

# WORKPLACE WELLNESS

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 well-being in the future.

## 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.

“ *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*

WELLNESS PROGRAMS AVERAGE

**\$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

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.



### 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.



### Daily Content

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



### Individual Nutritional Counseling

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



### Monthly Themed Webinars

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



### Corporate Bootcamps, Group and Personal Training



### Lunch-and-Learn Workshops

Guest speaker or workshops offered quarterly or upon request.



### 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.

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



Nutrition



Exercise



Stress Management



Sleep Hygiene



Energy



Mindfulness &  
Recovery



## A LA CARTE OPTIONS

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