

WELLNESS PARTNER PROGRAMS

When employees are healthy, they are less likely to be out sick, less likely to be hurt on the job, and more likely to be happy and productive. To offer holistic wellness, we've partnered with top of the line service providers. Through Fit Pros, you'll receive our partner reduced rate.



Cooking Classes

For busy professionals, this hands-on class will help stretch your dollars and minutes while preparing delicious, nutritious meals. Program includes a chef, all cooking equipment and food brought to your work.



Gridiron Games

Not your average physical fitness class, this fun, yet challenging obstacle course will test endurance, agility, strength and mental focus. In our busy lives, we are thrown obstacles to deal with, and we either rise to the challenge or crumble with defeat. Employees that play together, stay together.



Self Defense

Self-defense training has been shown to improve discipline, morale and enhance teamwork. Feelings of weakness, social anxiety and concern for one's safety can cause stress on an entire employee group. Employees are taught how to assess a situation and communicate clearly, as well as physical techniques that enable someone to escape, resist and survive a violent attack.



Massage

Massage is proven to not only reduce stress but support injury prevention. Therapists can perform chair or table massage, for various lengths of time. Rate is based on how many therapists are needed to service your staff and the length of time they spend onsite. Two hour minimum.



Chiropractic Care

Local doctors provide onsite care designed to offer restorative, sustainable solutions to employees' ailments. A thorough exam and treatment is performed, alongside a custom rehabilitative program to help each employee reach their own personal health and performance goals.



Live DJ Yoga

Downward dog to dope beats with DJ Yoga. Experience a unique, all-levels class that bridges flow yoga, partner movements, and fresh tunes to get you feeling more connected with your body, and each other!



Acupuncture

Licensed acupuncturist visits your office to provide this service, in which thin needles are inserted into the body at trigger points. Acupressure, a non-invasive approach is also available. Evidence proves acupuncture's health advantages, particularly alleviating various types of pain and illness.



Secret Ingredient Cook-Off Contest

For this cooking contest, employees must prepare a healthy dish that includes one secret ingredient. On a chosen date, we coordinate a potluck party to show off their special dish.

In front of each dish will be a sign for its name and a container to hold votes. Employees sample each other's dishes, then drop a marble in the container of their favorite dish. In addition to your company supplied prize, the winning recipe will be featured in Fit Pro's monthly newsletter and blog.



Healthy Skin Awareness Checks

A credentialed skin care expert meets one-on-one with employees to look at skin concerns, answer questions and provide valuable insight. Although samples are not taken onsite, if the employee has an area of concern, they will be advised to see their primary doctor.



Corporate Social Responsibility (CSR)

Most popular around the holiday season, Fit Pros partners with national and local foundations to support those in need. Fit Pros will design artwork to promote and coordinate all logistics with the cause.

A few examples include Foundation for Hospital Art, in which employees paint murals that are sent to hospitals. Each 12 person kit includes 6 Pre-Drawn canvases, art supplies and instructions. Be The Match Foundation supports people of all ages who are awaiting bone marrow transplants. They need our help assembling cheek swab kits and writing positive, inspirational cards to patients.

For most programs, Fit Pros will design a flyer for you to print, post and/or email to all staff announcing the program. We suggest your team internally motivates employees through social media.