

## Corporate Wellness

### EMPLOYEE FITNESS CHALLENGES

An employee **fitness challenge** (10 themes to choose from) can foster a positive workplace culture by promoting teamwork, camaraderie, and mutual support among employees as well as enhanced employee morale and job satisfaction and a sense of accomplishment. Challenges are designed to be either on-site at your corporate gym, off-site with a host partner gym, 100% virtual or in combination.

### NUTRITION & HEALTHY EATING

Incorporating nutrition initiatives enhances employee health, productivity, and overall well-being. Encouraging **healthy eating habits** not only reduces the risk of chronic diseases and improves mental health but also boosts cognitive function, focus, and energy levels. It also contributes to a positive workplace culture, fostering employee engagement and morale. By promoting nutritious choices, companies signal a commitment to the health of their workforce, leading to long-term cost savings through reduced healthcare expenses and increased productivity.

### MENTAL HEALTH AWARENESS

Mental health is integral to overall health and productivity in the workplace. Our staff will organize a **health fair**, workshops, seminars, or guest speaker sessions on mental health education, stress management, and resilience-building. Lets take a look at integrating meditation or mindfulness classes within the facility with quiet areas to relax and recharge all while promoting your EAP programs.

### FITNESS FACILITY TRANSFORMATION

A comprehensive assessment to identify specific needs and goals of your current **facility design**, create tailored fitness programs that addresses the diverse fitness levels and preferences of employees including workout routines, group fitness classes, and/or personalized training plans.

## Bio

Suzanne Rich is a fitness & wellness sales consultant with 20 years of fitness sales, gym owner for 10 years, holds a masters's degree from Rowan University in Wellness & Lifestyle Management. Suzanne also holds multiple personal training certifications, group fitness certifications (including 3 Les Mills programs), weight management/health coach certified as well as other advanced certifications in the industry for 20 years.



## Testimonials

"Suzanne has **great enthusiasm** for what she does and it is **inspiring**. I'm happy I attended the webinar series and I look forward to more in the future."

*Anonymous, Berkeley College Alumni*

"Suzanne **commands the room**."

*Don Andretta, Owner, Paragon Athletic Club*

"Suzanne is **highly skilled** and was eager to help me overcome my fear."

*Sonia Whyte, Personal Trainer*

**ENHANCE HEALTH, PRODUCTIVITY, & MORALE.**