

Transform The Physical & Emotional Health Of Your Company

Option 1 : Introductory Lunch 'n' Learn

Building trust is key to employee success and participation, and our lunch 'n' learn seminars are a fun and interactive way to introduce us and our programs into your organization.

Option 2 : Educational Seminars

The initial lunch 'n' learn will often highlight specific areas that need to be addressed in more detail and this package allows us to provide more customized workshops that could be industry specific or department specific within your organization.

Option 3 : Biometric Testing & Health Screening

Health is so much more than the number on the scales and so we offer biometric and bio-impedence testing services, and provide blood sugar testing, heart rate checks and we will refer out to medical and alternative practitioners as deemed necessary.

Option 4 : Onsite Fitness Assessment Testing

Regardless of what industry you are in, a strong fit body is essential to everyone. And after all, our heart is a muscle too and needs to be exercised. Because cardiovascular health is important to us all, we can perform onsite fitness assessment testing services, and bring everything to you, to ensure minimal disruption to you and your operations.

Option 5 : The Full Concierge Service

The Full Concierge Package encompasses all of the previous services and includes nutrition and lifestyle coaching and will address every aspect of health including identifying potential future health risks.

Our Corporate Wellness Programs

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INTRODUCTORY LUNCH N
LEARN SEMINARS

2



INTRODUCTORY LUNCH N
LEARN SEMINARS



EDUCATIONAL
WORKSHOPS

3



INTRODUCTORY LUNCH N
LEARN SEMINARS



EDUCATIONAL
WORKSHOPS



BIOMETRIC TESTING &
HEALTH SCREENING

4



INTRODUCTORY LUNCH N
LEARN SEMINARS



EDUCATIONAL
WORKSHOPS



BIOMETRIC TESTING &
HEALTH SCREENING



ONSITE FITNESS
ASSESSMENT TESTING

5



INTRODUCTORY LUNCH N
LEARN SEMINARS



EDUCATIONAL
WORKSHOPS



BIOMETRIC TESTING &
HEALTH SCREENING



ONSITE FITNESS
ASSESSMENT TESTING



FOOD COACHING &
NUTRITION PLANNING