

# CORPORATE WELLNESS



MAXIMIZE TIME  
MAXIMIZE RESULTS  
MAXIMIZE LIFE

VOS FITNESS is a concierge well-being company bringing straight forward, effective, and customized well-being programs directly to your company. We work with the best of the best in the industry to provide state-of-the-art programming and services.



VOS FITNESS

At VOS, we believe that every company is unique, so your wellness program shouldn't be any different. We offer a wide variety of services which can all be tailored to your particular needs.

**Discovery Session** This is where we get to know you and your company so we can customize programs and guide you with tools that will help foster a healthier and more enjoyable workplace. Transform your company culture by reducing stress and increasing productivity and happiness.

At VOS, it's all about YOU.



## WHAT YOU GET WITH VOS

- ✔ **Subject Matter Experts** — We strive to change lives, and you can expect nothing but the best from us. Each of our experts is highly educated in their craft and all are constantly perfecting what they do in order to offer the greatest service possible.
- ✔ **Customized Approach** — We are not a cookie-cutter company, and neither are you. You can expect customized programming to meet your unique culture and needs.
- ✔ **Detailed Reporting** — With each of our services, we can offer you detailed attendance reporting so you can gain an understanding how this program can be utilized. We are also very transparent, so if we see low attendance, we'll let you know, and together we can come up with a plan of action and alternative services or times that work better for your culture.
- ✔ **Online Scheduling** — Think of this as your own website for well-being! You'll have a customized scheduling tool for your employees to sign up for our services.
- ✔ **A Unique Experience** — You will be assigned a well-being ambassador who will check in with you frequently to see how your programs are going. We believe that strong relationships come with open communication, and you'll get that with us, and more!

# OUR SERVICES

Customize our services to meet your needs. This list below is just a sample of what we can offer. After our discovery meeting, we will create a plan tailored to meet the needs and interests of your company and its employees to help everyone thrive.

## Fitness Classes

We bring the class to you! We offer a wide variety of fitness classes virtually and in-person for all company sizes and needs. Our classes are designed to be all-levels so everyone will get a great workout no matter what their fitness experience is.

Looking for something different? Do you want to combine two different kinds of workouts for a unique experience? Only have 30 minutes? No problem! During our discovery meeting, we can customize any fitness class to meet your expectations and interests and create the unique experience that you and your employees are looking for.



**MEDITATION**

By practicing mindfulness, we can teach ourselves to become more patient, effective, thoughtful leaders and co-workers.



**YOGA**

Decrease stress, stretch the body, rejuvenate and restore balance in the mind. We offer restorative flow and athletic flow yoga classes.



**PILATES**

With an emphasis on breath and form, our Mat class includes the full repertoire of total body Pilates exercises.



**STRENGTH TRAINING**

Using just your body weight, we will take you through a functional workout geared to strengthen your entire body.

## Workshops/Webinars/Seminars

There are many dimensions of well-being that help make a person whole. We offer a wide variety of topics catering to these dimensions, each one having the ability to be completely customized based on your unique needs.



### NUTRITION

**Trendy Nutrition** — Does the diet culture have your head spinning? We'll talk keto, paleo, intermittent fasting, and just plain eating. Do you really need to label how you eat? Leave this workshop with strategies that can be incorporated immediately that will make you feel healthier and happier. No diet required!

**Nutrition for the Busy Professional** — Life can be busy, but that doesn't mean your nutrition has to be put on the back burner! Learn tips and tricks to stay on track and healthy during your busy work week. Leave with ideas for great meals, tips to manage your time better, and quick and healthy snacks to keep you energized all day long.

**Meal Prep** — Is it the answer? Does meal prepping take you forever? Does it feel overwhelming? It doesn't have to be with the

right tools! We'll teach you strategies and tips for prepping your meals without spending your entire weekend doing it! Leave with some great tips on how to prep your meals more efficiently so you can cook once and eat all week!

**Sugar Blues** — Sugar is addictive and harmful to our health, but why can't we stop eating it? In this workshop, you'll understand the basics of what sugar does to your body, why it's so addictive and how to stop your cravings for good! Warning, excessive happiness and energy may occur.

**Mindful Eating** — Shoveling food down while watching TV? Did you all of a sudden eat a whole box of crackers? Take a step back and truly enjoy your meals. Learn some tips that will help you gain control over your eating habits, stop overeating, and make you feel better overall.

## FITNESS

**Move and Meditate** — Be prepared for a short movement session that will engage your entire body and get out all of the office aches and pains. We'll finish with a mindful meditation session that will help you focus your energy for a productive day!

**Deskercise** — This workshop will take you through a series of stretches and exercises you can do at your desk to give your body and mind a break! Increase your productivity and energy levels while getting fit at the same time!

**Ergonomics** — However you spend your day, it's important to understand the healthiest way to sit or stand so your body isn't strained. We'll teach you how to set up your workspace so it's ergonomically friendly, helping you stay pain-free and productive all day long!



## MINDFULNESS AND STRESS MANAGEMENT

**Meditation 101** — Mindfulness allows the time for focused attention on the present moment. Through meditation we can teach ourselves to become more patient, effective, thoughtful leaders and co-workers.

**Stress and Your Health** — This workshop will discuss the ins and outs of stress management and the steps that you can take to change your unhealthy habits into healthier coping strategies.

**Bounce Back** — Life can throw you curveballs when you least expect it. This workshop will talk about how you can be more resilient in life and bounce back from those setbacks that would otherwise break you down.

# OUR SPECIALTY PROGRAMS

If you are looking for something more substantial and comprehensive, we offer complete programs that are developed with the employee in mind. These programs are created to boost productivity, engage and inspire, and create lasting lifestyle modifications to that enhance morale. Like all of our services, these can be customized to fit your needs and culture!



## Immune Series

This series of webinars will focus on 4 areas of well-being and their relationship to the immune system; nutrition, fitness, sleep, and stress.

Your team will walk away with the tools they need to improve their behaviors in the areas of nutrition, fitness, sleep, and stress in order to improve their immune system functionality and overall well-being to stay healthy all year long.

## CONTACT US

Email us to get more information on how we can bring our services to your office!

[info@vos-fitness.com](mailto:info@vos-fitness.com)

## Reset and Recharge

This educational 4-week program is designed to help your team thrive, individually and together! Your team will gain valuable knowledge of how to practice self-care and walk away with tools that they can use to continue to thrive professionally and personally. Employees will receive daily tips, weekly discussions, and educational materials to set them up for success!



## Wellness Challenge

We've created a 4-week challenge focusing on the many dimensions of well-being that help make you healthy: nutrition, fitness, and self-care. This all-inclusive challenge is based around small changes that yield BIG benefits without disrupting your life.

Each week, you will receive an email with tips and information about the benefits of the upcoming week's challenge and why we chose it. Each challenge is worth points with opportunities to achieve bonus points as well. We've created these challenges to work for everyone's lifestyle and schedules so they can be achievable and sustainable.