

BREAKROOM FITNESS

We provide innovative and impactful corporate wellness services to companies that are truly committed to investing in the physical and mental wellbeing of their employees and teams.

Improves
Employee
Health Behaviors

Improves
Productivity

Aids Employee
Recruitment
and Retention

Reduces
Elevated
Health Risks

Decreases
Absenteeism

Builds and Helps
Sustain High
Employee Morale

CORPORATE WELLNESS

- **Customized Wellness Plans**
- **Comprehensive Wellness Program Consultation & Implementation:**
 - ▶ **Fitness & Wellness:**
 - Group Fitness Program Management
 - Weekly Group Fitness Classes
 - Run/Walk Programs
 - Fitness Challenges
 - Monthly Health and Fitness Newsletter
 - ▶ **Education & Team Building:**
 - Employee Health Fairs
 - Empowering Wellness Workshops & Lunch and Learns
 - Facilitation of Dynamic Meeting
 - Ice Breaker(s) Sessions
 - Collaborative Team Building Events
- **Community Give-Back Events, Scavenger Hunts & More**
- **Customized Team-Building Incorporating Company Values**

CONFERENCES & EVENTS

- **Fitness & Wellness Services**
 - ▶ Group Fitness Class(es) + Equipment
 - ▶ Customized Hikes and Walking Tours
 - ▶ Group Led Stretches
 - ▶ Pilot Fitness Classes for Companies or Gyms
- **Education & Team Building:**
 - ▶ Employee Health and Fitness Fairs
 - ▶ Empowering Wellness Workshops
 - ▶ Lunch and Learns
 - ▶ **Collaborative Team Building Events:**
 - Community Give-Back Team Building
 - Scavenger Hunts
 - Customized Team-Building Events
 - ▶ **Facilitation of Dynamic Meeting Ice Breaker(s)**