



# WELLNESS SOLUTIONS TO RECRUIT & RETAIN

FitPros is a wellbeing service provider that brings health and fitness direct to the workplace, making wellness easily accessible to employees which in turn benefits an employer by allowing them to recruit and retain high-caliber talent.

## FITPROS PROGRAMS INCLUDE:

- Fitness Class
- Health Talk
- Wellness Fair
- Financial Wellness
- Self-Defense Workshop
- Chair Massage
- Hands-On Cooking Class
- Cooking Demo
- Ergonomic Desk Assessment
- Chiropractic Adjustment
- Trigger Point Self-Massage Course
- Dermatologist Safe Skin Awareness
- Facial
- Acupuncture
- Aromatherapy
- Sound Healing Meditation
- Vision Board & Goal Setting Workshop
- Fireside Chats & Panel Discussions
- Live DJ Yoga (CSR)
- Mural Painting for Hospitals (CSR)
- Philanthropic Get Well Card Writing (CSR)
- 1:1 Nutrition & Fitness Coaching
- Wellness Warrior Facilitator Program
- Scheduling and Engagement Technology
- Biometric Screenings
- Flu Shots

## WHY WELLNESS MATTERS

85%

85% of employees are not actively engaged at work.  
**Resulting in \$7 trillion in lost productivity.**

42%

42% of workers say they **"have purposely changed jobs due to a stressful work environment,"** that negatively affected their life inside and outside of the office.

61%

The 2016 Aflac WorkForces reported 61% of businesses had "a healthier workforce and **increased productivity as a result of having a wellness program** in place."

\$250  
MILLION SAVED

Harvard Business Review states: Johnson & Johnson estimated that **wellness programs saved the company \$250 million in healthcare over the past decade,** with a return of \$2.71 for every dollar spent.

Studies prove consistent, multi-faceted wellbeing programs build team camaraderie and commitment with their employer, in turn heighten productivity, decrease absenteeism, and lower healthcare costs.

By investing in the health of employees your company will maintain a competitive edge while supporting their work life balance. FitPros will deliver wellness solutions to target your total population that will subsequently benefit your bottom line.