

Workout Hotel Corporate Wellness Program

WH Fit Club

Benefits:

- Improve Employee Behaviors
- Reduce Elevated Health Risks
- Mental Health Support
- Convenient Access
- Social Group Support
- Satellite Employees Have a Fun Central Site to Connect

Fit Club Features:

- Live Workouts
- On-Demand Library
- Recipe & Nutrition Tips
- Expert Guests
- Monthly Workout Calendar
- Supportive Environment
- Monthly Giveaways
- Corporate Lunch & Learns

Experience:

- Established 2013
- Designed workouts for NY Bestselling Book *The Metabolism Plan*
- Launched 90 Day Workout DVD Program *Define & Align* (currently available on Amazon)
- Designed workouts for ZaxieFit equipment featured on FabFitFun
- Over 100 fitness videos promoted worldwide

Employers

Wants:

- Improved Employee Stress and Mental Health
- Improved Workplace Productivity and Impact
- Improved Team Health and Collaboration
- Reduced Employee Absenteeism
- Reduced Healthcare Costs

Needs:

- Easy to Implement
- Sustained Team Wellness Program
- Inventive Way to Engage Employees
- Low or No Cost Wellness Offerings

Concerns:

- Costs Too Much
- Too Complex to Setup
- Too Difficult to Participate In
- Employee Comradery Is Diminishing
- Programs Require Many Resources to Manage

