

Financially Fit

"Motorola's wellness programs...save the company \$3.93 for every \$1 invested."

"Caterpillar's Healthy Balance program...is projected to result in long term savings of \$700 million by 2015."

"Johnson & Johnson's Health and Wellness Program...has produced average annual health care savings of \$224.66 per employee and risk reduction savings of \$390 per employee per year."

EliteWallStreet.com, 6/22/06

"...fit employees are happier and more productive in their jobs, and cost employers less in health insurance when compared with their unfit counterparts."

*International Health, Racquet,
and Sports Club Association (IHRSA)*

PARTNERSHIP

For more information about how a partnership with Healthworks can improve your company's overall fitness, please contact Stephanie Nelson at (617) 859-8700, snelson@healthworksfitness.com, or visit www.healthworksfitness.com.

Corporate Fitness



Part **mind**, part **body**, all **gym**.
Entirely for women.

HEALTHWORKS
FITNESS CENTERS FOR WOMEN

www.healthworksfitness.com
www.healthworksfoundation.org

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Education

As your corporate partner, Healthworks communicates with your employees to promote healthy, active lifestyles.

Among the services and resources we offer are:

- Health and wellness fairs
- Marketing materials that include posters, brochures, and postcards
- Consulting assistance with corporate benefits fairs
- Educational seminars and workshops
- Special fitness classes and programs
- Complimentary guest passes
- Health and fitness newsletters

EXERCISE

We offer your female employees and spouses of male employees a package of benefits they can't find anywhere else.

These include:

- State-of-the-art exercise equipment
- More than 100 group exercise classes each week
- Whirlpool, sauna, and steam room
- Personal training
- Pilates and yoga
- Fully stocked showers and vanities
- Locker room with laundry service
- Nutrition counseling
- Internet café
- Pre- and post-natal programs
- On-site daycare
- Full-service day spa
- The Healthworks Café
- Fitness and Wellness Workshops
- Weight management program

Efficiency

By partnering with Healthworks to enhance the benefits you offer your employees, you also improve the overall health of your company.

Among the enhancements you can expect are:

- Improved employee morale
- Fewer sick days used
- Lower rate of employee turnover
- Reduced health-care costs
- Increased productivity and overall efficiency