



# WorksiteWellness

## WELLNESS PROGRAMS

From monthly newsletters and seminars, we keep you educated and motivated towards healthier lifestyles.

## HEALTH & FITNESS COACHING

Our individual health & fitness programs provide you with the tools to help you reach your goals.

## ONLINE WELLNESS PROGRAM

Plan your health & wellness goals via an extensive array of interactive tools and more toward a more healthful lifestyle.

## GROUP EXERCISE PROGRAM

Designed for all fitness levels wanting surefire results in the shortest time possible.

## Getting You Healthy. Keeping You Healthy.

In case you haven't noticed, the cost of health care continues to rise. Small businesses are seeing their profits consumed by higher insurance premiums and individual claims costs.

Like many small businesses, your organization has turned to worksite wellness to help you develop healthy behaviors and lower your risk of developing a chronic disease.

Having a healthier workforce will lower direct costs like insurance premiums and worker's compensation claims.

It will also positively impact many indirect costs such as absenteeism and low worker productivity.

What does that have to do with you? ***That ultimately means more money in YOUR pocket!***

Our health and wellness programs are your key to optimizing your fitness, dietary, and wellness goals.

You now have the power to proactively regain control and transform your life.

Take a more active role in managing you own health and enjoy the payoffs - in quality of life and cost savings.