



## **Corporate/Business Wellness/Fitness Program Services:**

Struggling on how to start a/or enhance a Corporate Wellness/Fitness Program? Starting a fitness center, or a group exercise program at your worksite, need assistance? Employees need some one-on-one personal training/consultation or fitness evaluations? We can assist you on developing these programs and more, or hire us as a consultant. We can also give a wide variety of Wellness Presentations/Lectures or programs to your staff that fit your needs and interests.

With health care costs escalating, absenteeism increasing, a solid Wellness Program is a must. A healthy employee is a more productive, happy employee. Other benefits of a structured corporate wellness/fitness program include:

- Improved Recruitment/Retention
- Improved Employee Morale
- Lower stress levels among employees
- Reduced Health Care Costs
- Lower Employee Absenteeism
- Improved productivity

Money you spend up front on corporate wellness will multiply back into your company many times over.

### **THE FOUR COMPONENTS OF OUR TOTAL WELLNESS PROGRAM:**

#### **1. Base Need Program Design**

We design your program based on your needs. First, we determine where your health care dollars are being spent. Then we identify high-risk groups among your employees. Finally, we identify specific objectives for your program.

Generally, our wellness programs include the following content.

- Health promotion
- Personal Fitness Evaluations
- Health education and Nutrition
- Fitness needs, programs, classes, and educational seminars
- On-line Fitness and Nutrition Tools

- Recreation and sports
- Motivational Techniques

These programs are delivered in a variety of formats. Here are a few examples:

- We can create materials to increase employee awareness of health issues- newsletters, posters, bulletin boards, for example.
- We offer "brown-bag" sessions taught by qualified health professionals on topics like stress management, weight loss, fitness, and nutrition.
- Our certified instructors teach group exercise classes such as aerobics, yoga, balance and core training, flexibility, and overall strength conditioning.
- Corporate discounts at our training center
- We can organize intramural sports teams and company-wide tournaments.

## **2. Responsive Management and Detailed Administration**

We can manage all facets of your wellness program or assist your own in house personnel wherever it's located- at your headquarters or at separate facilities. In addition, we insist on excellent communication skills and practices. We consider it our job to take care of all the details of day-to-day administration and, as you know, this can mean a lot. The specifics for your corporation will, of course, reflect your unique wellness program.

Here are some options:

- We can provide a schedule of classes, seminars and events, register those who attend, and track participation.
- We can assist you in design and equipment purchase for your own corporate fitness center.
- We can arrange for fitness evaluations and health screenings for your employees.
- Conduct weekly or monthly training classes on a variety of topics including marathon training, walking groups, triathlon training, biking groups, etc.

## **3. Expert Staff and Contract Personnel**

Our Tiger Coaching team is both skilled at and experienced in designing and implementing corporate wellness programs. Our key team members have the knowledge and expertise to ensure that all activities- from preparing a newsletter to teaching seminars and classes that are right for your employees and that we remain sensitive to special needs.

Our Tiger Coaching instructional team includes certified fitness instructors and health professionals we provide specially-trained contract personnel who work for you on-site but who are on our payroll. These can include personal trainers, massage therapists, and administrative support personnel.

#### **4. Health Promotion and Education**

Our wellness programs and services range from promoting employee awareness of health and wellness issues to teaching classes designed to change behavior. We can assist or arrange health screenings on site, feature national events such as the Great American Smoke out, and can organize a health fair to generate interest in other health and fitness programs.

To help people change their behavior, we offer classes, seminars, and clinics to start a fitness program, or lose weight, for example.

If you want to run your own corporate wellness program, we can provide you with ideas and assistance as needed.

**Cost: \$60.00 an hour or inquire about special rates for Full, ½ day, or monthly payment programs.**

**Call for a no obligation free consultation to set up a personalized plan for your corporation or business today.**