs.

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.



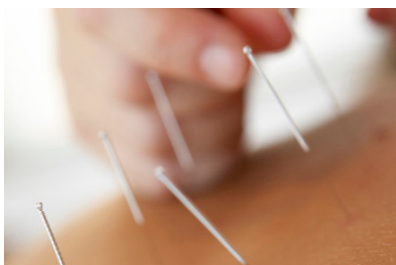
Chiropractic Care

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.

ANNUAL ENGAGEMENT. GET THE BALL ROLLING PROGRAM EXAMPLE PROGRAM.

1 Fitness Class per month, 1 Health Talk every other month, and a unique event in between the Health Talk months.

MONTH	FITNESS CLASSES	HEALTH TALKS		WELLNESS EVENTS
JAN	Hip Hop	Own Your "Om"	The constant pressure to work longer, harder, and better could cause teams to feel burned out. Discover the proven benefits of meditation, and the 5 steps on how to make it a daily practice.	
FEB	YogaLates			Health & Fitness Fair
MAR	Tabata	Desk Job Body, Importance of Movement & Ergonomics	Enhance performance in a multitude of physical activities by learning how to create a solid foundation for sports and training, understanding fundamental movement patterns, and recognizing the importance of injury prevention. • Understand Stability, Strength, and Compensation • Common limitations and dysfunctions in movement • Tips on improving posture and performance	
APR	Boxing + Boot Camp			Hands on Cooking Class
MAY	QiYoga	Investing Boot Camp	<ul style="list-style-type: none"> • Realize your saving & investing priorities • Learn about stocks, bonds, cash, mutual funds, and ETFs • Review 3 key principles: Asset Location, Asset Allocation, and Diversification • Learn the power of tax-advantaged accounts: 401ks, IRAs, and Roth IRAs • Know the 5 steps to designing and managing your own investment plan 	
JUN	Circuit Training			Dermatology Skin Checks
JUL	Zumba	Breaking Bad: What Motivates Your Nutrition Choices?	Habits are hard to break, but not impossible! Learn why we make certain choices (eg. mindlessly eating from the office snack bar or skipping out on exercise after work), and how identifying key motivators (eg. packing a healthy lunch, or exercising with a friend after work) could help us plan ahead and make better choices.	
AUG	Stiff Guy Yoga			Onsite Massage Day
SEPT	Buddy Building Boot Camp	Art of Self Alignment: Balance Food, Fitness & Fun!	Ever wonder where your cravings come from? Do you know the right amount of exercise for your body? Learn how to mindfully read your body's natural signals to help de-stress and enrich your overall quality of life.	
OCT	Mat Pilates			Self Defense Workshop
NOV	Cardio Kickboxing	How Leaders Communicate: Effective & Productive Collaboration	A team's ability to communicate and collaborate effectively with each other determines whether they achieve unparalleled results. Learn how to create a dynamic team by bridging gaps between different work, communication, and behavior styles.	
DEC	Circuit Training			Philanthropic Event

12 Classes

6 Talks

Fair rate based on 15 vendors. Cooking class up to 30 people. Dermo is on-site for 2 hours. 5 minute skin consultations, with options of 30 minute talks. Custom massage rate based how many staff to be serviced. Self-defense class and Live DJ Yoga are up to 90 minutes. All rates subject to change. Est. 10-2018



WELLNESS SOLUTIONS TO RECRUIT AND RETAIN

FitPros is a turn-key health and fitness company that brings wellness direct to organizations - Fitness Classes, Health Talks and Events. Top companies around the country entrust FitPros to support their wellness efforts to recruit and retain high caliber employees.

Hodgepodge fairs and one-off exercise classes are no longer a 'nice to have'. Employees want to know how to live a healthy, balanced lifestyle. It's time to offer your hard working team wellness programs in which they actually want to participate. By offering consistent and engaging wellness programs onsite, your employees will correlate the workplace with health, happiness and heightened productivity.

Let the Pros bring wellness to your location today!

Companies we've worked with:

