

Decrease absenteeism
Reduce insurance costs
Boost productivity
Recruit and retain personnel
Increase your bottom line

Building Corporate Wellness



Business Solutions

Sedentary office employees
Injury-prone trade workers
Prevention and rehabilitation
Pre and postnatal care
Onsite health evaluations
Corporate wellness seminars
and much more!

BUILDING CORPORATE WELLNESS

Companies that participate in a Fitness and Wellness Program have lower rates of absenteeism, improved morale, increased productivity and a substantial, long-term cost saving in health care expenditures.

- On average, a typical worker loses 115 productive work hours every year due to a health condition. A majority of the lost productive time from these health conditions is invisible to employers, because it occurs on the job.
- Absenteeism due to stress increased 316 percent from 1995 to 2000.
- The total cost to employers in lost productive time for all health conditions is in the range of \$2,000 per employee per year.
- For many companies, medical costs can consume half, or more, of company profits.
- Chronic diseases related to lifestyle account for 70 percent of the nation's medical costs.
- **Experts in the field of health benefits estimate that the costs of employer provided health and dental benefits are rising at a rate of 15 to 20% percent per year.**
- One-quarter of adults aged 45 and older report that their physician has diagnosed them with high blood pressure and one in twenty Americans has been diagnosed with diabetes by a health professional.
- 58 percent of workplaces rate the quality and quantity of physical activity opportunities, programs and facilities that are available to employees as poor, yet two-thirds of employees have little or no input into the development of physical activity policies, programs and opportunities.
- 33 percent of Americans view affordable supportive services as very important and rate "help in planning their daily schedule to include some physical activity" and "professional help in choosing what types of activities are best for them" as very important in making it easier for them to be physically active.

DID YOU KNOW?

A recent survey by an international search firm found that more than half of those seeking manager-level positions ranked a health club membership as the benefit they'd most like to see at their next job.

During a 10-month trial period, Toronto Life Assurance found that employee turnover among Corporate Wellness Program participants was just 1.5 percent compared to 15 percent among non-participants.

Logo



RESULTS SPEAK FOR THEMSELVES

*Health should be a stated priority.
Employers should encourage
physical fitness as a means
to achieve balance and wellness.*

Companies who approach corporate wellness as an investment rather than a cost realize greater success and lower failure costs in obtaining returns on such programs. The results:

- Increased productivity, energy and creativity.
- Increase in employees mental focus, clarity, endurance and attention to detail.
- Increase in employees production and job execution.
- Improved company moral.
- Significant reduction in absenteeism from injuries and illness.
- Measurable reduction in insurance claims and premiums.
- Reduction in employee turnovers.
- Increase in staff retention, longevity and company satisfaction.
- Increase in employees overall quality of life, through the proven benefits gained physically, psychologically and emotionally through health and fitness.
- Retained vision, teamwork and cohesiveness of employees.
- Increased potential for recruitment.
- Decrease in aches and pain associated with a sedentary lifestyle.

YOU CAN MAKE A DIFFERENCE

Management Support Equals Success

A successful Corporate Fitness and Wellness Program must be supported and directed by the CEO and all levels of management. Wellness must be a stated priority and the employer should encourage physical fitness as a means to achieve overall health.

Human Resources

The HR Department is most often responsible for implementing and managing an Employee Wellness Program. Human Resources should establish objectives, maximize available resources and monitor results.

We Can Help

Our mission is to assist you in implementing meaningful and measurable wellness initiatives across all levels of your business.



Corporate Membership Participation List

Business Name: _____ Contact: _____

Address: _____

Phone _____ Fax: _____ Email: _____

Corporate memberships are subject to a 12 month term and must be administered together as a group at one time. Participating employees should neatly print their names and phone numbers on the following form:

Employee Name	Phone Number	Employee Name	Phone Number
1		25	
2		26	
3		27	
4		28	
5		29	
6		30	
7		31	
8		32	
9		33	
10		34	
11		35	
12		36	
13		37	
14		38	
15		39	
16		40	
17		41	
18		42	
19		43	
20		44	
21		45	
22		46	
23		47	
24		48	

Club address. Phone number. Fax number. Email. Website.