



DREW SAENZ, CONSULTANT & COACH

CREDENTIALS/AFFILIATIONS

B.S. EXERCISE & WELLNESS, ARIZONA
STATE
CERTIFIED CORPORATE FITNESS
SPECIALIST
OSHA ERGONOMICS CERTIFIED
PARTNER, NCFI

CLICK BELOW TO CONNECT!



CONTACT INFORMATION



**SCHEDULE A QUICK CALL
WITH DREW HERE**



DREW@TEAMUPAZ.COM



480-793-4882



OVERVIEW

Drew and his team will take the heavy lifting of engaging people in preventive health and wellness off your plate! Owned by an Arizona local, Drew Saenz- a former football coach turned fitness professional. Drew and his team specialize in hands-on, boots-on-the-ground custom solutions.

ORGANIZATIONAL PROGRAMS:

Take wellbeing off your plate to focus on what you do best!

- Preventive health benefits inventory and action plan
- Customized employee feedback campaigns
- Technology sourcing and management
- Onsite & virtual events planning and execution
- Onsite & virtual education planning and execution

LEADERSHIP & INDIVIDUAL PROGRAMS:

Our leaders are stressed out! Here are some simple solutions.

- Goal setting and behavior change coaching
- High-risk chronic disease health coaching
- Individual personal training and lifestyle coaching
- On-the-go exercise and nutrition programming
- Concierge service and support





TEAMUP

HEALTH & FITNESS

COMPANY-WIDE PROGRAMMING AND SUPPORT

Health Resource Audit & Engagement Survey

Before even considering implementing a full-fledge program, we need to dive into what your company currently has available for preventive health screenings and resources. Team Up offers these at NO COST to employers for a limited time, and you will walk away from the zoom session with a solid action plan to implement immediately. Once you complete the audit, you will be eligible for a complimentary employee interest and incentive survey.

Annual Wellbeing Action Plan

Simplify your annual wellbeing calendar and plan with a deep dive with our team to ensure you get the most out of the current benefits available to your people and leverage timing throughout the year. This service is a great way to take hours of work off your plate and have a time-tested plan to improve the health of your people.

Workday Movement

Increasing workday movement opportunities will help your people feel better throughout the day by creating the habit of physical activity and decreasing the health risks that sitting all day can cause. We offer a live workday stretch and customized onsite and online personal training and fitness programs that your people will love.

Technology

Vetting and implementing technology can be a pain in the neck; working with Team Up simplifies the process with vetting support, sourcing leading technology vendors, or working with your team to customize a technology designed specifically for your people.

Executive & High-Risk Fitness & Lifestyle Coaching

Drew will personally work with your executives, leaders, and high-risk employees to ensure their health improvement success. Programs are HIPPA compliant, opt-in, and coaching is delivered onsite and remotely through virtual meetings and our MyCoach coaching tool.

Events and Project Management

It is more straightforward to have a vision for an event or challenge than to do it. Enlist excerpt help for your next fitness challenge, workplace wellness 5k event, or setting up your wellness platform. Team Up is here to help. We can support just one-off events or be on your team for the whole year doing the heavy lifting and moving the program.

PROUD PARTNERS OF:

