



Our Four Pillars

We offer customizable programs that can include:

- Off-site retreats and company meetings
- Executive RestSpace™ (@ local hotels)
- Meditation Classes
- Stress Roundtable



- Body Comp Measurement & Assessment
- Group Fitness & Personal Training
- Fitness Competitions and Team Challenges
- Nutrition Consultation/Lunch & Learns

- Company Sports Leagues
- Friday Game Nights at Work
- Teambuilding Activities
- Scavenger Hunts.....

- 24/7 Access to our Learning Center
- Business and Life Coaching
- Financial Education

AND...your program can be managed via your customized web portal.

<https://www.fitbusinessfitpeople.com>

Mentally and physically fit employees have higher job satisfaction and are more productive and engaged.



Fit People Perform

Some benefits of physical and mental fitness for employees are:

- Increased Customer Satisfaction
- Increased Productivity and Efficiency
- Increased Employee Engagement and Job Satisfaction
- Reduced Turnover
- Decreased Absenteeism

And we're not just fitness!

By partnering with FBFP, your organization and employees can also gain access to offerings for rest & retreat, fun & games, and learning & development. See our four (4) pillars.

Fit Businesses Profit

Research shows that organizations that invest in the health and wellness of their employees are also more profitable. Not only can organizations count on reductions in health insurance costs, but they can also count on increased productivity, engagement and discretionary effort from their employees.

*For every dollar spent on employee fitness and prevention, the ROI yielded an average of \$3.48 in direct health care savings.

-Benefits and Compensation Digest, December 2004

