

BRING WELLNESS TO WORK

How to Launch On-Site Programs That Employees Actually Use

WHY ON-SITE WINS

- ✗ Off-site gym membership: 15% use it
- ✓ On-site program during work hours: 60%+ participation

**Make it free. Make it convenient.
Make it happen.**

THE FORMULA FOR SUCCESS

- FREE** - No out-of-pocket costs.
- CONVENIENT** - On-site or nearby.
- HOLISTIC** - Diet, fitness, stress, coaching.
- INDEPTH** - 48 hrs over 6 wks, not a 1 hr class.
- SOCIAL** - Departments participate together.

BUDGET SNAPSHOT

Medium Organization (500 employees)
 STAFF: \$128,000/year
 SPACE & EQUIPMENT: \$33,000
 PROGRAMS: \$55,000
 TOTAL: ~\$216,000/year
Per employee: ~\$432/year

IMPLEMENTATION TIMELINE

MONTHS 1-3:

- Secure budget
- Assess space
- Design programs

MONTHS 4-6:

- Start 2-3 core programs
- Get feedback

Lifestyle 180 proved it:

- Participants lost 9+ lbs
- Avg. LDL cholesterol dropped 20 points
- 25% reduced or stopped medications
- Healthcare premium growth cut in half

You can do this too.

THE 6 MUST-HAVE PROGRAMS



Cooking & Nutrition Classes
 Chef-led, hands-on, recipe books



Fitness & Exercise
 Yoga, walking groups, lunchtime classes



Stress Management
 Meditation, quiet spaces, mental health counseling



Health Coaching
 1-on-1 support, weekly check-ins, 1 yr follow-up



Biometric Screenings
 Annual assessments, blood work, risk stratification



Educational Workshops
 Lunch-and-learns, chronic disease prevention, family health