

Fit SUPPORT

What Works:

[How to design a corporate program that works.](#) – Harvard Business Review

Surveys

No matter what you include in your employee wellness program, feedback should be a key element. It's important to know what's working and what needs to be changed, and opening channels for employees to have a say can be key to program engagement. Conduct a survey to assess what topics employees want to pursue.

- Fee: None/Included with the sign up of any other Fit Behavior programming

Brainstorming Teams

Meet 1-2 times a year with your companies motivated fitness people to talk about ideas, wellness activities and incentives that would motivate your employees. This will encourage buy in and inclusion with the process of your long-term health and wellness goals in your company. Fit Behavior can facilitate this brainstorming session

- Fee: 250.00 plus tax
- Plan 1.5 hours per meeting

Assessments

Before beginning or modifying a fitness program, it's important to take some baseline physical measurements. Re-measure periodically. That way you'll know whether you're making progress, holding steady, or regressing. Seeing improvement in the numbers also helps to maintain motivation.

WHAT TO MEASURE-

You can set up a day-long event to administered tests.

Fees – TBD

- Body Fat Testing
- Postural Screening
- Blood Pressure
- Flexibility Screening
- Weight
- Resting heart rate

Challenges

Fit Behavior can administer and monitor, or you can have your “Insider FIT Team” (brainstorming idea) administer and lead. Health Challenges offer support, motivation and encouragement. It can also be a great tool to help modify behaviors.

- Fees: TBD Depends on the type of challenge.

Suggestions:

- Walking challenge
- Squat - plank - core challenge
- Motivational sticky challenge
- Fruits and veggies every day challenge
- Couch To 5K
- 90 days to your best health

Quarterly Health Promotions

Health promotions can be a good alternative to the more active quarterly challenges. When it comes to health and wellness – one size or type program does not suit all. Having options includes everybody.

- Fees: TBD Depends on the type of challenge.