

# D1 HENDERSON

corporate wellness



## WHAT WE WILL DO

Our job is to reduce healthcare costs and improve your team's efficiency and production. We provide education and opportunity for your team to lead a healthy lifestyle. We also create team-building workouts in our state-of-the-art facility that can improve the health of the work environment. In the end, our efforts are reflected in your team's work, home, and community. Here is what we've got planned:



# EMPLOYEES SURVEYS AND CONSULTATION

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For us to be successful we have to know and understand each team member. Our plan will include employee surveys and interviews to establish a baseline for our personalized plan.

# 4 **NUTRITION COACHING**

Nutrition is an important aspect of health. We will provide nutrition coaching and weekly checkins with your team to identify and overcome challenges.





# PLAN OF ACTION

- Month 1
  - Employee Surveys
  - Nutrition coaching
  - Measuring and assessing individual starting points
- Month 2
  - Unlimited access to scheduled workouts
  - Weekly mobility workouts to prevent injury and promote workplace health
- Month 3
  - Remeasure initial starting points
  - Resurvey
  - Remeasure initial starting points assess progress and challenges

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START HERE

## NEXT STEPS

Simply email us at  
[d1henderson@d1training.com](mailto:d1henderson@d1training.com)

We will schedule a meeting to finalize the  
plans.

**D1 HENDERSON**

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