



HELP EMPLOYEES BECOME HEALTHIER, HAPPIER AND MORE PRODUCTIVE

As many as 80% of companies with 50 or more employees offer some type of health improvement program. Why? Healthy employees have higher morale, fewer absences and more energy. Plus, employees see healthy improvement programs as an added perk to their benefits package.

RETURN ON INVESTMENT

After the initial investment, wellness programs immediately begin paying for themselves through fewer hours lost to sickness as well as savings on health care costs. An additional benefit can be seen in employee retention as employees feel more valued by their employer.

A LITTLE PREVENTION GOES A LONG WAY

The effects of healthier employees are far-reaching – both to your company and your employees. Partnering with Houstonian Lite to develop a corporate wellness program can boost employee morale and company profitability along with many other proven benefits.

- *Create a happier, more productive workforce*
- *Reduce health care expenses*
- *Lower rates of absenteeism*
- *Reduce disability and worker compensation claims*
- *Attract and retain talented employees*

HEALTH EXPERTS

Houstonian Lite has a proven history of helping professionals achieve their fitness goals. Our fitness professional team can assist your employees with weight loss, nutritional guidance, fitness goals and stress relief.

OFF-SITE WELLNESS OUTREACH

While Houstonian Lite offers incredible fitness facilities within our clubs, we understand the convenience of offering your employees health-related options within their own 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.

CORPORATE WELLNESS PROGRAMMING

Houstonian Lite offers a variety of programs to match your employees' needs to make sure the highest return is established.

- On-Site Nutrition Seminars
- On-Site Weight Management
- On-Site Chair Massage
- In-Club Company Specific Fitness Class
- On-Site Mind/Body Class
- On-Site Fitness Breaks
- On-Site Stretch Breaks
- On-Site Educational Lunch 'n' Learns
- Customized Fitness Programs

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. Simply meet with one of our corporate wellness professionals to determine the best program for your company.

wellness@houstonianlite.com