

# Corporate Wellness Programs

**Body Zone Sports & Wellness Complex creates a foundation for healthy lifestyle choices by delivering corporate wellness programs that educate, motivate and enhance employee awareness.**

## **Our Corporate Wellness Programs Include:**

- ◆ Personal Wellness Profiles
- ◆ Employee Day of Wellness
  - Nutrition Workshop
  - Cooking demonstration “Recipe Makeovers”
  - Blood Pressure Screening
  - Fitness Workshop/Class
  - Body Composition Testing
  - Cholesterol Screening
  - Introduce a 10,000 Step a Day Program
- ◆ Cardiac Risk Screening
- ◆ Lifestyle Workshops
  - Nutrition Workshops
  - Back Care
  - Stress Management
  - Smoking Cessation
  - Industrial Athlete
- ◆ Better Choices, Better Life Weight Management Program
- ◆ Ask the Experts: Dietitian, Nurse Practitioner, Personal Trainer
- ◆ Personal Nutrition Coaching
- ◆ Customized Exercise Programs
- ◆ Group Exercise Classes, including Yoga
- ◆ Walking Group
- ◆ Group Competitions
- ◆ Lunch & Learn
- ◆ Massage Therapy
- ◆ CPR & First Aid Training
- ◆ Life Coaching

