



Wellness Services





Corporate
Fitness
Works

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Health Screenings

BIOMETRICS

Corporate Fitness Works' onsite biometric screening process is delivered by trained, certified technicians and provides a cost-effective, immediate assessment of an employee's basic health and wellness indicators. The complete process takes approximately 15 minutes per person. The screening includes the following:

- Height/Weight
- Body Mass Index (BMI)
- Blood Pressure
- Cholesterol (full lipid panel)
- Glucose
- Results interpretation with an Corporate Fitness Works Health Educator

These screenings are completely confidential and each employee receives a results interpretation session with a Corporate Fitness Works Health Educator and a copy of their individual report with screening results. This creates awareness of potential health problems, which will assist in motivating employees to make positive lifestyle and behavior changes. All employees are encouraged to share their individual results with their personal physician for treatment and advice, especially those at high risk.

The client also receives an aggregate summary report that will help with future targeted wellness interventions.

This process can also include additional testing upon the client's request.



HEALTH SCREENING SERVICES

Corporate Fitness Works provides an extensive list of preventive health screenings. These services occur onsite, making them convenient and reducing employee absences for medical visits.

There is a 30-person minimum and a three-hour time requirement. Corporate Fitness Works also recommends that clients schedule appointments through Corporate Fitness Works' online registration to eliminate long lines and increase traffic flow.

Allergy

A trained Corporate Fitness Works health technician administers the FDA-cleared allergy test utilizing a fingerstick blood sample. The blood is sent to a certified laboratory where it is assessed for the following allergens: Timothy Grass, Bermuda Grass, Cedar, Ragweed, Mold, Milk, Egg White, Wheat, Cat, House Dust Mite. Confidential results are sent via email or U.S. mail directly from the laboratory to the participant within 7-10 business days.

Blood Pressure

A trained Corporate Fitness Works health technician measures blood pressure with an automated blood pressure machine and records results. Elevated blood pressure is a risk factor for heart disease and stroke.

Body Composition

A trained Corporate Fitness Works health technician estimates body composition using either an Omron® Hand-Held Body Comp Analyzer or a Tanita® Scale Body Comp Analyzer; this bioelectrical impedance analysis delineates lean body mass from fat mass. Participants learn the health risks associated with excess body fat and gain a better understanding of ideal body weight.

Bone Density

A trained Corporate Fitness Works health technician utilizes the Achilles InSight Bone Density Scanner for this screening. The Achilles InSight features accurate t-score data for **both males and females** in accordance with diagnostic criteria defined by the World Health Organization (WHO). Printed results include stiffness index, t-score and z-score, a reference graph and heel image, and fast 15-second measurements.



C-Reactive Protein

A trained Corporate Fitness Works health technician performs a fingerstick test to obtain three drops of blood; this blood sample is sent to a certified laboratory where it is assessed for C-Reactive Protein (CRP) levels. Elevated CRP levels indicate inflammation of the artery walls around the heart caused by atherosclerosis. The higher the CRP level, the higher the risk of having a heart attack. Confidential results are sent by mail directly from the laboratory to the participant within 7-10 business days.

Cholesterol & Glucose

A trained Corporate Fitness Works health technician performs a fingerstick test to analyze cholesterol and/or glucose levels using a Cholestech® calibrated analyzer. Participants receive their results within 5 minutes. Corporate Fitness Works is able to provide the following cholesterol panels:

- TC (total cholesterol)
- Glucose
- TC/glucose
- TC, HDL and TC/HDL ratio
- TC, HDL, TC/HDL ratio and glucose
- Lipid profile (TC, HDL, LDL, ratio and triglycerides)*
- Lipid profile and glucose*

** Participants must fast for eight hours prior to screening.*

Derma Scan

A trained Corporate Fitness Works health technician uses an ultraviolet light to analyze facial skin. During this screening, the health professional provides information on the damaging effects of the sun.

Hemoglobin A1c

A trained Corporate Fitness Works health technician performs a fingerstick test that analyzes the average blood sugar (glucose) level from the previous 2-3 months using the A1c Now+ calibrated analyzer.

Prostate Specific Antigen

A trained Corporate Fitness Works health technician performs a fingerstick test to collect a blood sample that is sent to a certified laboratory for an assessment of the antigen level. Confidential results are sent by mail directly from the laboratory to the participant within 7-10 business days.



Pulmonary Lung Function

A trained Corporate Fitness Works health technician measures lung function with a microspirometer that determines the participant's lung age. Results are provided immediately and participants receive information from the American Lung Association and American Cancer Society.

Rapid Thyroid Stimulating Hormone

A trained Corporate Fitness Works health technician performs a fingerstick blood test to determine the level of human thyroid stimulating hormone (TSH) in the blood. TSH, or thyrotropin, is the primary regulator of the thyroid gland.



Tobacco Screening (Oral)

A trained Corporate Fitness Works health technician will instruct individuals on how to retrieve a saliva sample by actively swabbing the inside of their mouth. A rapid determination of smoking status can be interpreted within 10 minutes with either a negative or positive result for cotinine, which is the primary metabolite of nicotine. Elevated cotinine levels indicate the presence of nicotine in the body. The test is designed to target routine, daily and habitual smokers and prevents false positives for second hand smoke or light-use smokers. In the event of an employee-disputed result, the swab can be sealed and sent to the certified laboratory for result verification. The client will receive a Pass/Fail Report on all screened participants.



Tobacco Screening (Fingerstick Blood Test)

A trained Corporate Fitness Works health technician performs a fingerstick test to obtain three drops of blood; this blood sample is sent to a certified laboratory where it is assessed for the presence of elevated nicotine levels. Confidential results are sent by mail directly from the laboratory to the participant within 7-10 business days. The client will receive an aggregate report on the results of the screening.

Vitamin D

A trained Corporate Fitness Works health technician performs a fingerstick blood test to determine the level of Vitamin D in your system. Vitamin D deficiency has been linked to many common and serious diseases including some cancers, diabetes, cardiovascular disease and osteoporosis. Illnesses such as rheumatoid arthritis, chronic pain and depression have also been linked to a lack of Vitamin D. Confidential results are sent by mail directly from the laboratory to the participant within 7-10 business days.



Multiple Screening Discount

A trained Corporate Fitness Works health technician performs a single fingerstick test using a dried blood collection format; this blood sample is sent to a certified laboratory where it is assessed for multiple screenings. Confidential results are sent by mail directly from the laboratory to the participant within 7-10 business days. Using this collection method, clients will be able to select from an extended test menu of screening options. Customize your screening event by choosing two or more screenings from the following list.

- Full Lipid Profile (total cholesterol, HDL, LDL, triglycerides and ratio)
- Full Lipid Profile with Glucose
- Glucose
- Hemoglobin A1c
- Prostate Specific Antigen (PSA)
- Rapid Thyroid Stimulating Hormone (TSH)
- C-Reactive Protein
- Tobacco (Cotinine)
- Vitamin D

Corporate Fitness Works pricing includes travel expenses within a 50 mile radius (100 mile round-trip). Any travel outside the 50 mile radius may include additional mileage; parking; rental car and gas; airfare and baggage fees; hotel; and meals. Any additional travel is billed as a pass-through to the client. Receipts will be made available upon request.



Health Fairs

Corporate Fitness Works' interactive health fairs encourage maximum participation, increase awareness of health-related issues and motivate employees to adopt healthy lifestyles.

Corporate Fitness Works delivers health fairs to large and small corporate and government clients nationwide. Depending on the organization's size, Corporate Fitness Works plans, provides marketing content and creative booths from five (5) different options to fit client needs. Company assistance may be required to secure adequate space, promote and market the event, and set up tables and chairs according to the floor plan.

HEALTH FAIR OFFERINGS

A. Easy Fairs

Includes:

- a three (3) hour event
- a dedicated account manager responsible for coordinating and implementing all deliverables
- the choice of **one (1) Easy Fair listed** on the following page; no booth substitutions; screenings may be added
- tablecloths
- table signs
- educational handout(s) at each booth



PICK ONE	BOOTHS INCLUDED IN EACH PACKAGE	RECOMMENDED SCREENINGS
Heart-Health	<ul style="list-style-type: none"> • Blood Pressure • Body Composition • Exercise for Heart Health • Heart Health Assessment • Heart Smart 	<ul style="list-style-type: none"> • Cholesterol • C-Reactive Protein
Mind/Body	<ul style="list-style-type: none"> • Massage Therapy • Reflexology • Stress Resilience • Sun Damage Awareness • Yoga at Your Desk 	<ul style="list-style-type: none"> • Vitamin D
Fitness	<ul style="list-style-type: none"> • Body Composition • Exercising Today for Healthy Lungs Tomorrow • Flexible Benefits • Office in Motion • Walking Into Wellness 	
Nutrition	<ul style="list-style-type: none"> • Body Composition • Granola Bar • Nutrition on the Go • Healthy Cooking Demo (additional charge) 	<ul style="list-style-type: none"> • Cholesterol • Glucose • Hemoglobin A1c
Manage-Your-Health	<ul style="list-style-type: none"> • Bright Smile, Bright Future • Glow Germs • Men's Health • Sleep Hygiene • Women's Health 	<ul style="list-style-type: none"> • Allergy • Bone Density • TSH • Cholesterol • PSA
Safety	<ul style="list-style-type: none"> • Emergency Preparedness • Green Living • Office Ergo • Stop the Texts, Stay Safe from Wrecks • The Sober Truth 	
General Health	<ul style="list-style-type: none"> • Bone Density • Cancer: Knowledge is Power • Diabetes Awareness • Let's Get Heart Smart • Tobacco Use Awareness 	<ul style="list-style-type: none"> • Allergy • Cholesterol • C-Reactive Protein • Glucose • Hemoglobin A1c • PSA

B. 5 Booth Health Fair

Includes:

- a three (3) hour event
- a dedicated account manager responsible for coordinating and implementing all deliverables
- choice of **five (5) Booths** (See Booth Offerings)
- tablecloths
- table signs
- educational handout(s) at each booth
- a health fair summary report



C. Full Service 5 Booth Health Fair

Same as the 5 booth Health Fair plus:

- a chosen theme
- an assessment of your organizational needs and customization of your event
- marketing content (for email, flyers)
- a client-approved health fair floor plan for continuous traffic flow
- balloons
- a customized giveaway with the organization's logo for up to 50 employees (a lunch cooler or travel tumbler)
- a raffle prize valued at \$50

** Additional booths may be added to your health fair for an extra charge*

Optional: customer can order additional customized giveaways to meet participation needs

D. 10 Booth Health Fair

Same as the Full Service 5 booth Health Fair plus:

- **Five (5) additional booths** (See Booth Offerings)
- booth takeaways (varies according to booth selection)

Optional:

- balloons
- a customized giveaway with the organization's logo for up to 100 employees (a lunch cooler or travel tumbler)



E. Full Service 10 Booth Health Fair

Same as the 10 Booth Health Fair above plus:

- a chosen theme
- an assessment of your organizational needs and customization of your event
- marketing content (email, flyers)
- a client-approved health fair floor plan for continuous traffic flow
- balloons
- a customized giveaway with the organization's logo for up to 100 employees (a lunch cooler or travel tumbler)
- a raffle prize valued at \$100

** Additional booths may be added to your health fair for an extra charge*

Optional: customer can order additional customized giveaways to meet participation needs

BOOTH OFFERINGS

Customize your health fair by choosing booths from the following list. Successful health fairs have booths that address personal health (body composition; bone density; postural analysis; etc.), are educational and interactive (Glow Germs; Office in Motion; The Sober Truth; etc.), and encourage healthy living (Nutrition on the Go; Stress Resilience; Granola Bar; etc.). If you don't see a specific health topic/booth listed below, please let us know. We will do our best to find the appropriate vendor to meet your needs.

Blood Pressure	Body Composition	Bone Density	Bright Smile, Bright Future
Cancer: Knowledge is Power	Diabetes Awareness	Emergency Preparedness	Exercise for Heart Health
Exercising Today for Healthy Lungs Tomorrow	Flexible Benefits	Glow Germs	Granola Bar
Green Living	Healthy Cooking Demonstration	Heart Health Awareness Assessment	Let's Get Heart Smart
Massage Therapy	Men's Health	Nutrition: Nutrition-on-the-Go	Nutrition: Start Your Day the Right Way
Office Ergo	Office In Motion: No Time for Exercise? Desk-ercise!	Postural Analysis	Reflexology
Reiki	Relaxation Room	Sleep Hygiene	Stop the Texts, Stay Safe from Wrecks
Stress Resilience	Sun Damage Awareness	The Sober Truth	Tobacco Use Awareness
Walking into Wellness	Women's Health	Yoga at Your Desk	



BOOTH DESCRIPTIONS

Blood Pressure

Did you know that one out of every three U.S. adults has high blood pressure? At this booth, a trained Corporate Fitness Works professional/technician will measure blood pressure utilizing an automated blood pressure machine, and counsel participants on desirable blood pressure levels, offer strategies to control blood pressure, and recommend follow-up screenings, if needed.

Body Composition

A trained Corporate Fitness Works professional/technician estimates body composition using either an Omron® Hand-Held Body Comp Analyzer or a Tanita® Scale Body Comp Analyzer; this bioelectrical impedance analysis delineates lean body mass from fat mass. Participants learn the health risks associated with excess body fat and gain a better understanding of ideal body weight.

Bone Density

Osteoporosis is the most common form of bone disease. Early detection can help prevent fractures of thinning bones. A trained Corporate Fitness Works professional/technician performs a bone density screening for **both males and females** utilizing the Achilles Insight Bone Density Scanner. Printed results include: a stiffness index, t-score and z-score; a reference graph and heel image; and fast 15-second measurements. Information on how to reduce the risk of fractures and prevent osteoporosis is provided for participants. **This booth screens approximately 10 participants per hour and requires the use of Corporate Fitness Works' online registration.**

Bright Smile, Bright Future!

Researchers are discovering that gum disease may prove to be the engine that drives an ever-growing list of greatly feared chronic illnesses, from clogged arteries and heart attacks to arthritis and cancer. This dental health booth reaches out to educate the participant on ways to improve and maintain their oral hygiene.

Cancer: Knowledge is Power

Cancer continues to be one of the top 10 causes of death among Americans today. This booth will help raise awareness of the different risk factors (modifiable and non-modifiable), signs and symptoms, and screenings that are available. Participants will have the opportunity to observe symptoms through the use of the breast, testicular and colorectal models.



Diabetes Awareness

About 1.9 million people in the United States over the age of 20 were diagnosed with diabetes in 2010. This booth educates participants on the different types of diabetes and gives the signs, symptoms and risk factors associated with Type 2 diabetes. Participants engage in interactive activities to further enhance their understanding of this disease.

Emergency Preparedness

Natural disasters can strike at any time; this interactive booth will teach participants eliminate space how to be well prepared for emergencies. Participants will walk away knowing how to protect themselves, home safety tips, safety at the workplace, and community awareness.

Exercise for Heart Health

Aerobic exercise when performed vigorously and with variety can benefit both muscular and cardiovascular fitness in addition to improving skills such as balance, agility and coordination. A trained Corporate Fitness Works professional will present 10-15 minute aerobic exercise sessions consisting of simple, rhythmical movements to music. **A separate, spacious room will be required.**

Exercising Today for Healthy Lungs Tomorrow

Do you know how physical activity affects your lung health? A trained Corporate Fitness Works professional will test participants' lung age with a lung spirometer and counsel them on incorporating cardiovascular activity to improve or maintain optimal lung function.

Flexible Benefits

Flexibility is important because it allows muscles to become more relaxed and joints to have a full range of motion. Participants will leave the booth knowing step-by-step ways to perform different stretches every day; handouts demonstrate additional exercises and information. Participants will have a better understanding of the importance of stretching and increased flexibility, its lifelong benefits, and beginning stretching exercises.

Glow Germs

According to the Centers for Disease Control and Prevention, the most important thing we can do to keep from getting sick and spreading illness to others is to wash our hands. Because bacteria and germs cannot be seen with the naked eye, they can be anywhere. This interactive booth demonstrates germs that remain on our hands after improper washing and teaches proper hand washing.



Granola Bar

Portion size and healthy choices continue to be a challenge for most of us. At the Granola Bar booth, participants will make their own delicious and nutritious granola snack using portion controlled measuring methods. **Additional fees may apply depending on the size of health fair and the number of participants.**

Green Living

What we put into the environment is also what we put in our bodies. This booth will demonstrate how important green living is for our health and the small things we can do daily to maintain a healthy environment. Participants will learn fresh ideas on how to make their home and office more eco-friendly. They will learn how to help the earth by not wasting energy and water, using less electricity, and in the end, saving money.

Healthy Cooking Demonstration

Corporate Fitness Works will provide a health-conscious catering/restaurant representative to demonstrate easy, healthy meal preparation. The representative will create two (2) easy-to-make recipes (recipes included) and provide all materials and tasting samples for up to 100 participants. **Pricing will vary for this booth depending upon the number of participants and the duration of the event.**

Heart Health Awareness Assessment

This Health Risk Assessment provides a comprehensive, quick method of presenting personalized health risks with comparative norms. Each participant completes a questionnaire and receives a confidential report discussing their areas of risk, health habits and ways to reduce risks related to heart disease. Corporate Fitness Works counselor(s) use the information to suggest needed behavior changes and advise the best way to achieve these changes. **(75 assessments included. Additional assessments can be purchased.)**

Let's Get Heart Smart

Heart disease that causes heart attacks, strokes and other complications can be lessened through early education. A trained Corporate Fitness Works professional will evaluate cardiovascular disease risks from a participant's completed questionnaire and will educate them on risk reduction through healthier choices.

Massage Therapy

A massage therapist will provide short (approximately 5-10 minute) seated massages. A seated massage is a terrific stress reducer and a great way to ease headaches and sore muscles.



Men's Health

This educational booth teaches participants the importance of men's health screenings, specifically prostate specific antigen (PSA) screening. Participants will learn about the "Know Your Numbers" guide and will leave with the tools needed to make healthy behavior changes.

Nutrition: Nutrition-on-the-Go

If you don't have a lot of time to plan meals and snacks, Nutrition-on-the-Go will provide the tools to help you make quick, healthy decisions. This booth will offer up-to-date nutrition facts, healthy, on-the-go food options, and tips to transform an unhealthy meal into a nutritious one.

Nutrition: Start Your Day the Right Way!

Don't start your day by eating foods that are high in fat and calories. Start Your Day the Right Way by driving through our healthy nutrition booth. Order a side of breakfast facts and statistics that will help you make healthy breakfast decisions when life's demands do not slow down.

Office Ergo

Office Ergonomics looks at what kind of work you do, what tools you use and your job environment. This booth will demonstrate the importance of workstation ergonomics and some of the simple ways to change your workplace to make it more comfortable. This booth is a great way to get ideas on how to improve the office and to keep your desk "ergo" friendly!

Office In Motion: No Time for Exercise? Desk-ercise!

Do you have 15 minutes to spend on your health? The Office In Motion (OIM) booth will show participants how to fit physical activity into their work day at their work station. A trained Corporate Fitness Works professional will actively recruit participants to demonstrate the exercises and show them how easy it is to incorporate physical activity into the work space. This booth energizes employees by showing them that a little bit of every day physical activity can go a long way to improve health.

Postural Analysis

A staggering 70%-85% of all people experience back pain at some point in their life. In the Postural Analysis booth, a chiropractor displays the spine and discusses the importance of good posture and a healthy back. The chiropractor also assesses spinal structure, analyzes posture and measures weight distribution using a bi-pedal scale. A health professional will educate participants about their results and discuss back care basics.



Reflexology

A trained practitioner of reflexology applies pressure to different points on the feet and hands to produce a physiological response in related parts of the body. Participants receive short (approximately 5 minutes) samples of this stress management technique.

Reiki

Reiki treatments are a great way to achieve deep relaxation and a quiet mind. A participant lies or sits comfortably while the practitioner gently places their hands on or above different areas of the body. Participants receive a short (approximately 5 minutes) sample of the treatment.

Relaxation Room

Relaxation can physically change the way your body functions such as improving blood pressure and decreasing the effects of stress. This booth is most effective if a small room near the health fair is available. A trained Corporate Fitness Works professional presents a 15-minute visual vacation; an audiotape adds to the tranquil environment. Participants also learn techniques to manage daily stressors.

Sleep Hygiene

Poor sleep habits (hygiene) are among the most common problems encountered in our society. This interactive booth creates awareness of good sleep hygiene, why it is important and how to recognize poor sleep hygiene. Participants will review their questionnaire to assess sleep hygiene and will be given tips on how to adjust their sleep habits and sleep hygiene to improve their wellness.

Stop the Texts, Stay Safe from Wrecks

Statistics show that distracted driving causes more accidents than driving under the influence of alcohol. This booth will demonstrate the risks and provide statistics associated with cell phone usage while driving and cover other distractions (e.g., eating while driving). A trained Corporate Fitness Works professional will offer activities to create awareness of the dangers associated with distracted driving.

Stress Resilience

The National Health Interview Survey says that 75% of the general population experiences at least “some stress” every two weeks. This booth will provide strategies for stress resilience and coping strategies that can help prevent, manage, or decrease stress. Participants will leave the booth with tools to manage their stress and some relaxation tips to use daily.



Sun Damage Awareness

Sun damage is the most preventable risk factor for skin cancer according to the Environmental Protection Agency. This booth utilizes ultraviolet light in a Derma Scan test to show skin damage that is invisible to the naked eye. This damage is usually caused by excessive sun exposure and dehydration. This test only detects sun damage – not skin cancer.

The Sober Truth

According to World Health Organization (WHO), the use of alcohol results in 2.5 million deaths each year. Participants will learn about blood alcohol concentration, drinking in moderation, staggering alcohol statistics, binge drinking, and how alcohol affects the body. Participants can utilize Fatal Vision Goggles to experience how a .08 blood alcohol level affects balance and coordination.

Tobacco Use Awareness

Tobacco use remains the leading cause of preventable death in the United States. This booth will outline the risks of smokeless tobacco, cigarettes/cigars and second-hand smoke. There will be activities demonstrating the difference in breathing capacity between a smoker and non-smoker. Handouts will be provided to assist participants with smoking cessation and/or to inform them about the health risks of tobacco.

Walking into Wellness

Take the first step towards a healthier life by participating in the Walking into Wellness booth! This fun, interactive booth demonstrates how to properly use and program pedometers so every step counts. Trained Corporate Fitness Works professionals discuss the benefits of starting an exercise program, proper exercise footwear and clothing; individual assessments will be conducted to determine target heart rate range.

Women's Health

This educational booth teaches participants the importance of women's health screenings, in particular, bone density. Participants will be educated on the "Know Your Numbers" guide and will leave with the tools necessary for healthy behavior changes.

Yoga at Your Desk

Yoga brings together physical and mental disciplines to achieve peace of body and mind, helping with relaxation, stress and anxiety. Yoga at Your Desk encourages deep breathing and light stretching to ease stress and tension. A trained Corporate Fitness Works professional demonstrates 5-10 minutes of standing yoga exercises that can easily be performed at the desk.



Health Education

EDUCATIONAL SEMINARS

*Corporate Fitness Works' educational seminars are interactive, educational and creative. All seminars are **45-60 minutes** long and have a question and answer session immediately following the lecture. If there is a need for more detailed information, Corporate Fitness Works can develop a lecture series as well as half-day and full-day seminars.*

Following each seminar, Corporate Fitness Works asks participants to rate the quality of the speaker, the value of the information provided, and the convenience of the seminar. Corporate Fitness Works provides a summary report of this survey to assist with future planning. Corporate Fitness Works' educational seminars can also be delivered as webinars.

The following are descriptions of Corporate Fitness Works seminars:

A. BACK CARE AND INJURY PREVENTION

Back on Track

Participants learn basic back anatomy, common causes of back injury, and practical ways to reduce the risk of injury.

Injury Prevention for the Weekend Warrior

Attendees learn the basics of injury prevention as well as proper procedures for the swift treatment of common minor injuries.

B. CARDIOVASCULAR DISEASE PREVENTION AND MANAGEMENT

Heart Smart

Employees learn how to improve their cardiovascular health by adding physical activity to their daily activities.

Living with Diabetes: Weight Management and Exercise

Participants review the meaning of diabetes and learn its types and symptoms. The seminar covers the factors that affect high and low levels of glucose and focuses on healthy blood sugar management, giving exercise guidelines for each type of diabetes.



The “Highs” and “Lows” of Cholesterol

Participants learn cholesterol basics including recommended levels and practical techniques for improving cholesterol values.

The Dynamics of Diabetes

In this seminar, participants gain a better understanding of the two kinds of diabetes, the causes and symptoms. Participants also learn how exercise and nutrition can be used to manage diabetes.

Tobacco Awareness

Participants learn the hard facts of tobacco use and how it affects their health and the health of their families. This seminar also discusses smoking cessation methods and the health benefits of quitting all kinds of tobacco use.

C. FAMILY HEALTH AND FITNESS

An Apple a Day... The Facts about Kids’ Nutrition

This seminar discusses the recommended daily nutritional allowances for children and supplements children should be taking, if any. Easy-to-read healthy recipes for the whole family are presented.

Balancing Work and Family

Parents discover how proper planning prevents a responsibility overload. Techniques on time management for the whole family are provided.

Family Fitness

This is a discussion on ways to integrate different activities into weekly family routines. Recreational activities, sports and hobbies are addressed.

D. FITNESS FUNDAMENTALS

Beginning an Exercise Program

In this presentation on how to begin an exercise program, goal setting, safety, target heart rates and perceived exertion are discussed. Specific cardiovascular, strength and flexibility exercises are demonstrated.



Getting Active: Changing Health Behaviors for the Better

This seminar examines in detail the importance of regular physical activity for healthy living while exploring ways to become active.

Get a Move On: No Time for Exercise? Desk-ercise!

This seminar demonstrates how to incorporate physical activity into your day... at your workplace! There is an overview of the Quick Fit exercise program, a demonstration of exercises and stretches with alternate exercises for those with limitations, and tips on how to stay motivated. Small bouts of exercise are promoted to achieve your minimum daily requirement of physical activity.

How to Take a Fit Trip

From eating to exercising to back care, travelers have a lot to learn about how to stay fit while traveling. Participants learn techniques to maintain a healthful lifestyle when they're on the road.

Resistance Training at Home

Employees learn a variety of strength-building exercises they can perform at home using common household objects and spaces. General training guidelines are discussed for safety and effectiveness.

Weight Training for Weight Loss

Participants learn why muscle toning is important for weight management. They also learn how to incorporate strength training into a weight management plan.

WOW! (Women on Weights)

Women are introduced to strength training benefits and learn proper techniques for using free weights, strength machines and exercise tubes/bands to achieve their goals.

E. NUTRITION AND WEIGHT CONTROL

A Lifestyle, Not a Diet

This seminar covers the information needed for successful weight management. Participants learn the health risks of being overweight and the benefits of exercise. One-half of the seminar is focused on nutrition and includes: new recommendations from the USDA's ChooseMyPlate.gov, food labels, portion sizes with tips for healthy cooking and shopping.



Fighting Cancer with Special Weapons: Your Fork, Knife and Spoon

Participants learn to create menus that may prevent cancer and how to change unhealthy habits into healthy habits.

Fad Diets – Why They Don’t Work

This seminar separates fact versus fiction in the volume of diet information available as well as how to implement a healthy diet to achieve weight loss.

Nutrition Smarts

Participants learn the nutrition fundamentals to guide daily food choices, including how to balance the food groups, prepare meals, interpret supplement information, and incorporate healthy eating strategies.

Nutrition to Go: Eating for an Active Lifestyle

This seminar presents strategies to combat poor eating habits while on the go. More people are eating out so there is a need to learn how to carefully select commercial food items to limit fat, sugar and sodium.

The Low Stress Diet: Eating for a Healthy Immune System in a Stressful World

Participants learn how nutrition relates to health and stress responses. Examples of diets that combat stress are featured.

F. PERSONAL HEALTH AND WELL-BEING

Allergy Awareness

This informative seminar, ideally held during the Spring and Fall allergy seasons, describes what allergies are; common triggers of allergies; how to manage allergies; and includes treatment suggestions.

Assertiveness Training

Participants learn techniques to positively handle conflict, directly and persuasively. The facilitator provides tips on how to deal with difficult people and difficult issues with confidence.

Self-Care: Managing Your Healthcare and Living Well

This interactive seminar describes why self-care is important, the three C's of developing a treatment plan, and how to get the most from your healthcare providers.



Sleep and Your Health

Participants discover how a variety of lifestyle habits can affect sleep; they learn about sleep disorders and practice methods for getting a good night's sleep.

The Five Smartest Things You Could Ever Do: Five Essential Rules for a Healthy Life

Participants are taught five health behaviors that, when practiced, can improve their health and quality of life.

The Power of Positive Thinking

Participants discover how perceptions and attitude play a key role in how they approach and evaluate new experiences. They learn that positive thinking can be a powerful tool in achieving success both personally and professionally.

What You Don't Know Can Kill You: Ten Lies about Health and Wellness

This seminar covers the ten common myths of health and wellness and teaches strategies to live a happier, healthier life.

G. WOMEN'S HEALTH

Breast Cancer – Be Informed

Participants learn about breast cancer and how to develop a breast self-care program, including screenings, early detection, diagnosis and treatment.

The Mystique of Menopause

This seminar covers all aspects of menopause including what it is, how long it lasts and its symptoms. Treatment options and their related benefits and concerns are also discussed, as well as how a healthy lifestyle can help manage the symptoms.

Women's Health – Embracing a Healthy Lifestyle

This seminar covers many female health concerns, including cardiovascular disease, osteoporosis and menopause, and explores the role that diet and exercise play in the prevention of these conditions.



H. MEN'S HEALTH

Be a Warrior for a Lifetime

This seminar discusses how exercise and nutrition can be used to prevent men's health risks, including coronary artery disease and heart attacks, diabetes, cancer, and obesity.

Cancer – Colon and Prostate

This seminar discusses the risks, detection and treatment of two of the most common types of cancer – cancer of the colon and prostate cancer.

I. STRESS MANAGEMENT

Empowering Stress

Participants learn how to transform daily stress into productivity; they learn how to recognize stress and personalize coping techniques.

Letting Go of Stress: Coping with Change at the Worksite

This seminar covers the need for stress management programs at the worksite and explains stress and how to deal with it.

Stress Management Techniques

Participants learn to make stress work for them rather than against them by practicing different techniques to effectively manage stress in challenging environments.

Time Management

Participants learn how to manage projects and priorities and have time for the things they enjoy most. Skills for practical application are covered.

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Physical Activity Services & Products

Be Well NOW

Your company's own online health community.

Give your employees access to a wellness platform where they can connect with others and challenge themselves to reach health and fitness goals, while tracking their progress over time.



Your Company's Website



Your Company's Branded Wellness Platform



Evaluate Current Health



How it works.

CHOOSE THE PACKAGE THAT IS RIGHT FOR YOU!

1. Fitness Challenge Package

Making Employee Wellness Fun!

This basic package is a great way to start. Fitness challenges bring an element of fun competition to the workplace while catering to employees of all fitness levels.

Includes:

- 3 fitness challenges of your choice to implement throughout the year
- An online health community for your employees to connect, share, and support each other
- A fitness log with the ability to quickly journal by manual log entry or by syncing a compatible device
- Reporting tools to measure return on investment with verifiable data



2. Wellness Package

Delivering Health Guidance

Give employees more than a challenge to get them on the right track. Provide your employees with easy to use online tools, great resources, programs and assessments to direct them to improve their health and reward them for making healthy lifestyle choices.

Includes:

- Fitness Challenge Package, PLUS
- Online tools for employees to journal their nutrition and fitness
- Access to health guidance programs and one-on-one health coaching*
- Custom guidance based on the employee's health risk assessment
- Health reward points that can be redeemed for products and services in the online store

**Employees can access health guidance programs and one-on-one health coaching for an additional fee.*