



Odyssey Fitness Corporate Wellness Solutions

Healthy Human Resources in Action



Odyssey Fitness LLC



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ODYSSEY FITNESS CORPORATE WELLNESS SOLUTIONS

Odyssey Fitness Corporate Wellness Solutions is a joint venture that brings over 10+ years of combined experience to the forefront of corporate wellness programming achieving the effective and lasting results that business owners demand.

We have fine tuned this program over the years working within our clients' current business models to transform their largest asset into healthier, more productive employees.

We have joined forces because we share a common vision to help companies improve their bottom line, benefit the communities they embrace, and nurture the relationships they value.



ABOUT OUR PROGRAM

Our program is a preferred provider of primary and specialty physical training and health needs within the corporate world.

Our evidence-based, cost-effective care compliments the convenience, the needs, and the professionalism of the corporate office atmosphere.

We serve our clients and community by continual enhancement of the education and skills of our staff.

We will continue to develop collaborative relationships with community, professional, and healthcare organizations.

ETHAN PAINTER
BS, ACSM-EXERCISE PHYSIOLOGIST
NCFI-Certified Corporate Fitness Specialist



Owner, Exercise Physiologist, Ethan Painter has more than ten years of experience in the fitness industry and has had previous employment with The Cleveland Clinic, where he focused on employee wellness. After years at The Cleveland Clinic, Ethan decided to pursue an opportunity with Vanderbilt University Medical Center in ICU cardiac rehab.

From there, Ethan decided to follow his passion and started a Corporate Wellness Company that catered to the busy lifestyles of the City, so Odyssey Fitness became his next pursuit.

Since launching in May 2017, Odyssey Fitness has already teamed up with several corporations to deliver onsite fitness services, drive down healthcare costs, increase employee morale, and to help attract & retain top talent.

ETHAN HAS HELPED HUNDREDS OF BUSY PROFESSIONALS LOSE ANYWHERE FROM 10-100 POUNDS WITHOUT LIVING AT THE GYM AND STRESSING OVER THEIR DIET

A LETTER FROM ETHAN

I want to personally thank you for taking the time to read over my executive summary and expressing interest in Odyssey Fitness. Although there is a large amount of information in this document, I feel it is important to be very thorough and transparent when it comes to the services we provide. At Odyssey Fitness, we are dedicated to ensuring that you and your company get the greatest return on investment when you choose us as your corporate wellness solution. We take pride in over-delivering on our services to help you reach and exceed all of your wellness goals. If there is anything I can do to help relieve the burden of making your decision, please don't hesitate to email or call me.

Dedicated to your success!

Your friend and coach,

Ethan Painter

OUR CORE VALUES

UNCOMPROMISING
COMMITMENT TO
EXCELLENCE IN ALL WE
DO

ETHICAL AND INTEGRITY
BASED BUSINESS
PRACTICES

EMPLOYER / EMPLOYEE
WORK-LIFE BALANCE

EVIDENCE BASED
TREATMENT

INNOVATION
AND
CREATIVITY

LISTENING TO OUR
CUSTOMERS FOR
OPPORTUNITIES TO ADD
VALUE TO OUR SERVICES

RESPONSIVE
COMMUNICATION

PURPOSEFUL
ACTION

THE BUSINESS OWNER DILEMMA

We have seen many business owners struggle to find the balance between their business budgets and their employees well-being. The spiraling cycle of rising health insurance costs, business taxes, unproductive employees, was creating mountains of paperwork and a drain on their time. With over **41%** of American workers mired in chronic illness and the complexity of insurance programs to deal with, business owners are caught in the middle. Their bottom line really shows the effects.

Business owners who supplied good and useful wellness information to their employees and the occasional speaker saw some positive changes, yet not the lasting results they wanted. **Without action nothing much changes.** The keys to that action are exercise and proper nutrition. Business owners need support in helping their employees become more engaged in their own healthcare.

Statistically if there are 100 people in a company...

- ✓ 1 uses cocaine
- ✓ 5 are being treated for diabetes
- ✓ 10 drink alcohol heavily
- ✓ 10 have high blood pressure
- ✓ 10 have diabetes (5 don't know they have it)
- ✓ 25 smoke cigarettes
- ✓ 25 have high cholesterol
- ✓ 25 have heart disease
- ✓ 30 are overweight by more than 20%
- ✓ 50 feel they are under moderate stress

These unhealthy lifestyles and habits all contribute to the escalation of healthcare costs. In addition they result in decreased productivity and increased injury and absenteeism. Most are the result of treatable illnesses, conscious decisions, inadequate information and ignorance.

HOW DOES YOUR WORKFORCE COMPARE TO THE NATIONAL AVERAGE?

Source: United Health Foundation and American Public Health Association Annual Report, Presented December 2005 and The Wellness Councils of America. Healthy, Wealthy and Wise: Fundamentals of Workplace Health Promotion, p.24 1995

A BRIEF OVERVIEW OF BODY MECHANICS

The good news is that our bodies have dynamic and powerful self healing mechanisms that are fueled by vitamins, amino acids, and fatty acids.

That means that when we eat nutritious food we give our body the tools it needs to repair and heal itself.

Systems that depend on this nutritious food for fuel include our brain chemistry, inflammation levels, blood cell quality, digestion and elimination, blood flow, concentration, and sleep.

Our bone and muscle system requires regular use, especially since our lymphatic flow completely depends on regular muscle contraction to function. The lymph system is part of our immune system, helping defend against disease and sickness.

The bottom line is that without proper exercise and nutrition, our bodies slowly break down into a state of disease.





WHAT IS EAT WELL NASHVILLE?

Eat Well Nashville is a meal prep service that delivers fresh and healthy cooked meals directly to your door every week so you can spend less time shopping and chopping. Eat Well Nashville is on a mission to help Nashville eat well and live better, with the belief that healthy, natural food has the power to change lives.

MEAL PREP MADE EASY FOR YOUR EMPLOYEES

Eat Well Nashville cooks all meals in their custom-built commercial kitchen located right here in Nashville. Using only natural ingredients and 100% recyclable materials for their packaging, meals are delivered fully cooked, just needing to be re-heated.



ODYSSEY FITNESS + EAT WELL NASHVILLE

Odyssey Fitness Corporate Wellness clients will receive a 10% discount on all Eat Well Nashville services. Apply "ODYSSEY10" at checkout.



EatWellNashville.com



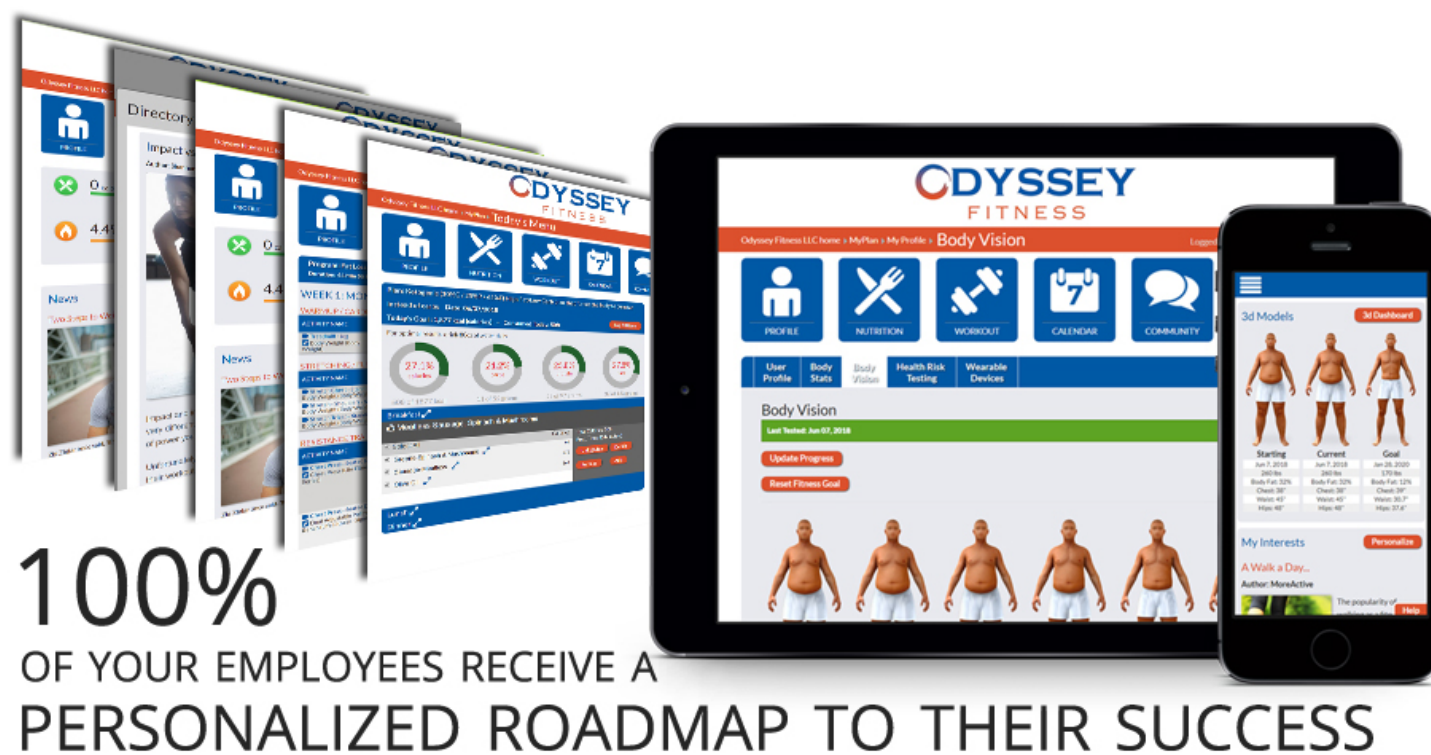
@EatWellNash



@EatWellNash



COMPLETE FITNESS PLATFORM



100%
OF YOUR EMPLOYEES RECEIVE A
PERSONALIZED ROADMAP TO THEIR SUCCESS

EMPLOYEE BENEFITS

Member risk factor education is the key to a healthier workforce; because of this, we're allowing our system to automatically assign articles and quizzes to your employees based on their identified risk factors in the online health risk assessment.

Health Risk Assessment (HRA)

The foundation of any corporate wellness program will be the health risk assessment of the employees. Once the data has been obtained our team can analyze the company on a whole and provide a course of action on how to become a healthier and more productive company. Depending on the expenditure you're willing to invest in this phase, you will be able to coordinate the following assessments:

- Diabetes Screening
- Cholesterol Screening
- Blood Pressure Screening
- Onsite Health Screening
- Biometric Screening
- Blood Work (Panel and Finger Stick)

Health Risk Assessment

Nutrition Behavior

Do you worry about gaining weight?

☐ Yes

☐ No

Do you feel bad about yourself if you gain weight?

☐ Yes

☐ No

Do you use foods to comfort yourself?

☐ Yes

☐ No

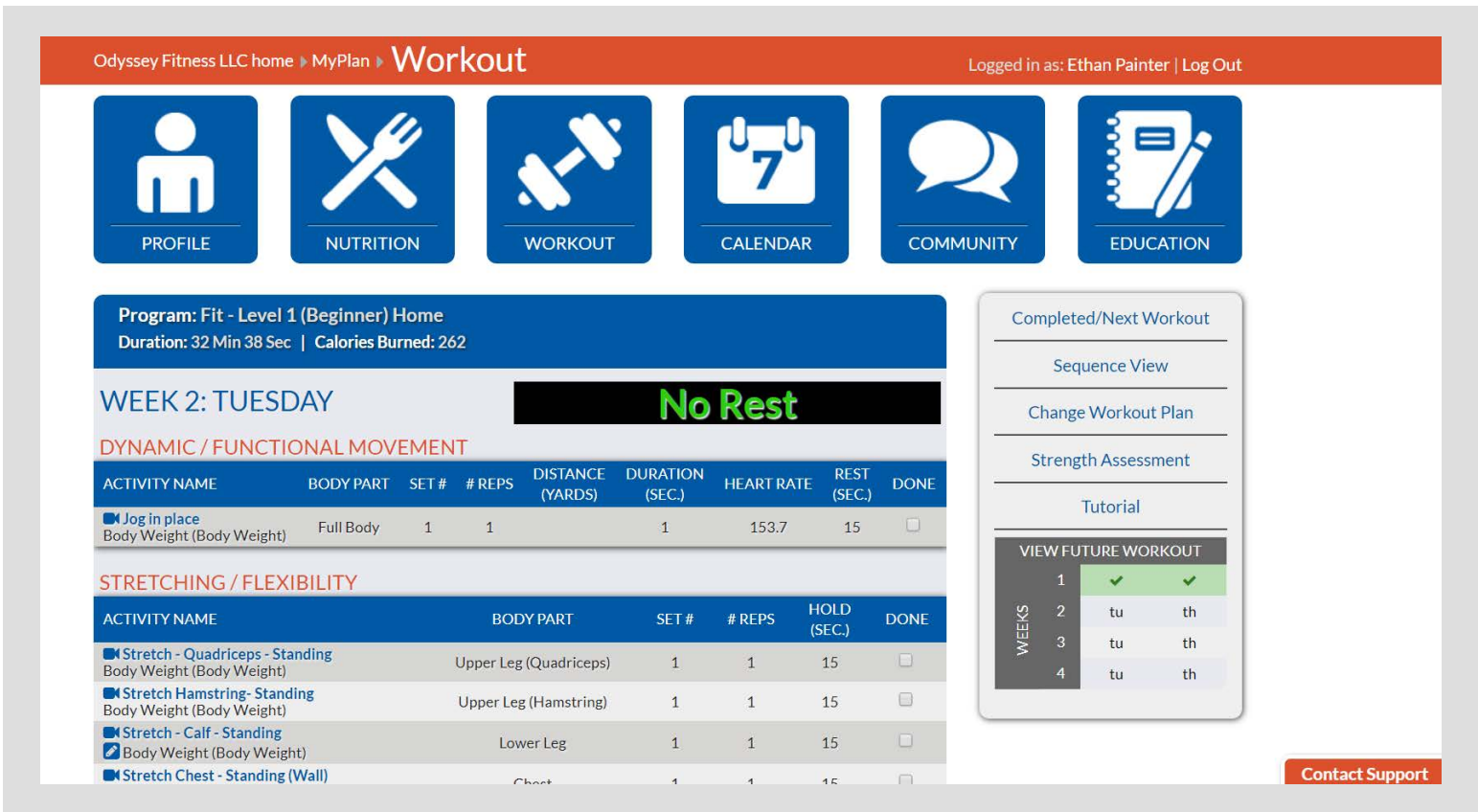
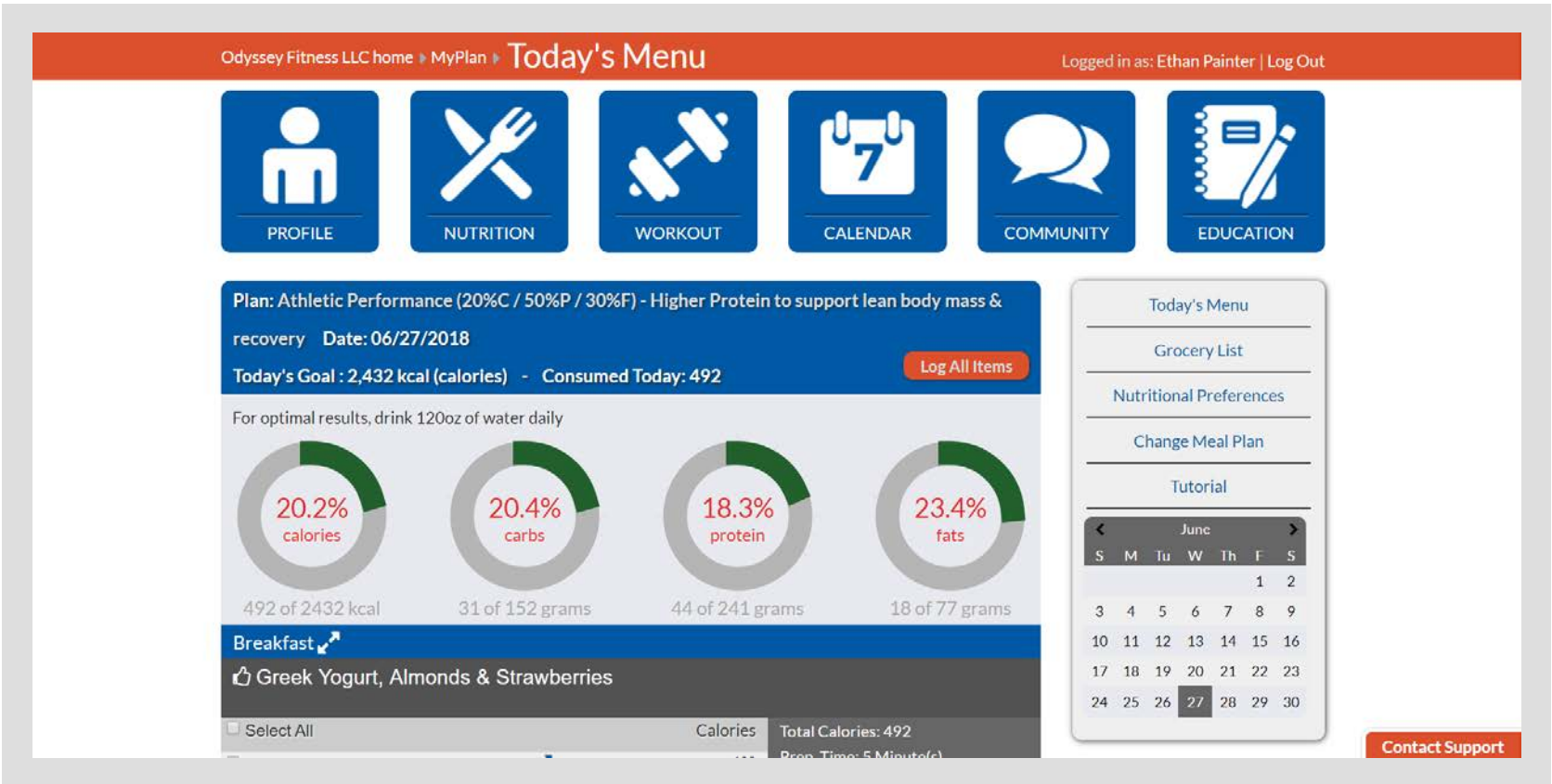
Do you ever feel out of control when eating?

☐ Yes


































ONLINE FITNESS, NUTRITION AND BODY MORPHING

To gain focus, we develop a targeted plan based on the interpretation of the data we gathered during the assessment period. Our "Body Morphing" technology will assist the participant in seeing their goal and a realistic time line on when they can achieve these results. Every week our system will analyze their performance and update their expected goal dates based on how dedicated they were to their plan. Our experts will also be able to track the employee's engagement to ensure a successful implementation of the program.

- Individualized MyPlan Profiles for every employee.
- Participant specific Nutrition and Workout Plans
- Articles appear and provide guidance based on health risk factors



RESISTANCE TRAINING

ACTIVITY NAME	BODY PART	SET #	# REPS	DURATION (SEC.)	WEIGHT	TEMPO	REST (SEC.)	DONE
 Chest Press - Flat/Supine  Dumbbell & Flat Bench (Free Weight)	Chest	1	15		35 lbs 	1-0-1	15	<input type="checkbox"/>
 Shoulder Lateral Raise - Seated (Alt. Arm)  Dumbbell & Adjustable Bench (Free Weight)	Shoulders , Arm	1	15		15 lbs 	1-0-1	15	<input type="checkbox"/>
 Row - Bent Over (T Row)  Dumbbell (Free Weight)	Upper Back	1	15		35 lbs 	1-0-1	15	<input type="checkbox"/>
 Tricep Kickback - Bent Over  Dumbbell (Free Weight)	Triceps	1	15		10 lbs 	1-0-1	15	<input type="checkbox"/>
 Bicep Curl - Single Leg  Barbell (Free Weight)	Biceps	1	15		15 lbs 	1-0-1	15	<input type="checkbox"/>
 Chest Press - Flat/Supine  Dumbbell & Flat Bench (Free Weight)	Chest	2	15		35 lbs 	1-0-1	15	<input type="checkbox"/>
 Shoulder Lateral Raise - Seated (Alt. Arm)  Dumbbell & Adjustable Bench (Free Weight)	Shoulders , Arm	2	15		15 lbs 	1-0-1	15	<input type="checkbox"/>
 Row - Bent Over (T Row)  Dumbbell (Free Weight)	Upper Back	2	15		35 lbs 	1-0-1	15	<input type="checkbox"/>
 Tricep Kickback - Bent Over  Dumbbell (Free Weight)	Triceps	2	15		10 lbs 	1-0-1	15	<input type="checkbox"/>
 Bicep Curl - Single Leg  Barbell (Free Weight)	Biceps	2	15		15 lbs 	1-0-1	15	<input type="checkbox"/>
 Chest Press - Flat/Supine  Dumbbell & Flat Bench (Free Weight)	Chest	3	15		35 lbs 	1-0-1	15	<input type="checkbox"/>

EMPLOYEE RISK FACTOR EDUCATION

Understanding the implication of your Health Risk Assessment is an essential component to a successful corporate wellness program. Once the employee has submitted their health risk assessment, our platform will automatically subscribe them to articles related to any factors they may be at risk for. Each article will have a simple quiz to ensure they have understood the topics related to the article. Successfully completing these quizzes will earn the employee participation points towards their goals

- Participants become more aware of their health risks.
- Participants receive their own personalized report outlining their current health status, areas for improvement, and recommended next steps.
- Each participant has access to links for more information on areas that interest them or apply to their health situation.
- Knowledge of their individual risk factors can help participants become more proactive about their health.

News

Two Steps to Weight Loss and Fitness Success



Zig Ziglar once said, "If you aim at nothing, you will hit it every time." And each of us knows from our own experience that he is right. The general flow of human life tends to be toward ease and comfort. One day flows into the next, and many of us never

[Read More](#)

Uniting Employees To Live A Healthier Life With

3d Models

3d Dashboard



Starting

Jun 25, 2018
240 lbs
Body Fat: 38%
Chest: 45"
Waist: 50"
Hips: 52"

Current

Jun 25, 2018
240 lbs
Body Fat: 38%
Chest: 45"
Waist: 50"
Hips: 52"

Goal

Aug 13, 2020
170 lbs
Body Fat: 12%
Chest: 39"
Waist: 30.7"
Hips: 37.6"

My Interests

Personalize

HEALTH SEMINARS AND WEBINARS

After assessment results are obtained deliver educational seminars to employees. Utilize your knowledge of the company's risk factors to conduct group sessions regarding topics relevant to improving the health of a large pool of participants.



INCENTIVES PROGRAM

Progress Based Incentives

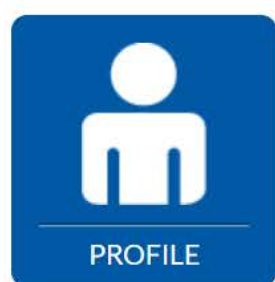
Employee engagement is consistently rated one of the top wellness program challenges. For worksite wellness programs to be effective, the vast majority of your employees need to participate. Otherwise, non-participants will develop health conditions faster than those who do participate

EARN POINTS THROUGH PARTICIPATION

Ideally, every employee will invest in his or her health and truly engage with your program. Reaching this ultimate goal of an engaged workforce doesn't have to be a shot in the dark. More Active offers several tools in order to keep your clients on track. The foundation to track performance is to earn points through participation. Experts are able to analyze the overall performance of their group and see real data on how they are performing.

Potential ways to earn point are:

- Signing up for the program
- Filling out daily activities with their calendar
- Completing a standard HRA or screening
- Completing a workout or daily meal plan
- Reading an article based on their risk factors



492 cals consumed

2,434

Meals



2,434 cals burned (w/bmr)

2,509

Workouts

Calendar

Participation Points

33%

4,992 earned / 15,000 goal

scoring

leaderboard

USER ACHIEVEMENTS AND PERFORMANCE LADDERS

Some employees still won't participate even if it costs them nothing. They will participate, however, if they get a definitive benefit from doing so. Educate them about the Affordable Care Act and about their preventative care benefits. The majority of your employees are still unaware of their modifiable health risks such as blood pressure and cholesterol measurement.

Take it one step further and offer performance based encouragement such as:

- Bonuses
- Gift Cards
- Merchandise
- Money
- Paid Time Off
- Health Plan Premium Reductions

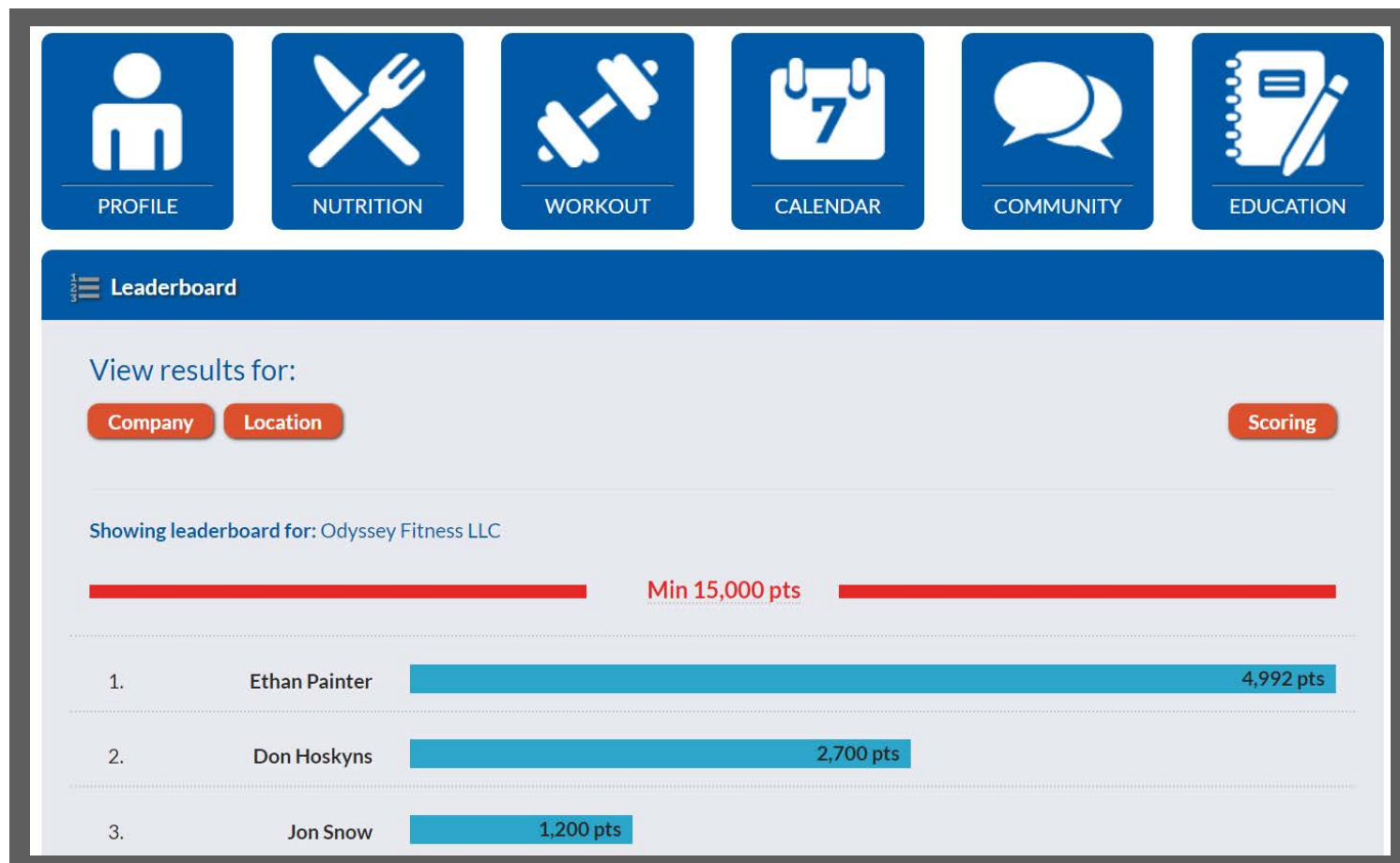


INCREASE EMPLOYEE ENGAGEMENT AND MOTIVATE EMPLOYEES



Engagement is what you should strive for in your wellness program. In order to truly see results, and improve the health of your workforce, you need employees who will invest in themselves rather than check boxes and go through the motions. Employees who are engaged in your wellness program will do the logistical requirements to be part of the program, but will also probably:

- Set individual goals for themselves
- Take part in the extra or optional wellness activities you promote
- Continue a healthy lifestyle outside of the workplace
- Ultimately see results and become a happier, healthier person

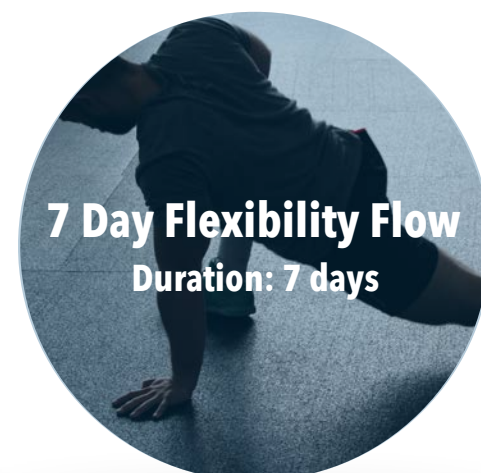
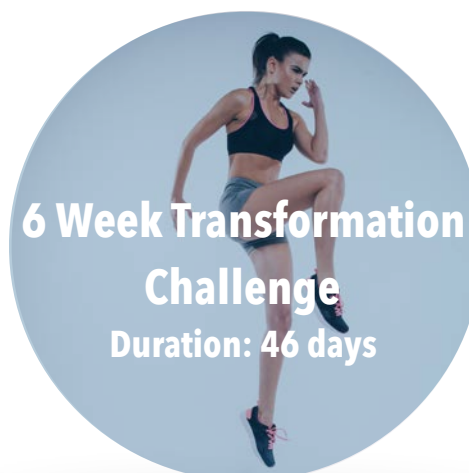


LIFESTYLE CHANGE PROGRAMS

Setting goals for your program will provide guidance and direction so that your employees will have a clear vision of what they want to achieve and how we are going to deliver it. Goals also give you something to measure against and determine whether your program is achieving its objectives or not. Here are a few example programs our clients have implemented for their wellness programs:

- Present Monthly seminars on health related issues
- Administer ongoing fitness & strength testing
- Assist employees with loading their online profile information
- Deliver on site group fitness classes

We also have a vast library of fitness challenges that can be offered for your employees. These challenges can last for a duration as short as 7 days to as long as 156 days or more, and can focus on weight loss, eating habits, meditation and even smoking cessation.



Each day (or week), your employees will focus on developing healthier habits, while receiving messages delivered directly to their phone or email.

7 DAY DETOX SHOPPING LIST



MEATS AND DAIRY

- ☐ Bacon (nitrite free)
- ☐ Beef (ground)
- ☐ Beef steak, thinly sliced
- ☐ Chicken breast
- ☐ Pork shoulder
- ☐ Salmon
- ☐ Eggs

CUPBOARD ITEMS

- ☐ Balsamic vinegar
- ☐ Mustard

HEALTHY FATS AND OILS

- ☐ Avocados
- ☐ Sunflower seeds

VEGETABLES

- ☐ Bell peppers (red and green)
- ☐ Broccoli
- ☐ Butternut Squash
- ☐ Jalapeno peppers
- ☐ Garlic
- ☐ Ginger
- ☐ Green Onions
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onions
- ☐ Red Onions
- ☐ Spinach
- ☐ Sweet Potatoes
- ☐ Tomato and baby tomatoes
- ☐ Zucchini

FRUITS

FRESH HERBS

- ☐ Chives
- ☐ Cilantro

DRIED HERBS AND SPICES

- ☐ Garlic powder
- ☐ Chilli powder
- ☐ Onion powder
- ☐ Crushed red pepper flakes
- ☐ Dried basil
- ☐ Dried chives
- ☐ Dried coriander
- ☐ Ground cumin
- ☐ Ground mustard
- ☐ Smoked paprika
- ☐ Kosher salt
- ☐ Salt and pepper



FAJITA FRITTATA WITH AVOCADO
SALSA

ADAPTED FROM MARKS DAILY APPLE

INGREDIENTS

- 1 lb skirt or flank steak, thinly sliced
- 10 eggs, whisked
- 1 jalapeno pepper, finely chopped (optional)
- 1-2 poblano or green bell peppers, cut into thin rounds or strips
- 1 red bell pepper, cut into thin rounds or strips
- 2-3 avocados, cut into small chunks
- 2 green onions, sliced
- 2 tablespoons olive oil
- 2 cloves of garlic, finely chopped

DIRECTIONS

Season steak with cumin, chili powder and salt.

Preheat oven broiler to high.

Heat coconut oil in a 12-inch ovenproof skillet over medium-high heat on the stove. Add steak.

Saute 3 minutes (meat should be just slightly pink) then add garlic and peppers.

Saute 3 minutes more then add eggs and a handful of cilantro. Stir quickly then turn heat down to medium. Let cook 3-4 minutes, until the egg is set around the edges but still runny in the middle.

Transfer the pan to the oven under the broiler and cook until the frittata is golden and firm in the middle, about 3-5 minutes.

Remove from oven.

EASY BREAKFAST RECIPES



ON THE GO: EGG MUFFINS

INGREDIENTS

- 1/2 lb pork sausage (browned) (you could substitute any type of lean meat for this)
- 10 eggs, yolks included
- 1/2 C shredded cheese
- 1 C chopped veggies (onions, peppers, mushrooms, black olives)
- Pinch of pepper, garlic powder

DIRECTIONS

1. Beat Eggs.
2. Add cooked meat.
3. Spoon into a GREASED muffin pan (use olive oil, coconut oil, or butter).
4. Bake 20-25 min at 350 degrees.
5. Remove from muffin tins immediately to prevent sticking.

Makes 12 muffins

Extra: Can be refrigerated/frozen. Reheat in the microwave for 20 seconds.



AT HOME: SCRAMBLED EGG BREAKFAST

INGREDIENTS

- Sautéed veggies of choice
- 2 medium eggs, yolk included
- 2 T of medium chunky salsa (or your favorite salsa)
- ½ avocado, chopped into chunks

DIRECTIONS

1. Place the veggies with coconut oil or butter in a pan and set to low heat.
2. Break the two eggs in a bowl and beat them with a fork.
3. Heat a frying pan on medium heat with some coconut oil or butter.
4. When the pan is ready, cook the eggs until there is no liquid visible.
5. Pour the scrambled eggs and veggies onto a plate. Add the salsa to the eggs, and the half of avocado. Enjoy!



ULTIMATE SHAKES - FAVORITE RECIPES

WHEY PROTEIN RECIPE

- 1 Scoop Coconut or Vanilla Protein Powder
- Cashew Milk (Almond & Coconut works too, just be sure it's unsweetened)
- 1/2 cup Frozen Berries
- 1 Handful Spinach
- 1T Chia or Ground Flax Seeds

Directions: BLEND IT UP & ENJOY

PLANT PROTEIN RECIPE

- Coffee Plant Protein Powder - 1 scoop
- Cashew Milk (Almond & Coconut works too, just be sure it's unsweetened)
- 1/2 Frozen Banana
- 1 T Almond Butter
- 1 Handful Spinach

Directions: BLEND IT UP & ENJOY

See other Recipes in the Ultimate Shake Guide

YUMMY BULK COOKING RECIPES

TUSCAN BEAN & VEGETABLE SOUP



- 1 (15-ounce) can low-sodium canellini beans, drained and rinsed
- 1 (15-ounce) can low-sodium red kidney beans, drained and rinsed
- 1.5 tablespoon coconut oil
- ½ large onion, diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- ½ red bell pepper, diced
- 1 clove garlic, minced
- 6 sprigs of thyme, leaves stripped
- small handful of fresh oregano, chopped
- small handful of fresh rosemary, chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 (14.5-ounce) can organic diced tomatoes or fresh tomatoes
- 4 cups organic vegetable broth
- 1 small zucchini, diced
- handful of chopped baby spinach leaves
- ½ cup freshly grated Parmesan, optional

1. Heat the oil in a fry pan over medium heat. Add the onion, carrots, celery, red pepper, garlic, thyme, oregano, rosemary and salt and pepper and cook stirring occasionally until the vegetables are tender, about 5 -7 minutes.
2. Transfer veggies into crock-pot. Add the broth, beans and tomatoes with the juice. Add diced zucchini and spinach. Cook on high for 4-6 hours.
3. Serve immediately or save for lunches / dinners throughout the week.

CROCKPOT PORK-STUFFED PEPPERS



INGREDIENTS

- 2 lbs ground pork (opt. sub: beef, chicken, turkey)
- 4 large green peppers
- 1 large onion
- 2 carrots
- 4 cloves of garlic
- ½ head of cauliflower
- 6 oz can of tomato paste
- 1 Tbsp dry oregano
- 1 Tbsp dry or fresh tarragon
- Salt & pepper to taste

DIRECTIONS

1. Cut the tops off the peppers and clean the seeds out. Arrange peppers in the crockpot standing up, making sure they fit securely.
2. Grate onion, carrots, garlic and cauliflower in the food processor. You can also just chop them into small pieces with a knife if you don't have a food processor.
3. In a big bowl, combine ground meat, shredded vegetables, seasonings, and tomato paste. Add salt and pepper to taste.
4. Stuff the peppers with the mixture and arrange leftover meat between the peppers.
5. Add half a cup of water, cover, and cook on low for 8-10 hours. If you don't have a crockpot, the dish can be cooked in the oven, covered, for 1-2 hours.

SPICY CHILI



INGREDIENTS

- 6 slices of uncooked bacon, cut into small pieces
- 2 celery ribs, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 medium spanish (yellow) onion, chopped
- 3 14oz cans diced tomatoes
- 1 15oz can tomato sauce

INGREDIENTS

- 1 1/2 lbs ground beef
- 4 cloves of garlic
- 2 tsp cumin
- 2 T chili powder
- 1 tsp smoked paprika (or more to taste)
- 1 T unsweetened cocoa powder
- 1 tsp Oregano
- 3/4 c. beef broth (optional)

DIRECTIONS

1. First, cook bacon in a large skillet on medium-high. You want it to be brown and slightly crispy, but not burnt to a crisp. Remove to paper towel.
2. Toss chopped vegetables with 1 Tablespoon of bacon fat and cook in separate, large skillet on medium-high.
3. While all of that is going on, throw another Tablespoon of bacon fat back into the skillet you cooked the bacon in, and start browning your meat along with your garlic.
4. Remove meat from skillet with a slotted spoon and mix with bacon pieces in your crockpot, then add cooked vegetables, along with the canned tomatoes and sauce. Then add your spices.
6. Cook on low for 8-12 hours to let the flavors develop.



S.U.M.M.E.R.

SHUT UP We live in a world where everyone talks and few listen. This is the information age, where anything you want to know is available any time of the day or night with the click of a button.

Your company can be very well educated in what makes for a well workplace and healthy employees, yet if it never goes beyond a lunch and learn or educational pamphlets, nothing much changes. You might as well have a handful of travel brochures to exotic destinations with no airline tickets.

It's time to stop talking and forever planning. Change requires action.

S.U.M.M.E.R. =
Shut Up,
Move More,
Eat Right!

What are the top three issues in YOUR company?

Absenteeism

Productivity

Morale

Health Care Costs

Worker's Comp Costs

Recruiting Top Talent

Accidents/Injury

Workplace Stress

Other

MOVE MORE Exercise is how the body stays healthy. Movement is what makes our systems work well so they can do what they are supposed to do. If the body doesn't move enough, it breaks down and rusts out. If the body moves and exercises, it stays younger looking and is healthier. This is not rocket science.

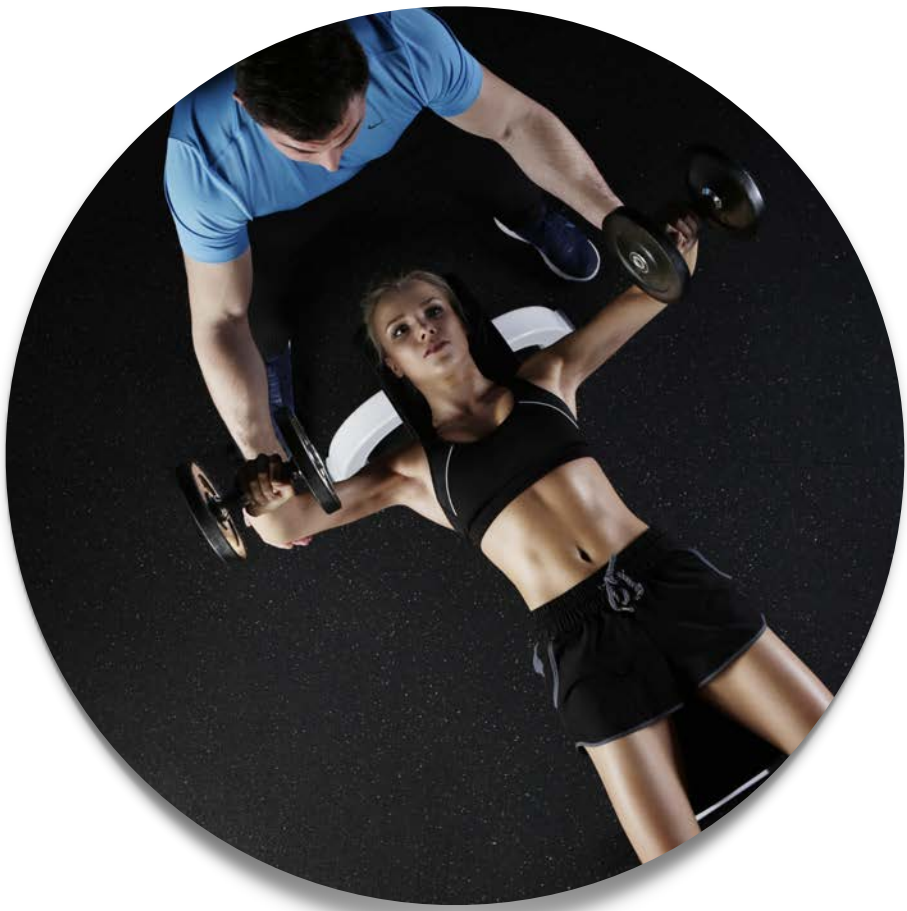
We are talking about necessary processes. For example, if your product is composed of three pieces, each manufactured on different machines in your building and one of the machines breaks down for two weeks because the last piece of duct tape didn't hold; production suffers, the sales force gets uptight because customers are upset and you and your staff are putting out fires and scrambling to find a way to fix your machine, job out that function to somebody else, incurring more costs, working longer hours, and so on and so on. Would you live and work like that year in and year out?

No, you wouldn't. Why? Because that's not a good way to run a business. Do you want your employees to move more at work? Get more accomplished? Do yourself a favor and tell your employees to get with the program. Now.

EAT RIGHT Good nutrition is the fuel our bodies need to work the way they are meant to work. A twenty chemical ingredient food is not on the food pyramid for a reason. Good nutrition is equally as important as exercise to achieving wellness.

WHY WORKSITE FITNESS MAKES SENSE

- In order to manage the 10,000 steps per day recommended by walking advocates, workers who remain sedentary during their work day would have to spend most of their evenings in motion.
- The U.S. Dept. of Health & Human Services has found that without access to fruits and vegetables on the job, a working adult would have to eat 1-2 cups of fruits or vegetables every waking hour after work to meet the recommended 3 1/2 to 6 1/2 cups daily.
- 1/3 of the average employee day is spent working, 1/3 sleeping and the other 1/3 trying to catch up and do all the normal everyday things, some fun things, have a social life and some down time. A reason often given for lack of exercise is "no time".



With our Corporate Fitness Program in place at your worksite, there is time because they don't have to travel anywhere extra. If the business has showers available, we find that using the first half hour for exercise and the last half hour for them to clean up, change and eat their lunch works best. For a business without showers available, immediately after work is usually the norm.

HOW ODYSSEY FITNESS CORPORATE WELLNESS SOLUTIONS HELPS YOU HELP YOUR EMPLOYEES

- ✓ We work with you to set a wellness plan of action in place
- ✓ We work with you to determine which testing and laboratory services are best for your company and then we set it all up
- ✓ We work with you to find the appropriate space for workouts
- ✓ We work with you to announce the program to employees
- ✓ We work with you to build in employee accountability
- ✓ We work with you do an orientation program
- ✓ We provide you with all the tools you need to make all the difference

HOW YOU HELP ODYSSEY FITNESS CORPORATE WELLNESS SOLUTIONS HELP YOUR EMPLOYEES

- Endorse program for a 12-week pilot program
- Allow a space for exercise, a time for exercise and preparation for exercise (this could be allowing employees to come into work 30 minutes early and take a 1 hour lunch if you usually offer a 30 minute lunch).
- Pay Odyssey Fitness Corporate Solutions invoice
- Focus on before and after health measurements and compare the same time period from the previous year for absenteeism, etc.
- Give us your feedback at the half-way point
- Contact us at any time with any questions or concerns you have
- Let us know how often you want updates and we'll have them for you

ODYSSEY FITNESS CORPORATE WELLNESS SOLUTIONS

CORPORATIONS BENEFIT BY DECREASING HEALTHCARE COSTS

- Employers who invest in worksite health promotion programs can see a return of \$3-\$6 for every dollar invested over a 2-5 year period.
 - Documented savings are observed in
 - Medical costs
 - Absenteeism
 - Worker's comp claims
 - Short-term disability
 - Presenteeism (lower on-the-job efficiency due to employee health problems.)

**Source: American Journal of Preventive Medicine, December 2005*

EMPLOYEES ARE HEALTHIER AND MORE PRODUCTIVE

- There are over 600 articles that analyze the research and anecdotal evidence of the cost-effectiveness of worksite wellness programs. In a review of 42 of these articles, there has been shown to be a:
 - 28% reduction in sick leave absenteeism
 - 26% reduction in use of the health care benefit
 - 30% reduced worker's comp claims and disability management

**Source: Larry Chapman, "Meta-evaluation of Worksite Health Promotion Economic Return Studies", The American Journal of Health Promotion, 2003*

- A recent study showed that corporate fitness center participants had 1.3 fewer short-term disability claims per year per employee than non-participants and had fewer health risks.

**Source: Journal of Occupational and Environmental Medicine, April 2006*

- On average, health care claim costs for IBM employees who exercise 1 – 2 times per week are \$350 per year less than those who don't exercise at all.

**Source: Joyce Young, IBM's Well-Being Director in BenefitNews.com 03/2006*

Odyssey Fitness Corporate Wellness Solutions are designed to encourage mutually beneficial programming between the corporation and the employees.

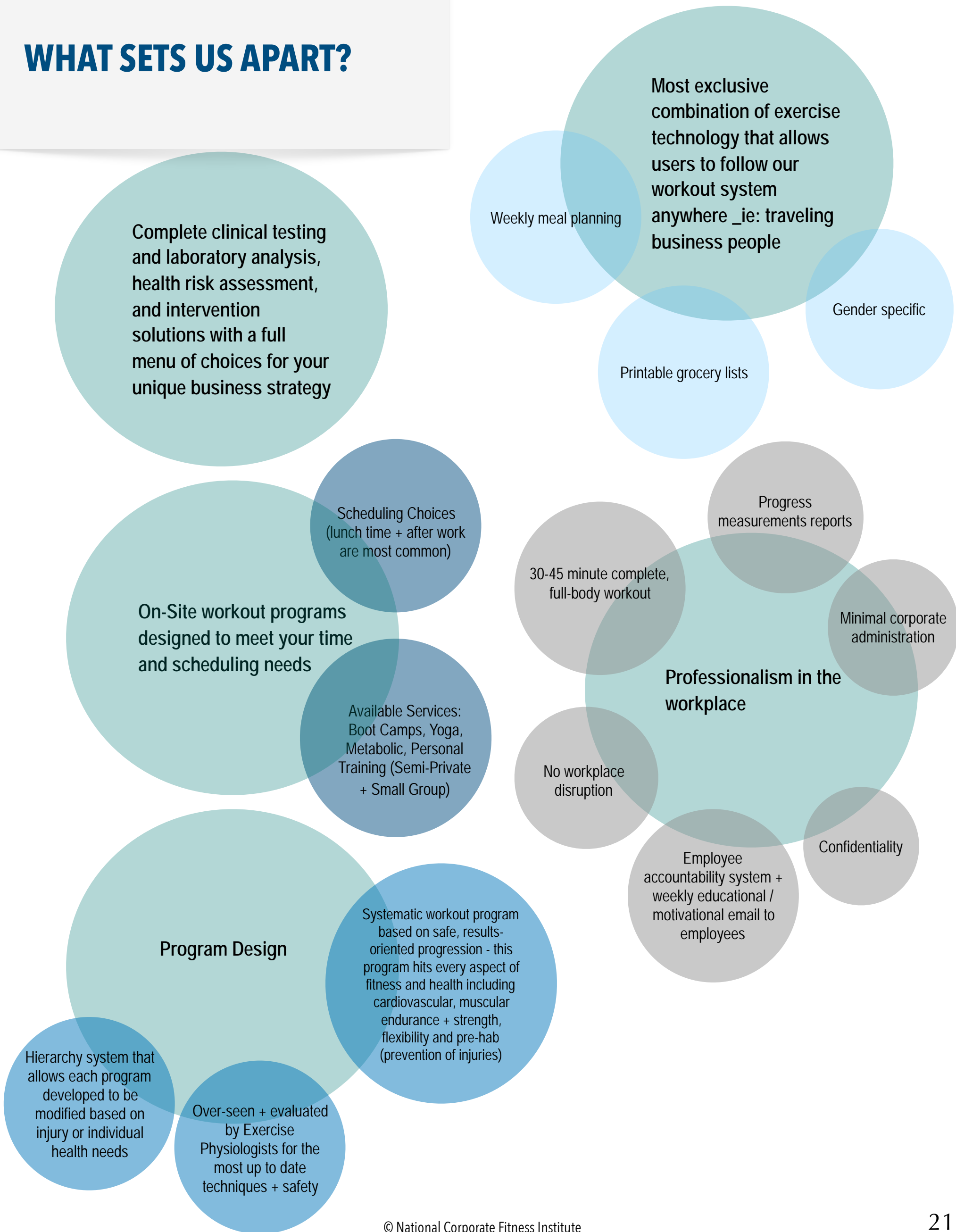
MORE COMPELLING REASONS TO INVEST IN WORKSITE WELLNESS

The leading causes of illness are largely preventable.. Most chronic illnesses can be avoided with exercise, proper nutrition and healthy lifestyle choices.

Approximately 1/3 of the American workforce spends its day seated at a computer or desk. Sedentary lifestyles are a known health risk

A current poll finds that among 45-54 age group, 81% of employed men report work as a significant source of stress, compared with just 68% of employed women.

WHAT SETS US APART?



5 CRUCIAL STEPS TO SUCCESSFUL, PROFITABLE, PROACTIVE CHRONIC ILLNESS PREVENTION IN THE WORKPLACE

By Greg Justice, MA & Ethan Painter, ACSM-Exercise Physiologist

1. CEO Support

It all starts with you. Human nature is to follow by example.

Any program your company introduces is only as effective as the endorsement, value, and action that top level management places in it. It is even more imperative when we are talking about lifestyle changes. That is the bottom line we are discussing.

This step is so crucial that our staff at **Odyssey Fitness** Corporate Fitness Solutions provides the CEO with the motivation and tools necessary to be active in supporting their corporate fitness and nutrition initiatives. We maintain a working relationship with top management throughout the program with updated progress reports and evaluations.

Lifestyle changes can be difficult for many people to make. There is a flow of readiness-to-change in human nature. We will work with you and your employees to achieve the changes necessary to facilitate the repair and prevention of their health problems and risks.

If you cannot or will not give your full blessing to this program, do not even activate one. It can be damaging to a business to send a double message to its employees. You must be consistent in your recognition of the need and your belief in the solution. Whether it is your product or service specs, your marketing message, your sales plan, or your employee benefits, you must give your approval for effective action.

2. Business/Employee Needs/Interest Assessment

You must know where things stand at the start. What are the most important areas you need to address? What results do you need to see? Yes, we all want the moon, and we can get it. One step at a time, the same way you built your business.

We provide the needs/interest assessment. Using your input, we add specific questions to our standard needs assessment form so that you get a complete picture of your business and employee needs, desires, and components on the path to healthy change.

One critical element this needs/interest assessment provides is eye opening possibilities suddenly available to the employee. Many people have "dieted" for years, ineffectively. Many people have never challenged themselves in the areas of exercise and nutrition. People who are dealing with addictions, health issues, and stress suddenly feel empowered and hopeful as they take action filling in their answers. There is a renewed sense of energy.

3. Providing an Opportunity for Health Screening

Not everyone knows where their health currently stands. Studies show that 5 in every 100 employees have undiagnosed Type 2 Diabetes. Knowing baselines is essential to setting the goals and measuring the results. We can provide this resource and coordinate with department heads so your workplace disruption is minimal.

It is ideal to either distribute a flyer telling employees about this opportunity with date and times, or to hold a company-wide meeting laying out the opportunity. We will work with you to develop either or both. We will provide a speaker if you would like a health professional to give part of that meeting. The health screening can be as discreet or as energetic and inclusive as you would like it to be. We work with you, your needs, and your goals.

This information is necessary before beginning any physical activity for many people. Health history information is necessary for all people before beginning an exercise program.

That is another reason it is so critical to have CEO support. If you bring your company to that point of hope and renewed vigor and then you do nothing about it, the let down will be huge. Again, if you are not on board, do not even start the process.

Odyssey Fitness Corporate Wellness Solutions will design your corporate wellness program around those specific needs.

4. Action Oriented Fitness and Nutrition Implementation

Without action nothing happens. You need to have an actual exercise and proper nutrition program in place for real change to begin. You market your product to the core, and push your sales force out the door. You demand action in your business because it is the only way to move from point A to point B.

The Odyssey Fitness Nutrition component is available for employee access at home during their own time. It is tailored to each individual's needs and provides weekly meal plans and grocery lists for ease in implementation.

The Odyssey Fitness onsite services are a half hour to 45min. full body workout including cardio, strength, flexibility, agility, and balance, with warm-up, cool-down, and stretching. We work on site in a conference room, warehouse, break room, or other large area. There is no workplace disruption. Employees all work out together, 10 - 20 per session, at their own capabilities. Our exercise programs are designed by exercise physiologists to encompass all of the latest findings in physical fitness. We use the latest in audio digital technology so our trainers are watching form, motivating, and paying individual attention to each participant.

We pay special attention to your employees needs. Topics such as low back pain, stress reduction, acceleration/deceleration are covered in weekly emails to your employees. We stay in touch with them and are available to answer their questions and concerns.

5. Clear Goals and a Plan of Action

These are important in any business venture, and especially when employees or any type of change are involved. We have a checklist we go over with you to make sure all the bases are covered. We will help draft a policy sheet if you need one of those, or a memo. We don't want to add any additional paperwork chores for your people unless absolutely necessary.

Your expectations for us should be clearly stated, as we intend to live up to them. We will also state clearly the items listed above.

Timelines will be included. We are available to you at any point you have questions or concerns. Our main goal is to help your employees achieve measurable improvements in their health, strength, endurance, agility, and flexibility. These goals and the plan of action must be written.

Summary: These are 5 key points that must be included and adhered to for an effective corporate fitness program to produce measurable change. The time and price is so minimal compared to the results a business will see, and the costs they are now incurring. We are experienced at producing results for all types of businesses and look forward to working with you.



THE LATEST NEWS

From Alliance for Wellness in America

July 28, 2009 - Prevention and Wellness Update in Health Reform - Good News!!

As the House and Senate continue to work on health care reform legislation it is important to note the progress that has been made in the areas of prevention and wellness in House and Senate bills to date. The following links will provide you specific information on what provisions exist now in House and Senate health reform proposals.

May 11, 2009 - Senate Finance Committee Floats Wellness Tax Credit Bill Option for Health Reform

The Senate Finance Committee released a document today in relation to options for health care reform which includes initiatives for prevention and wellness. Specifically, legislation to provide businesses a tax credit to cover costs associated with workplace wellness was included as an option in this key document. For more information see the Senate Finance Committee website at

April 2, 2009 - House and Senate Champions Introduce Workplace Wellness Tax Credit Legislation

On April 2, 2009, Rep. Earl Blumenauer (D-OR) and Rep. Mary Bono Mack (R-CA) introduced the "Healthy Workforce Act of 2009 (H.R. 1897)" in the House of Representatives. Senator Tom Harkin (D-IA) and Senator John Cornyn (R-TX) introduced the bill in the U.S. Senate (S.803). See the full bill [here](#).

The Healthy Workforce Act assists businesses in providing a range of opportunities to help employees lead healthier lives, including incentives to offer onsite health promotion programs. The legislation is targeted primarily at smaller and mid-sized companies, who would otherwise have difficulty making the initial investment needed to support such programs. Keeping workers healthy can go a long way to reducing the growth in health care costs to employers.

March 10, 2009 - Workplace Wellness Legislation Expected in April

Discussions with key House and Senate staff in the Congress indicate that introduction of legislation to establish a tax credit for businesses that establish and maintain workplace wellness programs could be introduced as early as April.

February 13, 2009 - House and Senate Agree on Prevention/Wellness Fund of \$1 Billion

As part of the American Recovery and Reinvestment Act (H.R.1), Congress is establishing a fund for prevention and wellness initiatives through the Department of Health and Human Services. Of that amount, \$300,000,000 will be transferred to the Centers for Disease Control and Prevention as an additional amount to carry out an immunization program. Additionally, \$650,000,000 will be to carry out evidence-based clinical and community-based prevention and wellness strategies authorized by the PHS Act, as determined by the Secretary, that deliver specific, measurable health outcomes that address chronic disease rates. Finally, \$50,000,000 will be provided to States for an additional amount to carry out activities to implement healthcare-associated infections reduction strategies.

February 6, 2009 - Announcement of National Health Promotion and Disease Prevention Advisory Committee

The U.S. Department of Health and Human Services (HHS) has announced that the ninth in a series of federal advisory committee meetings regarding the national health promotion and disease prevention objectives for 2020 will be held in Washington, DC, on February 23, 2009, from 4:30 p.m. to 6:30 p.m.

The Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020 will address efforts to develop the nation's health promotion and disease prevention objectives and strategies to improve the health status and reduce health risks for Americans by the year 2020. The Committee will provide to the Secretary of Health and Human Services advice and consultation for developing and implementing the next iteration of national health promotion and disease prevention goals and objectives and provide recommendations for initiatives to occur during the initial implementation phase of the goals and objectives. HHS will use the recommendations to inform the development of the national health promotion and disease prevention objectives for 2020 and the process for implementing the objectives. The intent is to develop and launch objectives designed to improve the health status and reduce health risks for Americans by the year 2020.

DATES: The Committee will meet on February 23, 2009 from 4:30 p.m. to 6:30 p.m. Eastern Standard Time (EST).

ADDRESSES: The meeting will be held online, via WebEx software. For detailed instructions about how to make sure that your windows computer and browser is set up for WebEx, please visit the "Secretary's Advisory Committee" Web page of the Healthy People Web site at: <http://www.healthypeople.gov/hp2020/advisory/default.asp>.

To listen to the Committee meeting, individuals must pre-register to attend the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020 at the Healthy People Web site located at <http://www.healthypeople.gov>. Participation in the meeting is limited. Registrations will be accepted until maximum WebEx capacity is reached and must be completed by 9 a.m. EST on February 23, 2009. A waiting list will be maintained should registrations exceed WebEx capacity. Individuals on the waiting list will be contacted as additional space for the meeting becomes available.

Registration questions may be directed to Hilary Scherer at HP2020@norc.org (e-mail), (301) 634-9374 (phone) or (301) 634-9301 (fax).

January 28, 2009 - House of Representatives Passes Economic Stimulus - Wellness and Prevention is Funded

On a vote of 244 to 188, the House passed the "American Recovery and Reinvestment Act of 2009," which is also referred to as the economic stimulus bill.

Within the bill is \$3 billion to fight preventable chronic diseases, the leading cause of deaths in the U.S., and infectious diseases. The summary of the stimulus package states that *"Preventing disease rather than treating illnesses is the most effective way to reduce healthcare costs. This includes hospital infection prevention, Preventive Health and Health Services Block Grants for state and local public health departments, immunization programs, and evidence-based disease prevention."* For further details go to <http://appropriations.house.gov/>.

January 21, 2009 – Alliance for Wellness in American is Launched!

Today we announce the formation of a new national coalition to help inform Members of Congress and the Obama Administration on the value of wellness in America as a component of health care reform efforts. The Alliance for Wellness in America will track progress on wellness related legislation, with a particular focus on corporate wellness tax credit legislation.

Yesterday was a historic day in Washington, D.C, with the Inauguration of President Barack Obama. As Congress and the Obama Administration begin to tackle the challenges ahead, we expect a renewed focus on the health of Americans. Creation and expansion of wellness related efforts, particularly in the workforce, must be part of changes to come in health care promotion and prevention efforts.

The Federal Group, Inc., a federal government relations consulting firm specializing in health care policy and legislation, is proud to be a part of this effort to promote wellness, particularly as it related to the workplace.

For more information on the Alliance for Wellness in America, please contact its Executive Director, Patrick J. Cooney at (202) 347-0034 or via email at Patrick@federalgrp.com.

CASE STUDIES



RACETRAC: AN INVESTMENT IN THEIR PEOPLE

EXECUTIVE SUMMARY: RaceTrac was well aware of the fact that it's notoriously hard for workers in the trucking industry to lead a healthy and active lifestyle due to the demands of the job. In 2010, the company made a concerted effort to begin promoting the benefits of regular exercise and better nutritional habits in an effort to increase productivity across the board. They also agreed to pay for their drivers and dispatch workers to see personal trainers in 1-on-1 sessions twice a week to show that they were serious about this new initiative. Within a couple of months, the feedback was astounding - drivers were eating better, losing weight, getting more sleep, and feeling more energetic overall.

ABOUT: RaceTrac operates over 300 retail gasoline convenience stores in 5 southeastern states (FL, GA, TX, LA, and MS). A standard RaceTrac features 20-40 fueling positions and a 4,000 plus square foot convenience store, featuring over 4,000 items. The firm is Georgia's third largest private company, with sales of \$9.1 billion in 2013.

CHALLENGES: In an effort to promote increased levels of productivity, RaceTrac made the decision to take a good, hard look at their employees' health levels early in 2010. What they found wasn't pretty - many of their truck drivers were overweight (some bordering on obese), has high cholesterol and were at-risk or were already suffering from diabetes. Due to the long hours, poor nutrition choices and sedentary nature of the job, this scenario isn't uncommon in the trucking industry. But RaceTrac was determined to do something about it - so they began enforcing companywide regulations for health standards they expected their employees to operate within. Unfortunately, things didn't quite work out the way they had intended, and their drivers were placed on a temporary probation period each time they didn't pass their health screenings, resulting in time away from work until they were eligible to return. With many of their drivers being put on probation at some point or another, the company realized that more direction was needed in order to get their drivers healthier and on the road to be more productive, so they reached out to CBIZ, their employee benefits broker, who in turn reached out to AYC.

HOW AYC HELPED: RaceTrac eventually decided to offer any of their drivers who were interested 1-on-1 personal training sessions twice a week for 12 weeks in an attempt to get them healthier and back in their trucks permanently. They initially requested trainers in five cities: Atlanta, Fort Lauderdale, Jacksonville, Shreveport and Tampa. Within two weeks, AYC had procured certified personal trainers in all of the locations listed above and the program began shortly thereafter in each local market.

RESULTS: Here are several samples of how employees were doing around the halfway point of the 12-week program:

- **Jacksonville:** Mr. ABC is officially off probation and back to driving his rig. Brandon (Jacksonville trainer) reports an increase in energy and positive outlook in Mr. ABC.
- **Atlanta:** Mr. MNO is experiencing weight loss and an increase in energy along with an enthusiasm (reported by CBCS trainer, Andre) that will help him achieve his goal.
- **Tampa:** Mr. XYZ has gained medical clearance and has started his program with Craig (CBCS trainer) and seems very motivated to make the necessary changes in his lifestyle.

SUPPORTING QUOTES AND VISUALS:

"On my overall health and fitness, I have come down 31 pounds and about 5% body fat. My breathing is better, as I am not getting out of breath as much. I can move without any aches and pains, as I had prior. Being on a wellness and fitness program has helped me sleep better, eat better and exercise more efficiently. Craig shows me ways to exercise that involves a lot of muscle groups at the same time, and gives me the aerobic part I need, also. He also calls me on my off days and just encourages me to keep moving. Great trainer, great advice and great motivation from Craig, has and will keep me on track to a healthier life, Thank you, and I do hope to continue in the future." - Mr. XYZ, Truck driver, Tampa

	Before	After	Comparison
Weight	283lbs	252lbs	Down 31lbs
Body Fat	54%	32%	Down 22%
Waist-To-Hip Ratio	0.9	0.8	Down .1
BMI	37.3	32.7	Down 4.6%

CASE STUDIES



IF YOU BUILD IT, THEY WILL COME: HOW EPIQ SYSTEMS REALIZED THAT ISN'T ALWAYS TRUE

EXECUTIVE SUMMARY: After the decision was made to commit to having a healthier workforce, Epiq Systems CEO Tom Olofson was determined to offer his employees a first-class onsite fitness facility. He contacted Greg Justice with AYC to design and build the facility, and the finished product was truly a sight to behold. Unfortunately, the gym remained empty most of the time and Epiq's employees didn't seem to be getting much use out of it. Six months later, Olofson reached out to Greg to see what exactly was going on. It turns out the problem was simple – his people just needed some guidance. AYC began teaching onsite fitness classes two weeks later and the rest is history. There are now more than 30 classes offered each week.

ABOUT: Epiq Systems, Inc. provides professional services and integrated technology solutions for the legal profession in the United States and internationally. It offers bankruptcy services and software solutions to chapter 7, chapter 11, and chapter 13 bankruptcy trustees who administer bankruptcy proceedings; and debtor corporations that file plans of reorganization. In addition, it provides Automated Access to Court Electronic Records, a software product that assists creditors, including banks, mortgage processors, and their administrative services professionals to streamline processing of their portfolios of loans in bankruptcy cases. The company serves law firms, corporate legal departments, bankruptcy trustees, government agencies, mortgage processors, and financial institutions. Epiq Systems, Inc. was acquired by Olofson in 1988 and is headquartered in Kansas City, Kansas.

CHALLENGES: Tom Olofson, CEO of Epiq Systems, hired AYC to build and design an onsite corporate fitness facility. AYC began the process by consulting with the leadership team about their needs. The space allotted was an "L" shaped room with approximately 800 square feet. The first step was outfitting the space with rubber flooring throughout.

The equipment list is as follows:

- 3 treadmills
- 1 elliptical
- 1 recumbent bike
- 1 StairMaster revolving staircase
- 1 cable crossover machine
- 1 lat pulldown machine
- 1 leg extension machine
- 1 leg curl machine
- 1 glute press machine
- 1 Gravitron pull up machine
- 1 stretching rack
- 1 set of dumbbells (5–50 lbs)
- Medicine balls
- Resistance bands

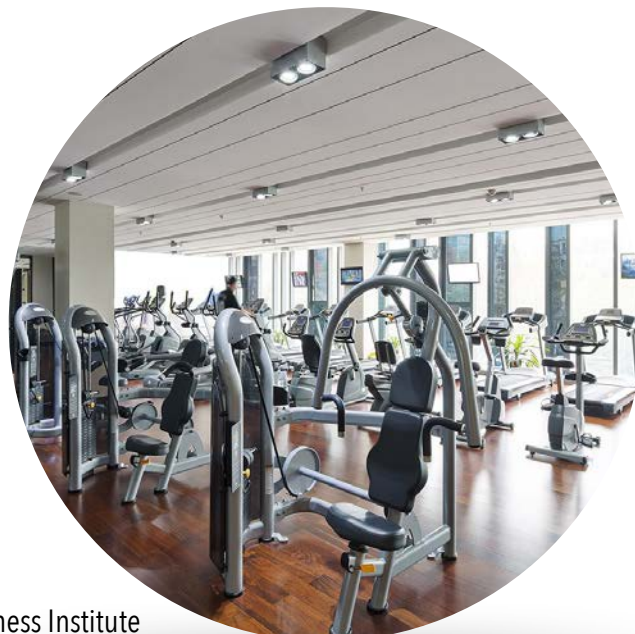
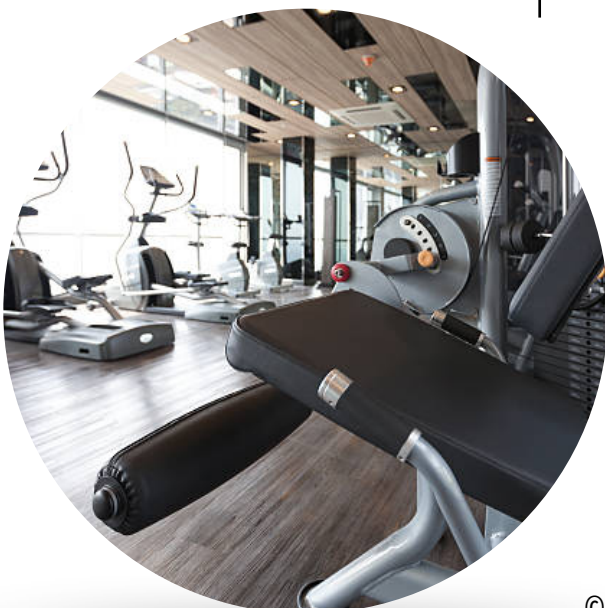
It was a beautiful facility, ready for use. But no one came.

HOW AYC HELPED: About six months later, Olofson asked Greg's thoughts on why no one was using the facility. Greg replied, "Because you used the 'build it and they will come' mentality. You gave them no guidance." He added, "You have to build it, PROGRAM IT, and they will come." After discussing the issue for a few more minutes, Olofson said, "Then let's add your programs!" Within two weeks of meeting with Epiq's HR Director, an agreement was reached for AYC to provide two 30-minute classes each week on Tuesday and Thursday at 11:00am.

RESULTS: The classes filled up immediately. Within a month, two more classes were added and they filled up in no time at all. Three months later, there were eight weekly classes on the schedule. Epiq was on to something BIG! It was apparent that adding professional guidance and support was the key to unlocking usage of their corporate fitness facility. More than 10 years later, there are now over 30 classes on the weekly schedule taking place between the hours of 6:30am and 6:00pm all 5 days of the work week.

SUPPORTING QUOTES AND VISUALS:

"AYC's Corporate Fitness System has revolutionized the way we think about corporate wellness at EPIQ Systems. Our management and associates are energized and committed to the program." -Tom Olofson
CEO, EPIQ Systems



CASE STUDIES



"BRINGING AYC TO APIC IS THE RIGHT THING TO DO FOR OUR ASSOCIATES."

- JACK KELLY, CEO - AMERICAN ITALIAN PASTA COMPANY

EXECUTIVE SUMMARY: When a companywide survey made CEO Jack Kelly realize that his employees were neither healthy nor happy, he decided to take it upon himself to do whatever it took to change that. After discovering an astonishing percentage of his employees expressed interest in signing up for onsite group fitness classes if they were provided by the company, Jack decided to build a gym in the company's new corporate headquarters they would be moving into shortly and give his employees what they so desired – the ability to get a good workout in during the course of their workday. After some construction-related delays, the program hit the ground running several months later with over half of the employees signed up for the onsite group fitness classes.

ABOUT: American Italian Pasta Company (AIPC) was previously a pasta manufacturing company with corporate offices in Kansas City, Missouri, and plants in Excelsior Springs, Missouri; Columbia, South Carolina; Tolleson, Arizona; and Verolanuova, Italy. AIPC was acquired by St. Louis-based Ralcorp in 2010 for \$1.2 billion. At the time of the acquisition, AIPC had approximately 600 employees nationwide, with just over 100 of them based in the Kansas City metropolitan area.

CHALLENGES: After a companywide wellness survey in early 2010 revealed that 62% of AIPC employees were unhappy with their current state of health and wellbeing, CEO Jack Kelly made it a personal goal to take better care of not only his employees, but their families as well. To begin the process, Jack reached out to Greg Justice at AYC to see how they should proceed. Due to the fact that 86% of his employees expressed interest in onsite group fitness classes during that same survey, Greg had a pretty good idea where to start.

HOW AYC HELPED: The first step involved a meeting that took place in March that was attended by representatives from AIPC, AYC, Mercer (broker), and Cigna (carrier). From this meeting, it was determined that AYC's responsibilities would include:

Designing a solid working wellness blueprint model for integration with existing programs and health insurance offerings.

- Providing direction, timelines, guidance, and assistance in the implementation and expansion of the employee wellness program.
- Forming a wellness committee from enthusiastic employees, under the direction of HR.
- Providing input and evaluation of employee health interest survey and creating a plan of action that addresses those needs and interests.
- Determining costs and financial commitment for the company wellness components.
- Implementing the approved wellness plan of action with the wellness committee.
- Monthly meetings with key personnel of legal, benefits, safety, Human Resources, and wellness committee members (in a separate meeting)
- Monitoring the progress of individuals and departmental participation in the wellness program.
- Monthly reporting to senior management on the program participation and progress.
- Recruiting, educating, and orienting fitness center staff.

With AIPC scheduled to move to a new headquarters on June 1st, the plan initially called for AYC to have the gym designed and ready to go by May 1st. Unfortunately, due to delays by the contractor; the building wasn't ready until late July. Finally, on July 27th, the fitness equipment was delivered and installed.

RESULTS: After taking some time to get settled in, classes began the first week of September. A total of 56 employees (out of 100) signed up for group fitness classes right out of the gate. This resulted in 18 30-minute classes being offered Monday through Friday from 6:00am to 6:00pm.

SUPPORTING QUOTES AND VISUALS:

"Bringing AYC to AIPC is the right thing to do for our associates." - Jack Kelly, CEO, America Italian Pasta Company



MEMBER TESTIMONIALS

"Ethan and his team are amazing and highly educated. You definitely don't need to worry about their certifications or qualifications, they are far and above most any trainer in the industry you can find. I know because I looked."

-Sherri G.

"Ethan is very professional and knowledgeable. He is guiding me at a pace that is comfortable. I have a back issue and so far nothing has stressed it and appears that part of his work is aimed at strengthening the muscles that protect the back. We are early in our contract but nothing indicates to me that he will disappoint me."

-Ed P.

"He is not the stereotypical trainer that uses fear tactics or follows fads to train his members - he is educated in his profession and specialty, and uses his evidence-based knowledge to help people achieve their goals the right way."

-Natalie W.

"Since I began with Odyssey, I've dropped nearly 10lbs from my starting weight and my energy levels have increased immensely! If you want a fun, professional and knowledgeable group to help you achieve your health goals, this is the group!"

-Jamie P.