

# Exercise is my medicine

# Corporate Wellness Program

The Exercise is My Medicine (EIMM) Corporate Wellness Program can be customized to meet the unique needs and wellness goals of the employer community. We provide an effective, comprehensive Wellness Program to help your employees, and your business thrive!



## EIMM Program Goals

- Educate employees on the health-related benefits of regular exercise and physical activity
- Instruct on the optimal dosage of exercise required to promote health and prevent or manage certain chronic medical conditions
- Provide employees personalized, fitness-related data to motivate them to higher levels of engagement
- Establish a supportive program for employees that provides motivation for a healthier lifestyle

## EIMM Core Components

**On-site Fitness Assessment.** We maximize participation and effectiveness by conducting the EIMM fitness assessments at your worksite, with the option of including an on-site employee health fair. These 5 to 10 minute individual assessments include: resting blood pressure, grip strength, low back/hamstring flexibility, shoulder mobility, and review of exercise vital signs. Our fitness professionals immediately share the results with each employee.

**Free Fitness Center Experience.** Once employees complete the EIMM fitness assessment, they have the opportunity to utilize our Fitness Center at no charge for two weeks. During that time, employees have full access to the Center's services and amenities, including Group Fitness classes, the Aquatics Center, comprehensive Fitness Floor with extensive cardio and strength-training equipment, and complimentary childcare.

**Micro Health Education Sessions.** Our professional staff visit your worksite to educate your employees on a variety of health topics. The topics for these 15 to 30 minute health education sessions are based upon the needs and interests of each employer. Typically, they are lunch-and-learn format held midday or after business hours. We encourage weekly hosting through the EIMM Program.

**Employee Wellness Challenge.** To optimize engagement during the EIMM Program, we suggest employers opt into the "Wellness Challenge." The Challenge provides an incentive for employees to participate in all Program aspects. At the Employers direction, we create a Challenge that rewards employee participation in the on-site fitness assessment, health education sessions, exercising at the Center, and achieving personal wellness goals. We assist in every step of the way. Employees who meet requirements for Challenge completion are rewarded. Recognition fuels a healthy, productive workforce!

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*All components of the EIMM Corporate Wellness Program are provided free of charge to employers. Additionally, participating employees are eligible for significantly reduced membership rates if they join our Fitness & Wellness Center at any time during the EIMM Corporate Wellness Program.*