

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