

Let our team help build yours. Your employees are your most valuable asset. Imagine a workplace with less stress and happier employees. Imagine a work environment that produces more in less time. Engaging employees into wellness will improve morale, productivity and loyalty while decreasing absenteeism and health care costs. Learn how we can work together to optimize your company's full potential.

Services:

- Company Nutrition Challenge
- Small Group Wellness Lunch & Learn Workshops;
- Small Group Express Workouts

For more information on creating a workplace wellness program please email joinadventurecore@yahoo.com or call 770-561-8367 or 404-944-6529

Benefits

Increase Morale. Healthy employees are happy employees. Exercise releases endorphins that reduce stress and improves wellbeing. Joining co-workers for a lunchtime workout is a fun, social activity that creates a much sought after culture of teamwork within your organization. Participating in a group weight loss challenge can be a fun way for employees to reach their weight loss goals and create a culture of health within the workplace.

Increased Productivity. When you are fit and healthy, you are able to have more restful sleep. Proper sleep and balanced nutrition improves concentration, reduces stress and increases energy levels. A regular lunchtime bout of exercise will ensure the last hour of the day is as productive as the first

Reduce Sick Days and Health cost

Every \$100 invested in an employee wellness program yields roughly \$400 in savings through reduced sick days and higher productivity and decreased health costs. Regular exercise and balanced nutrition improves your body's immune response. Proper exercise will also reduce the risk of injuries that are common when people spend too much time sitting at a desk. The back, knee, neck and shoulder injuries will be greatly reduced with regular exercise. Reducing the time off for sickness and injury will only add to your company's profit margin. Health Insurance costs are increasing annually. The best way to lower your costs is by having healthier employees. Studies show that nation wide company's who implement a health and wellness program reduce their claims up to \$250 per employee.

Are you ready to take the next step in improving performance, morale, and overall well-being of your staff?

Prices

- Company Nutrition Challenge; \$5000 (for 100 participants)
- Small Group Wellness Lunch & Learn Workshops; \$400 (1hour)
- Small Group Express Workouts; \$15 Per Person (30 minutes)

Please Contact Us to discuss how our companies can work together.