

TEAM FITNESS WORKS

Scalable, expertly-designed wellness solution



The mental and physical benefits of fitness

Exercise is one of the most effective ways to improve mood and keep our body in optimal condition. A good fitness routine also allows us to better manage stress, which reduces strain on our heart and immune system, and helps us better cope with life's daily challenges.

Our innovative solution

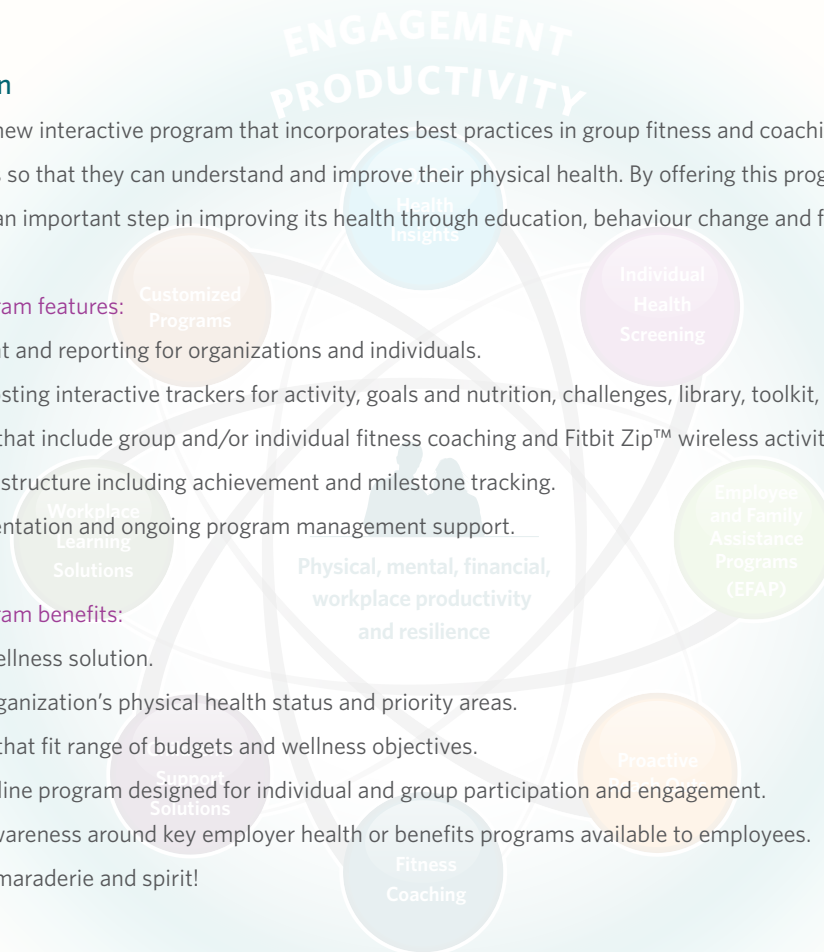
Team Fitness Works is our new interactive program that incorporates best practices in group fitness and coaching to help you engage your employees so that they can understand and improve their physical health. By offering this program, your organization is taking an important step in improving its health through education, behaviour change and fitness.

Team Fitness Works - Program features:

- Robust fitness assessment and reporting for organizations and individuals.
- Secure online platform hosting interactive trackers for activity, goals and nutrition, challenges, library, toolkit, wellness area and more.
- Flexible program models that include group and/or individual fitness coaching and Fitbit Zip™ wireless activity tracker.
- Incentive-based program structure including achievement and milestone tracking.
- Turnkey program implementation and ongoing program management support.

Team Fitness Works - Program benefits:

- Scalable, customizable wellness solution.
- Formal measure of the organization's physical health status and priority areas.
- Flexible program models that fit range of budgets and wellness objectives.
- Secure and interactive online program designed for individual and group participation and engagement.
- Effective way to create awareness around key employer health or benefits programs available to employees.
- Fosters team building, camaraderie and spirit!



programs are designed to help participants understand and improve physical and mental health through education, behaviour change, and fitness! Fitness Coach Connects is an accessible way for individuals to get started with fitness or manage their weight. Team Fitness Works offers organizations a complete fitness solution for their employees and workplace. Our solutions use a proven combination of technology and coaching.

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Team Fitness Works program models

Starter	Standard	Premium
Secure online platform hosting a range of interactive activity and lifestyle trackers, group and individual challenges, toolkit and more	Secure online platform hosting a range of interactive activity and lifestyle trackers, group and individual challenges, toolkit and more	Secure online platform hosting a range of interactive activity and lifestyle trackers, group and individual challenges, toolkit and more
Fitness assessment and reporting	Fitness assessment and reporting	Fitness assessment and reporting
Group fitness coaching	Group fitness coaching	Group and individual fitness coaching
<i>Option to add Fitbit Zip™ wireless activity tracker at additional cost</i>	Fitbit Zip™ wireless activity tracker	Fitbit Zip™ wireless activity tracker
<i>Option to add individual fitness coaching at additional cost</i>	<i>Option to add individual fitness coaching at additional cost</i>	

How it works

Select one of the three program models and a turnkey implementation plan will be designed for your workplace, including integration with existing organizational wellness objectives and components, and formal launch plan.

Upon launch, all participants will access the **Team Fitness Works** program online and complete their confidential fitness assessment. The assessment will report on areas of health risk and recommendations that will shape actions and goals related to fitness and overall well-being. Employees will watch the program orientation video and begin to use the online platform to track their activity, set goals, experience fitness coaching expertise and challenge each other! An essential component of **Team Fitness Works** are the team-based challenges; thriving on friendly competition, your workforce will assemble teams or set individual challenges to compete in throughout the year. A leaderboard display of team standings acts as an excellent motivator, fostering team building and spirit!

Results for your organization

Organizations can expect positive changes in workplace productivity, engagement and physical health. These changes can lead to the reduction in benefits costs related to prescription medication use, absences, short term and long term disability.

This expertly-designed, flexible program is ideal for understanding and improving the physical health of your workforce. Through formal assessment, participation and reporting, your organization can achieve measurable result; just as our program name states - **Team Fitness Works!**

To learn more about **Team Fitness Works** and our suite of integrative Total Health Solutions, contact your Account Executive directly or call 1.800.461.9722.



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