



CORPORATE WELLNESS SERVICES

The success of your business relies on your employees. You invest in training them. You motivate them with praise or a raise. You provide them with all manner of things to help them do their jobs well.

Yet just as important as the work environment, or pay increases, or “atta boys,” is helping them be healthy and active.

Improve Fitness to Improve Performance

Physically active people have lower medical costs, miss fewer days of work, deal with stress better, have more energy, think more clearly, are less apt to be depressed or suffer from many types of chronic disease. Multiple research studies prove all of the above.

Imagine the transformation in your workplace if your employees are routinely at the top of their game. Not only would efficiency and productivity increase, sick days and health insurance costs would decrease.

Accountability Is Key

Unfortunately, studies show that employer incentives such as public gym memberships and on-site fitness centers are minimally effective for the people who need to work out most. For those people, accountability is the most powerful factor in staying with a fitness program. CoachMeFit’s “sign up and show up” approach keeps people on a fitness schedule.

CoachMeFit offers employers simple ways to help their employees begin and stick with a fitness program. We are dedicated to helping people improve their level of fitness who don’t, won’t, or can’t do it on their own. One way we do that is offering small group sessions exclusively for your employees. A side benefit of these programs is they are a fun, positive activity that builds camaraderie and team spirit.

We encourage you to review the range of services we offer. To learn more about CoachMeFit review our brochure or go to www.coachmefit.com.

SMALL GROUP CLASSES

Classes can be customized to the needs of the group and may include resistance exercise, circuit training, aerobics, and stretching. Classes can accommodate all fitness levels.

\$50 for the first person and \$20 for each additional person (3 person minimum)

LUNCH AND LEARN

30 or 60 minute discussions led by one of our fitness professionals. Topics may include Fitting in Fitness, Osteoporosis Prevention, Everyday Nutrition, and Keys to Weight Loss.

\$90 / 30 minutes | \$150 / 60 minutes

HEALTH AND FITNESS ASSESSMENTS

Assessments include blood pressure, BMI, body fat measurements, sit and reach, and one minute step test.

\$20 per person

Note: All services can be offered on site for an additional fee based on location.