



Increase productivity, retention and satisfaction at no cost!

Comprehensive, professionally designed and managed corporate wellness by the Bay Area's leaders in personal wellness – FIT. FIT tailors wellness to the unique needs of your employee population and the resources in your facilities. The impact is powerful – happier employees and reduced health benefits premiums – *FIT@Work pays for itself.*

Knowledge is Power

- Training and Group Exercise designed for your team with ongoing wellness monitoring
- Nutrition support, fun challenges & café recommendations
- Lunch and Learn program for sleep, nutrition, stress and work-life balance

Wellness in the Workplace



Source: University of Michigan Health Management Research Center, Worksite Wellness Cost Benefit Analysis Report 2001: 5.

Put the Best to work for your team

- FIT trains Silicon Valley's most discerning clients with over 10 years of 90% retention
- FIT only hires experienced and credential fitness experts
- Each FIT professional engages in over 100 hours per year of continuing education