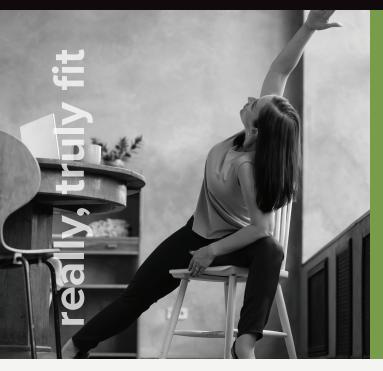


For the health of your company. Our workplace wellness program fuels your team.



Imagine what you could accomplish if every employee was performing at their full potential. Fewer sick days, no mid-afternoon energy crash and reduced healthcare costs are all within reach when you provide employees with a simple resource. Jim White Fitness Workplace Wellness™ is an investment in the health of your employees and your company's future.

Participating in our Workplace Wellness program will give your employees the tools they need to make sustainable changes in their life, one day at a time. Small modifications in diet and exercise now can have a big impact on chronic disease prevention and overall wellbeing in the future.

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THE JIM WHITE FITNESS ADVANTAGE

You get access to experts in the industry. We want to partner and support your employees in their ongoing wellness journey.

Your team is taken through a comprehensive series of health assessments, allowing us to care for each person individually. With this knowledge, your team will receive wellness activities and learning experiences tailored to your specific needs by our fitness and nutrition experts.

You get coaching, learning tools, professional resources and analytics so you can track our program's effectiveness.

Your can enjoy the flexibility this program was designed to offer — your company and employees will have the option to choose their level of participation and commitment.

No matter your company's shape or size, this program works. You choose your level of participation.

\$3.50 ROI for every dollar spent

28% REDUCTION

in sick leave absenteeism

26% REDUCTION

in health costs

30% REDUCTION

in workers compensation and disability management costs

Source: HBR 2012- What's the Hard Return on Employee Wellness Programs? By Leonard L. Berry, Ann M. Mirabito & William B. Bau

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Having a trainer come to our workplace during lunch is so convenient and holds us accountable for actually showing up. Our trainer is fun and pushes us to do workouts that we probably wouldn't do on our own. Most of us don't have time to work out before or after work with kids and family responsibilities — this the best solution!

Chessie W. Hercules Living



For the health of your company. Our workplace wellness program fuels your team.

Our goal is to help your employees live a balanced lifestyle. Decreased Stress
Boosted Energy
Increased Productivity
Enhanced Strength



PROGRAM OFFERINGS



Kick-off Live Seminar

Start your program off right! We'll introduce the program via a LIVE, interactive seminar. The Jim White Fitness Workplace Wellness experts will explain how the program works and get your team members motivated to make a real change in their lives.



Daily Content

Receive exercises, motivational messages and quick tips posted through a private social media group.



Monthly Themed Webinars

Provide education for your team on a monthly topic and keep them excited as they progress through the program.



Quarterly Challenges

Challenge your team with a little friendly competition four times a year. We'll provide assistance and ideas for you to keep your employees engaged.



Workplace Wellness App To Track Your Progress

Collect employees' biometric data to evaluate your starting point and keep track of progress. Data includes InBody measurements: weight, BMI, muscle mass, body fat and BMR.



Individual Nutritional Counseling

Approved in-network insurances: Optima, Anthem, Cigna, Aetna, United and Medicare



Corporate Bootcamps, Group and Personal Training



Lunch-and-Learn Workshops

Guest speaker or workshops offered quarterly or upon request.



For the health of your company. Our workplace wellness program fuels your team.

YOUR LIFE IN BALANCE We take care of the whole person.



Nutrition



Exercise



Stress Management



Sleep Hygiene



Energy



Mindfulness & Recovery



For the health of your company. Our workplace wellness program fuels your team.

A LA CARTE OPTIONS

Kick-off Jim White Fitness Workplace Wellness program 45-minute speaker session
Monthly themed webinars
Collect biometric data (weight, BMI, body fat measurements) at the beginning and end of each quarter through InBody technology
Quarterly themed challenges
Integrated wellness app with progress tracker
Café or exercise makeover consultation
Quarterly "lunch-and-learn" staff presentation 60 minutes per session
Monthly on-site fitness boot camps 6-20 people per group
Group nutrition boot camp classes
Live webinar series and interactive workshops per guest speaker or workshop, offered monthly or upon request
Individual nutrition counseling sessions