

Corporate Wellness

Shape up your bottom line.

It's a fact that happy, healthy employees make strong companies, which result in *healthy profits* to your bottom line!

With our group and corporate discount programs, Defined Fitness makes it easy for companies to offer another great benefit while protecting their most important assets, their employees.

Improve Productivity

The connection between health and productivity is widely recognized by the government, medical experts, and insurance providers. Companies that promote a healthy work environment reap the benefits of the following:

- Reduced absenteeism and presenteeism (employees are on the job but are not at their most productive or effective)
- Improved decision-making and time management
- Improved employee morale and work relationships
- Reduction in stress and improved psychological health
- Fewer workplace injuries

Lower Healthcare Costs

It's no secret that people that live a healthy lifestyle are less prone to chronic or acute illness, obesity, heart disease, high blood pressure, and diabetes. As the number of people afflicted with these ailments rise in the U.S., studies indicate that even moderate exercise can prevent or improve many of these conditions.

By taking action and providing employees health and wellness options, a company can reduce healthcare spending at the workplace.

- US health care spending exceeds \$2 trillion and is rising at a rate three times inflation. Health care spending in the US is currently 16% of the GDP and is expected to reach 20% by 2015.
- Health insurance premiums have risen in excess of 9% annually for the past five years. The increased expense is impacting both employers and employees alike
- At Johnson & Johnson, a four-year wellness program involving more than 18,000 workers saved the corporation \$8.5 million a year in reduced health-care costs.
- Coca-Cola reported a reduction in health care claims of \$500 per employee with 60% participation in an exercise program.



every BODY wins!®

Corporate Wellness

Corporate Wellness continued

Higher Return on Investment

More companies are offering wellness programs than ever before to ensure the success of their employees and company revenues. While the return on investment among companies varies depending on what type of wellness program and participation levels, researches have documented anywhere from \$1.49 to \$13 return on every dollar invested.

MOTOROLA

Based in: Schaumburg, Ill., USA

Employees: 69,000

- ROI of \$3.93 for every \$1 invested
- 2.4% increase in annual aggregate health care costs for participants vs. 18% for non-participants
- \$6.5 million annual savings in medical expenses for lifestyle-related diagnoses (e.g., obesity, hypertension, stress)

LINCOLN INDUSTRIES

Based in: Lincoln, Neb., USA

Employees: 565

- ROI of \$5.30 for every \$1 invested
- Employee health care costs were nearly half of the regional average (\$3,918.35 vs. \$7,394.23)
- Employee weight loss saved \$42,000
- 40% lower absenteeism-related costs than the national average

Additional ROI Reports

Return per dollar invested

Coors	\$6.15
Kennecott	\$5.78
Equitable Life	\$5.52
Citibank	\$4.56
General Mills	\$3.90
Travelers	\$3.40
PepsiCo	\$3.00

Enhance Corporate Image

When an employer institutes a wellness program, it demonstrates a high level of commitment to its employees. This is a sought after attribute that will help a company recruit and retain employees. Employees feel valued which leads to increased morale and productivity.



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