

EMPLOYEE WELLNESS ROI & BENEFITS

U.S. employers face the challenge of a productivity loss of \$1,685 per employee per year, totaling \$225.8 billion annually, related to personal and family health problems.

As reported by *Employee Wellness* and *Alcoa*, corporate wellness programs in the U.S. have demonstrated the following returns on investment (ROI):

RETURN ON INVESTMENT:

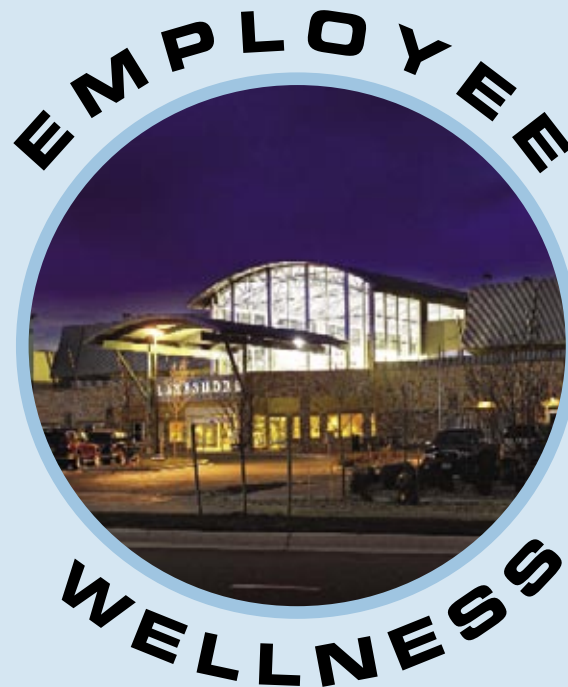
- DuPont's corporate wellness program pilot sites experienced a saving of 11,726 disability days and a return of \$2.05 for every dollar invested in corporate wellness by the end of the second year.
- Johnson & Johnson estimated an average saving of \$224.66 per employee per year for the four years examined after the program introduction.
- Coca Cola reported saving \$500 every year per employee after implementing a fitness program, with 60% of the employees participating.
- Coors Brewing Co. reported that for each dollar spent on Corporate Wellness they experienced a \$5.50 return, combined with an 18% reduction in absenteeism of the participating employees.
- Prudential Insurance Company reported that the benefits costs for employees participating in their Corporate Wellness program were \$312, as opposed to \$574 for non-participants.
- A meta-review of 42 published studies of worksite health promotion programs shows:
 - Average 28% reduction in sick leave absenteeism
 - Average 26% reduction in health care costs
 - Average 30% reduction in workers' compensation and disability management claims costs
 - Average \$5.93-to-\$1 savings-to-cost ratio

BENEFITS TO EMPLOYEES:

- Weight reduction
- Improved physical fitness
- Increased stamina
- Reduced stress levels
- Increased well-being and self-esteem
- Sustainable healthy behavior

BENEFITS TO EMPLOYERS:

- Increased productivity
- Reduced healthcare costs
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Enhanced recruitment and retention of healthy employees
- Improved employee relations and morale.



YOU BELONG
HERE...

EMPLOYEE WELLNESS LEVELS

Level I 10-50 active employees:

- Discounted enrollment fee (40%) and discounted monthly membership fees (10%).
- One open-house per year at Lakeshore Athletic Club (LAC) open to all company employees
- One selection from the employee wellness educational menu
- Wellness Gift (i.e. water bottle) given to each member with a welcoming thank-you note from the participating company's executive
- One annual Health and Wellness day including:
 - On-site fitness assessments
 - Blood pressure screenings
 - Body fat testing
 - Nutrition, health, and fitness information
 - Seated chair massage
 - Injury evaluation screenings

Level II 51-100 active employees:

- Discounted enrollment fee (50%) and discounted monthly membership fees (15%).
- Same benefits as Level I, plus:
 - Two selections from the corporate wellness educational menu
 - Two Health and Wellness days per year
 - Two 1-month memberships per year to be used for employee rewards or at the company's discretion
 - 10 guest passes per year

Level III 100+ active employees:

- Discounted enrollment fee (75%) and discounted monthly membership fees (20%).
- Same benefits as Level II plus:
 - Three selections from the corporate wellness educational menu
 - Complimentary Health and Fitness assessment for each new member
 - Four 1-month memberships per year to be used for employee rewards or at the company's discretion
 - One complimentary annual membership
 - 20 guest passes per year

EMPLOYEE WELLNESS EDUCATION MENU

Nutrition Presentations

Weight Management
Men's, Women's, or Children's Nutrition
Nutrition for Athletes
Eating Healthy Over the Holidays
Eating for Brain Function
Nutrition for Cardiovascular Health
Vitamin and Mineral Supplementation
Wellness Group – Healthy Shopping at the Grocery Store
Creating Healthy Recipes and Making Healthy Menu Choices in Restaurants

Fitness Presentations

Strength Training Program Design
Training for Weight Loss
Training for Cardiovascular Fitness
Training for Sports Performance
Training for a Triathlon
Sports-Specific Strength Training
Plyometric Training Program Design
Olympic Lifting Training Program Design
Post-Rehab Concepts and Program Design
Analyzing Sports Movements for Program Design
Flexibility Enhancement
Pre-and-Post-Natal Exercise
Exercise for Special Populations
Lakeshore Athletic Club (LAC) or On-Site Pilates Class
LAC or On-Site Yoga Class
Sports League Enrollment Discount

Lifestyle and Corporate Culture Presentations

Stress Management
Goal Setting Techniques
Leadership Training



**LAC will help you balance
& strengthen your team.**

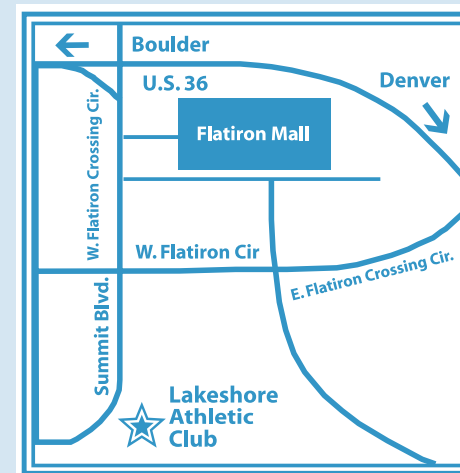


LAC AMENITIES

- Spacious Fitness and Wellness Programming in 150,000 Square Foot Facility
- Complete Strength Training and Cardio Equipment
- Full Aquatics Programming:
 - Indoor 5- Lane Exercise Pool, Recreation Pool, and Therapy Pool
 - Outdoor 25 Meter Pool with Patio and Food & Beverage Service
- Comprehensive All-Level Group & Individual Exercise Classes:
 - 2 Exercise Studios
 - Mind/Body Studio
 - Indoor Cycling Studio with A/V System
- 2 Indoor Basketball and 3 Outdoor Tennis Courts
- 45 Foot Indoor Freestanding Rock Wall
- Degreed and Certified Professional Fitness Staff
- Personal Training & Nutritional Counseling
- Luxurious Day Spa With 8 Treatment Rooms and 5 Aesthetician Stations
- Executive Style Locker Rooms with Whirlpool, Sauna, and Steam Rooms
- Kidshore Childcare Services

HOURS OF OPERATION:

Mon. to Fri. 5am - 10pm; Sat. & Sun. 7am - 7pm



Lakeshore Athletic Club

300 Summit Blvd • Broomfield, Colorado 80021
www.lisac-flatiron.com 303.729.4300

