



**BUSINESS BODY ELITE**

# **EMPLOYEE WELLNESS PROGRAM PROPOSAL**

For members of your  
management team



# Why An Employee Wellness Program?

A wellness program for employees is a strategic imperative. Not only do you create a healthier & more productive workforce. Other benefits include: reduction in healthcare costs, becoming eligible for tax incentives & government grants. Improving focus & minimizing stress. Improving physical & mental fitness & much more. Think of reasons you offer existing benefits to your employees? Now consider this to be a benefit.

The program targets specific health points & risks factors such as obesity, fitness, diet, sleep, stress reduction, habits, to name a few.





# The Elite Wellness Approach

Although the development of each program is comprehensive. The integration is simple & engaging. Our focus is to create programs that educate the management & employees regarding the importance of wellness at home & in the workplace. We tailor programs from data we collect during assessments.

The data collection process is crucial in order to increase the success rate of each program. We emphasize on engaging every level of management in our programs as a result it can become a permanent part of your company culture.

## Download Our Handbooks



### Elite Wellness Handbook

Scan or Click QR Code

### Wellness Council Blueprint

Scan or Click QR Code



### Pricing Guide

Scan or Click QR Code



### Individual Start Guide

Scan or Click QR Code





## Wellness Workout Program

Employees often spend several hours a day seated at their desks, and it can be challenging to incorporate exercise when faced with a hectic schedule. Lack of exercise and a sedentary lifestyle has a negative impact on mood, work performance, and long-term health.

The **Elite Wellness Program** is specifically tailored for employees. We offer a variety of time-efficient workout plans, and we even work with employees so they can customize their own workouts. Aside from physical fitness, we have also factored in a stress-reduction component, which includes meditation and mindfulness techniques.







# Financial Benefits

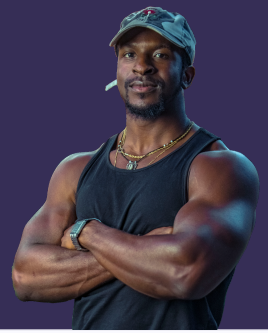
There are easy ways to cut healthcare costs. Some are more effective than others. You can resort to simply minimizing benefits or transferring more of the payment responsibility to employees. What more companies are resorting to is incorporating Worksite Wellness Initiatives/Programs.

A Metlife study reported roughly 37% (3 out of 10) employers provide worksite wellness programs. That's a 27% increase from 2005. Their main objectives are to reduce health care expenses, minimize absenteeism, and improve productivity, morale, and safety among employees. Following the Covid-19 pandemic it is expected that more organizations will offer wellness services to their employees.



# WELLNESS PROGRAM MONTHLY THEMES

EXAMPLE CALENDAR



## JUMP START JANUARY

AIMING TO BUILD HABITS BY PERFORMING HABIT BUILDING EXERCISES. WORKSHOPS, COURSES, LUNCHES ETC.

## FAT BURNING FEBRUARY

LEARN PROPER STEPS TO EFFICIENTLY & SAFELY BURN UNHEALTHY AMOUNTS OF FAT.

## MARCH MAKEOVER

MAKING AN EFFORT TO FURTHER DEVELOP POSITIVE HABITS. LOOKING AT AREAS OF YOUR LIFE THAT NEED A MAKEOVER.

## ABS IN APRIL

THE EXERCISES & EATING WILL HABITS WILL FOCUS ON DEVELOPING THE MUSCLES OF THE MIDSECTION.

## MOVING IN MAY

AS WE APPROACH THE SUMMER IT'S TIME TO TURN UP THE INTENSITY. GET OUTDOORS, DO SOME PULL-UPS, HIT SOME DIPS. LETS FOCUS ON MOVEMENT!

## JUICING IN JUNE

AIMING TO BUILD HABITS BY PERFORMING HABIT BUILDING EXERCISES. WORKSHOPS, COURSES, LUNCHES ETC.

## JUMPING IN JULY

LET'S LEARN A NEW SKILL LIKE USING THE JUMP ROPE. LET'S HAVE SOME FUN!

## ALL IN AUGUST

IT'S TIME TO GO ALL IN. TIME TO TURN UP THE INTENSITY AGAIN. A LOT OF EXPLOSIVE TRAINING FOR EXPLOSIVE GROWTH!

## REMEMBER ITS SEPTEMBER

WE'RE GOING TO GO OVER A LOT OF WHAT WE DID THROUGHOUT THE YEAR. MAKE SURE THOSE HABITS ARE STICKING!

## ONLY IN OCTOBER

WE WANT TO REWARD CONSISTENCY. FOR THIS MONTH ONLY WE HAVE A LOT OF EXCLUSIVE INCENTIVES FOR YOU.

## NO WAY NOVEMBER

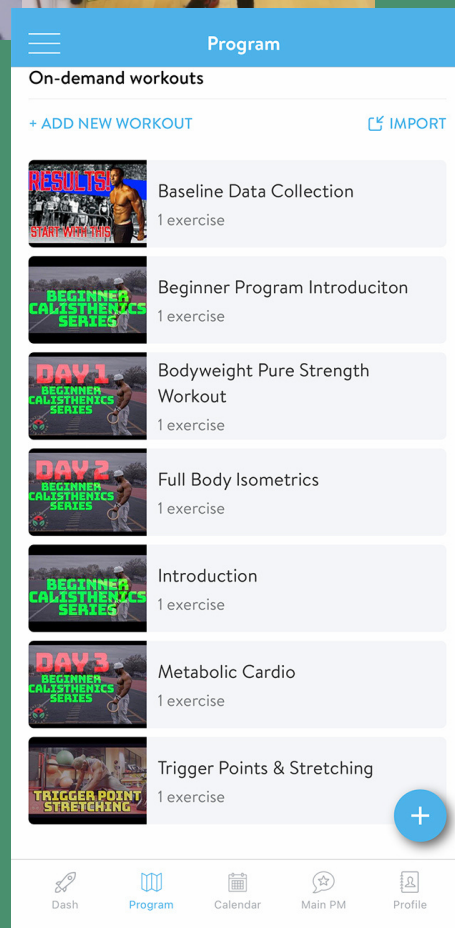
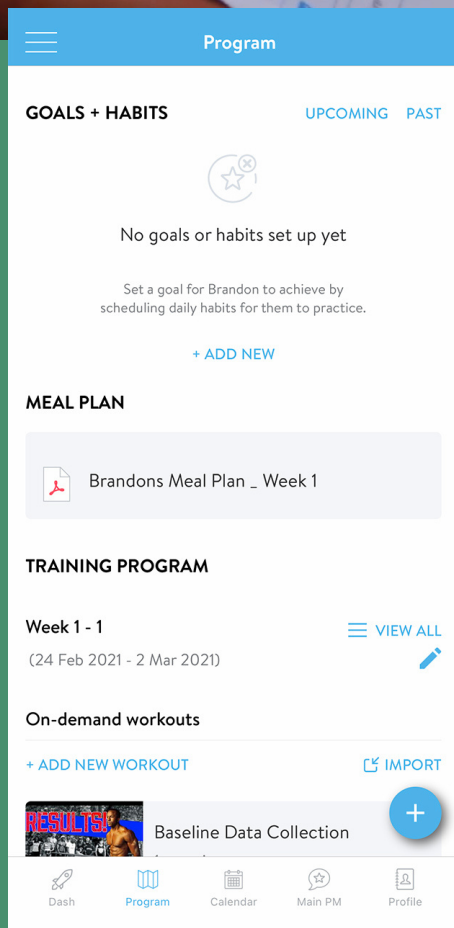
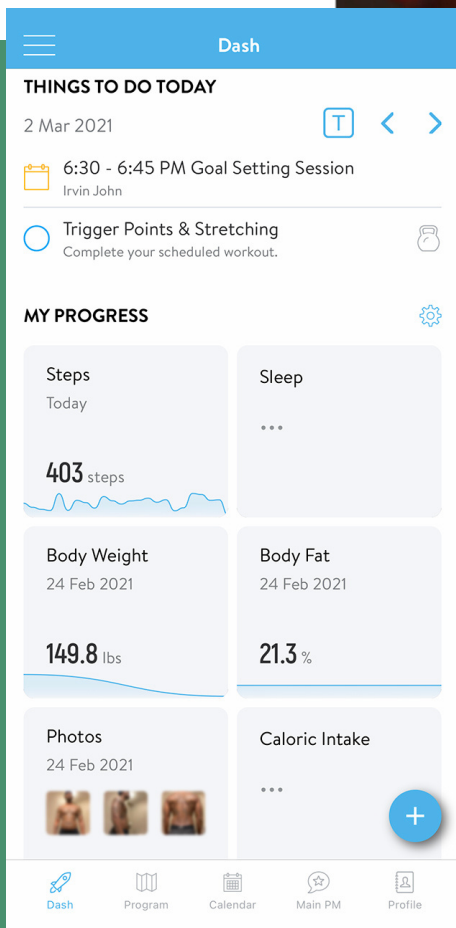
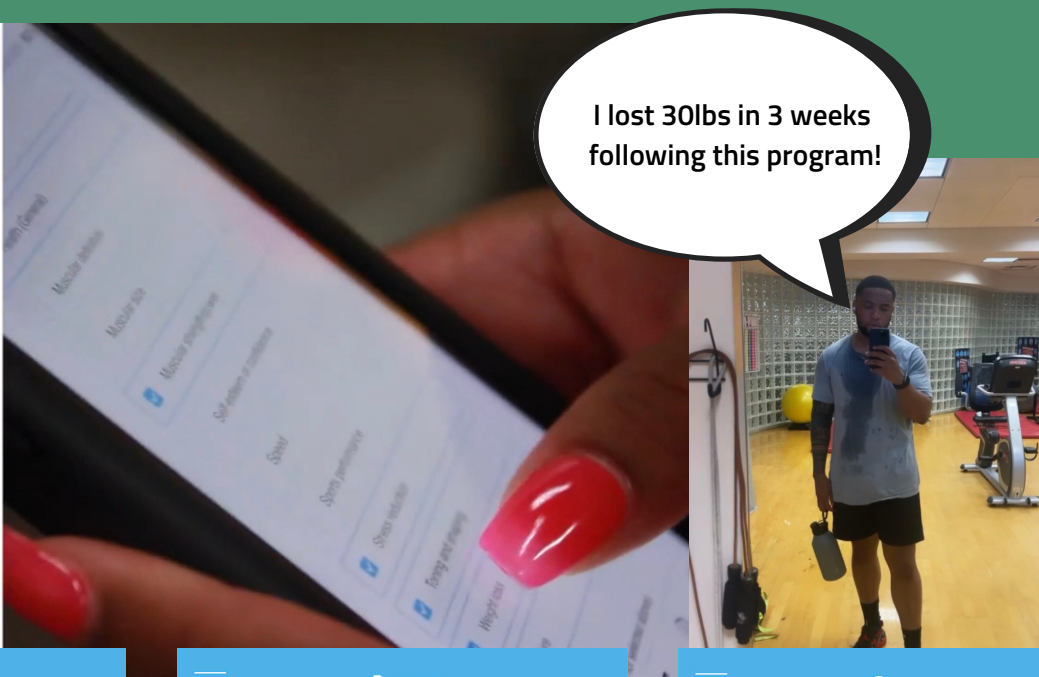
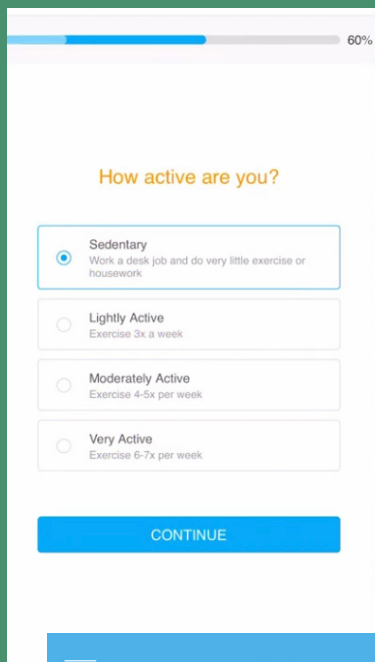
IT'S ALREADY THE END OF THE YEAR. SOON EVERYONE WILL BE MAKING RESOLUTIONS. GOOD THING THIS IS A LIFESTYLE FOR YOU NOW!

## DON'T QUIT DECEMBER

IF YOU STARTED AT THE BEGINNING OF THE YEAR & STILL HERE! MAJOR PROPS! DON'T QUIT NOW. LETS START THE NEW YEAR WITH MOMENTUM !



Programs & courses can be accessed from our mobile applications anywhere at any time. The app provides data & metrics tracking in an easy understanding user interface. This provides the ability to see the effectiveness of each program being implemented.



# Budget, Timeline, and Deliverables

Traditional personal training can cost upwards of **\$1,200/week**. The **Elite Wellness program** can cost **\$100 - \$600** per employee for the whole *year*. There's a variety of factors that will determine your initial investment + ongoing maintenance of your program.

- Information collection is used to create an aggregate data profile for your organization. Once data is interpreted programs are created and deployment among employees begin.
- Promotional materials are distributed for the initial wellness campaign (booklets, flyers, brochures, banners, videos etc)
- The launch of wellness courses, webinars, workshops, fitness classes, etc.
- Quarterly individual consultations with a trainer and a nutritionist
- Set up basic gym equipment such as kettlebells, dumbbells, resistance bands, etc.
- Book a free consultation and we can provide you with a quote.



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## Wellness Program Development

A wellness program that does not focus on behavioral change is destined to fail in the long run. Just like every person is different your organization will likely have different requirements from others.

We perform a series of data collection analyses in order to gather data. This gives us the information necessary to create effective programs.

Just like any other investment, we want to ensure that you get the best ROI (Return On Investment) but more importantly VOI (Value On Investment). The key is to focus on shifting behaviors. It takes time but it's necessary.





# Schedule a free consultation for your organization

Want to learn more about integrating a wellness program into your organization?

Schedule a consultation or email us [Info@BusinessBodyElite.com](mailto:Info@BusinessBodyElite.com)

Please review our handbooks if you have not already.



## Schedule Consultation

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