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2017
CORPORATE
WELLNESS
PROGRAM



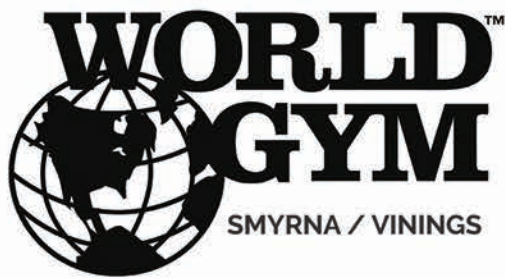
Thank you for your interest in the World Gym Smyrna Corporate Wellness Program. We strive to educate corporate America on the benefits of health, wellness and fitness - not only in the work place but in each of your employee's personal lives. We look forward to working with you, your employees, and your bottom line; each of which will benefit from this partnership. As a TEAM, we will establish an effective program that will enhance the lives and well-being of your employees.

Numerous studies have shown that wellness programs reduce absenteeism, decrease on-the-job injuries, lessen worker's compensation costs and trim down disability management costs. Implementing a wellness program has proven to also be economically beneficial for a corporation as a whole.

In a study performed by Prudential Insurance, disability days were 20 percent lower, disability-per-capita costs were 32 percent lower and annual medical costs fell by 46 percent after a company's introduction of a wellness program. Likewise, the intangible benefits may possibly be more substantial to the corporation. Further studies have shown that an individual's performance improves significantly when participating in a fitness regimen, mental focus sharpens, fewer errors happen in tasks involving concentration and short-term memory, and overall morale is higher among program participants. Overall, these synergistic effects will enhance productivity across the board.



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BENEFITS OF CORPORATE WELLNESS

Most people spend more hours at work than anywhere else in addition to the time they spend commuting each day. In fact, the typical American works approximately 47 hours a week which is at least 164 hours more than the average 20 years ago.

Given these statistics, it is easy to see why maintaining a healthy work / life balance is becoming increasingly important. Corporate Wellness programs and Fitness programs are important tools to establish this balance. Programs that emphasize the benefits of corporate wellness can be implemented in a variety of ways.

However, they all share a common goal – to promote the well-being of their employees, employers, and organization in general. Many companies are starting to realize the tremendous benefits of Corporate Wellness and Fitness programs with tax the incentives and grants available under recent federal health care legislation, companies can now chip away at their enormous health care costs.

One of the primary benefits of Corporate Wellness involves a reduction in the rates of illness and injuries among employees. Unhealthy employees experience a wide range of work-related injuries such as muscle strain, carpal tunnel syndrome, stress fractures or back pain. Research consistently shows that the cost to employers from health-related lost productivity dwarfs those of health insurance.

These individuals are also susceptible to developing complications such as diabetes, heart disease or a stroke. Employees without the opportunity to participate in Corporate Wellness programs and Fitness programs may develop serious illnesses. Consequently, they could find themselves on long-term disability for an extended period of time or be forced to discontinue working entirely.

In addition to preventing illnesses among employees, Corporate Wellness programs also lead to a reduction in employee absenteeism. Employees who are stressed, unhealthy or overworked tend to become sick much more often than healthy employees. Employees who are happy and healthy tend to produce a greater volume of work at a higher quality than unhealthy employees. Healthy employees stay with your company. Employers need to realize that implementing programs that increase fitness and lower stress levels will increase the overall output of their employees.

When programs that focus on the benefits of fitness and wellness are introduced, this rate can be drastically reduced. For example, Coors Brewing Company experienced a remarkable 18% decrease in employee absenteeism after implementing a Corporate Wellness and Fitness program within their workplace.

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**\$5 savings
for every
dollar spent**

Wellness Initiatives and Ways World Gym Can Help:

1. Encourage healthy eating.

World Gym offers Nutrition Counseling with a licensed dietician to help people eat better and reach their goals faster.

2. Organize a group to come try one of our Fitness Classes.

Participating in the class together will encourage everyone to try something new.

3. Recommend Circuit Training.

This is a great option for a quick lunchtime workout at World Gym. Follow it up with one of our many nutritious smoothies from the Fillin Station Café!

4. Organize health focus groups.

Cost: FREE! Employee support and advice is always inspirational and helpful!

5. Call in the professionals.

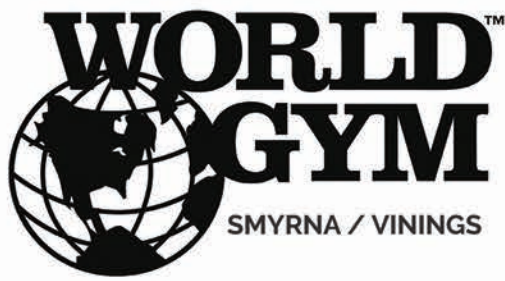
Have the fitness professionals of World Gym host a wellness seminar at your facility.

6. Encourage doctor visits.

Save money: When employees engage in preventative maintenance it will decrease your health insurance costs over the long-term.



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7. Make it fun with challenges and competitions.

World Gym offers a variety of options throughout the year to keep our members focused on reaching their goals.

8. Promote Personal Training.

A personal trainer can design a program specialized for each of your employees and their specific goals, (group sessions available as well)! Have confidence knowing your employees are using proper form and efficiently utilizing their time with our highly qualified trainers.

9. Offer incentives to participate.

Save money: Think about the long-term gain here: for every one dollar you invest into your health and wellness program you can expect to see a savings of approximately five dollars in reduced health care costs, workers' compensation expenses and employee absences.

10. Keep up with the program.

Boost your savings: Utilize the Polar BodyAge[®] System, only at World Gym, to keep employees on track. This will make them more likely to stick with their personalized goals!

11. Worldwide and national travel benefits.

As a World Gym International member your membership includes unlimited travel pass benefits to over 670 World Gyms worldwide. And if there is no World Gym near you in your travels you may access any one of the 3,000 IHRSA locations for at least a 50% discounted guest fee.

The benefits of healthy lifestyle are not only seen by employees who participate in health and wellness programs, but by employers as well. By implementing these types of programs, employers will likely see a reduction in medical costs as well as increased employee productivity and morale.

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MOVIE THEATRE – Feature films while doing your cardio

SEPARATE Yoga/Pilates, Spin and Group X studios
15" flat screen TVs to accompany over 100 pieces of cardio

AWARD WINNING group exercise program with 65+ FREE classes weekly

LARGEST selection of free weight and circuit training options in Smyrna!!!

FREE fitness orientation with a nationally certified personal trainer that gives you a plan for success

FREE Polar Body Age assessment that determines your physiological age vs. chronological age

COMPLETE wellness program

BASKETBALL SHOOT AROUND AREA indoors

EXECUTIVE locker rooms with saunas

BOXING STUDIO with heavy and speed bags

ORGANIC CAFE- healthy organic meal & shake options

SANITIZED wipes for equipment- no sprays

COMPUTERIZED POLAR SYSTEM for a complete workout program and fitness evaluation

KID'S WORLD -CPR/First Aid certified caregivers

NO CROWDS! - never wait in line for equipment

RATED #1 – SMYRNA/VININGS.com 2015 Smyrna #1

~~**\$47.99/month**~~

EMPLOYEE RATE - \$35.99 monthly
\$0 Activation or Processing Fees!!

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Introducing:
**The Polar BodyAge
Assessment System.....**

Identifies:

- body age
- cardiovascular level
- strength
- flexibility
- body fat percentage
- nutritional needs
- volume of oxygen intake (VO₂)

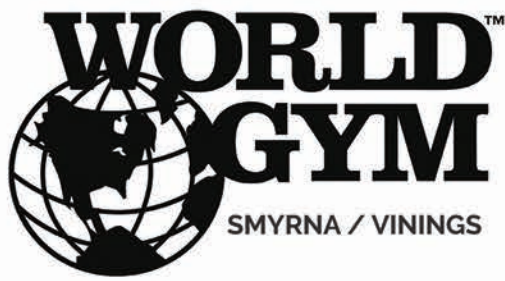
Did you know that health and wellness programs are good for your bottom line? Employers that implement a health and wellness program can expect to see an average of:

- 28% reduction in unplanned absences
- 26% reduction in health insurance costs
- 30% reduction in worker's compensation costs



LISTENS TO YOUR BODY

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BENEFITS OF CORPORATE WELLNESS

Wellness and Fitness programs aren't just about physical fitness. Programs must go beyond fitness with nutritional options that not only provide benefits to weight loss, but, address food related illnesses. Lifestyle responses to foods such as glucose levels, stress, cholesterol, blood pressure, digestion and allergies play a bigger role in brain function and mental clarity than physical activity. Having a real body age test (Polar Testing) will show what damage has occurred to the body giving you a distinction between the bodies real age in years to the bodies fitness age.

Employees typically consume one or several meals plus snacks during work hours. Healthy food has to be tasty, convenient and affordable. A fitness facility that provides healthy food options before and after physical activity gives employees who return to work a greater chance they are choosing a healthier nutritional lifestyle.

Companies will notice a significant decrease in healthcare costs once they incorporate wellness and fitness programs into their workplace. For example, after implementing a fitness program in which only 60% of the employees participated, Coca-Cola was able to save \$500 per employee every year. Statistics show by moving just 10% of a companies employees from high and medium risk to low risk status yields an ROI of 6 to1.

Corporate Wellness and Fitness programs also contribute to the enhanced retention of key employees. Companies that implement wellness programs normally experience a much lower rate of employee turnover. Recruiting, marketing and advertising for vacant positions are very costly, not to mention time-consuming. If your employees are happy and healthy and enjoy working at your company, you will be able to focus more time and energy on actually getting the job done.

Take advantage of Corporate Wellness and Fitness program benefits. You will experience a reduction in employee injuries, illness, absenteeism and healthcare costs, as well as an increase in employee retention and productivity. Assuming responsibility for establishing a healthy, harmonious working environment will allow everyone to enjoy the benefits of corporate wellness.

Make it a goal to implement a program as soon as possible - don't wait until your employees are stressed, sick or applying to other companies.

EMPLOYEES' FAVORITE WAYS TO SWEAT IT OUT



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