

HOUSTONIAN LITE EXECUTIVE ESCAPE

TEAM BUILDING

Houstonian Lite Executive Escape encourages a team building environment.

CORPORATE FITNESS

We offer a variety of ways to establish a corporate fitness program within the company including: club membership, fitness programming, educational opportunities or customized wellness needs.

PERSONAL CHOICES

Select from a variety of exclusive group classes, boot camps or personal fitness activities to experience first hand how fitness can be integrated into the company or into the lives of employees.

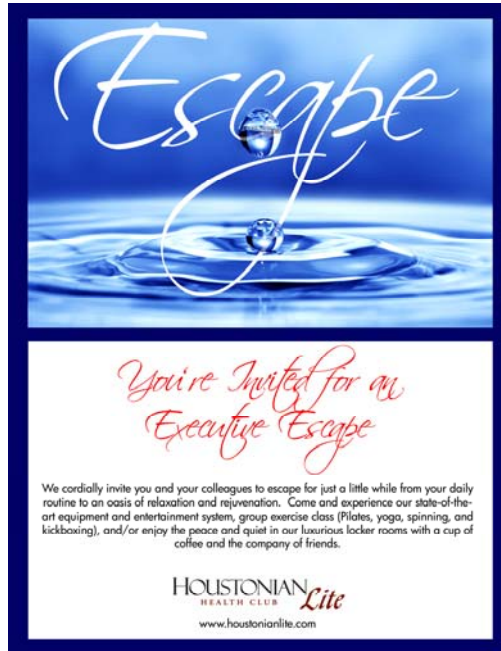
KNOWLEDGE BASED

Participants receive fitness education through continued distribution of fitness tips, Lite Workout cards and more.

CONTACT US

To set up your Executive Escape or for more information, please contact us.

wellness@houstonianlite.com



What is Executive Escape?

Executive Escape is a week-long program that allows corporate employees to experience personal exercise as well as planned exclusive corporate activities such as group exercise class, boot camps, and team building activities.

How long does program last?

An Executive Escape is a week-long program that allows employees to come and engage in personal or corporate fitness.

Why does Houstonian Lite offer Executive Escape?

Executive Escape is designed to engage employees in a fitness experience through a variety of planned or spontaneous fitness programs. The experience begins the process of developing a fitness culture within the company.

We invite you and your colleagues to escape for just a little while from your daily routine to an oasis of relaxation and rejuvenation.

While here, take advantage of our luxurious club by relaxing with a refreshingly cold iced tea or a comforting hot coffee in the comfort of our country club atmosphere locker room.

Our Executive Escape is a great opportunity to encourage your employees to become physically active through spin classes, yoga, Pilates, boot camp, or fitness happy hour, and to take some time to relax and do something healthy for themselves.

Who can participate in the program?

Anyone in the company can participate during the selected week. This is also a way to investigate the company's goals for a wellness program to be implemented for their employees. A wellness survey can be created to gauge what programs would be of interest to the employees and company.

What activities are offered during the Executive Escape?

It is up to the company as to what activities would interest them the most. Some examples include private group exercise classes (yoga, spinning, etc.), boot camp, massage services, corporate challenges, and "Fitness Happy Hour."

How is interest created within the company?

Before the launch of the Executive Escape, a "Lunch 'n' Learn" will be scheduled. Flyers will be posted at the company and electronic mail sent to create interest for the Executive Escape.



VIP passes are available prior to the start of Executive Escape. Passes can be distributed at the kickoff seminar, the week prior to the Executive Escape, or can be given to the company champion to distribute to individuals who are interested in coming to the club for the week. These passes will help identify individuals who are coming specifically for the Escape.

HOUSTONIAN
HEALTH CLUB *Lite*

www.houstonianlite.com