



About Us

Founded in 1988, Corporate Fitness Works is a trusted provider of comprehensive services that empower individuals and organizations to truly thrive. As an industry leader, we serve a wide range of corporations, government agencies, property management groups, universities, hospitals and residential communities across the nation. We are customer focused with an excellent reputation for delivering innovative and effective client solutions. Our highly qualified professionals are committed to helping clients and participants maximize their full health potential.

Our Approach

The Corporate Fitness Works' ViDL model is based on updated thinking about human nature and behavior change. It fuses the best of organizational development and new paradigm employee wellbeing to create truly thriving cultures. ViDL addresses personal wellbeing with a holistic array of programs and services that go beyond physical health while also attending to important elements of cultural transformation.

Our Services

Consulting and Strategic Planning

We learn about the uniqueness of your organization and work with you to formulate a strategic plan to create a truly thriving culture. We provide guidance and evidence-based recommendations on use of resources, program design, creating a supportive climate, integrating initiatives and more.

Data Collection and Evaluation

- Thriving Workplace Culture Survey™
- Review and interpret existing employer data
- Participation, completion and satisfaction data
- Health Screenings

Evidence-Based Programs

- Culture visioning workshops
- Leadership development
- Onsite wellbeing coordinator
- Health education and health literacy
- Intrinsic coaching
- Lifestyle improvement programs: resilience, mindful eating and financial wellness
- Lumina Learning
- Wellbeing challenges



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