



Philadelphia's corporate fitness leader for more than 30 years, HealthEase specializes in creating a healthier, more engaged workforce through smart fitness center design and comprehensive fitness center management.

## OVERVIEW OF HEALTHEASE SERVICES

### Fitness Center Planning:

- Needs Assessment
- Fitness Center Design & Layout
- Equipment Selection
- Facility Start-Up & Opening

### Fitness Center Management:

- Dynamic Staffing & Supervision
- Marketing & Promotion
- Equipment Maintenance
- Proactive Management & Operations Support

### Health Promotion & Wellness:

- Group Exercise Classes
- Personal Fitness Training
- Educational Seminars & Workshops
- Your Fuel™ Nutrition Coaching
- Fit Fest Events
- Yoga and Mindfulness Meditation
- Incentive & Team Building Programs
- Health Coaching

Please contact HealthEase at **610.688.2040** or **info@healtheasefitness.com**.



*Corporate Wellness Made Easy*

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