

# HEALTHY EMPLOYEES. HEALTHY BOTTOM LINE.



## HOUSTONIAN CORPORATE WELLNESS *Lite*

### SERVICES AVAILABLE

- ON-SITE NUTRITION SEMINARS & WEIGHT MANAGEMENT
- ON-SITE CHAIR MASSAGE
- IN-CLUB COMPANY SPECIFIC FITNESS CLASS
- CUSTOMIZED PROGRAMS

### A LITTLE PREVENTION

Partnering with Houstonian Lite to develop a corporate wellness program can boost employee morale and company profitability. In fact, instituting an employee health management program has proven benefits.

## HELP EMPLOYEES BECOME HEALTHIER, HAPPIER AND MORE PRODUCTIVE.

While Houstonian Lite offers incredible fitness facilities within our clubs, we understand the convenience of offering your employees health-related options within their own work environment. As a result, our corporate wellness programs center around our staff visiting your office to educate, instruct and lead fitness initiatives for your employees.

Because the needs of every employer are different, Houstonian Lite can customize a corporate wellness program tailored to your work environment, hours of operation and employee preferences. It's as simple as meeting with one of our corporate wellness professionals to determine the best program for your company.

## RETURN ON INVESTMENT

"Employers are not *choosing* to become involved in waging the war on obesity - they are *already* involved. Employers today are paying a high price in health care costs, lost productivity and absenteeism due to disability and even death connected to obesity."

— LuAnn Heinen, Director, Institute on the Costs and Health Effects of Obesity, National Business Group on Health (2005).

It is well documented that a healthy lifestyle contributes to a healthy bottom line. The choice is up to us, to either ignore it or take the steps to improve our biggest assets – our employees.