

CORPORATE WELLNESS

The bottom-line impact is to maximize employee involvement in a comprehensive wellness and fitness program that will, in turn, provide a positive return on investment.



BENEFITS

For companies, the benefits are the reduction of:

- health care costs
- absenteeism/sick days (15% annually)
- workers compensation and disability costs
- injuries

As well, the increase of:

- productivity
- company loyalty



SERVICES

The following are some of the services that TopShape can provide:

Workplace Environment Analysis

To help improve office environments, TopShape's certified professionals determine the appropriate solution by assessing the ergonomics of:

- furniture
- positioning/angles of the workstation and person
- individual's posture
- workplace hazards such as Carpal Tunnel Syndrome and other cumulative trauma disorders



Appraisal

An assessment is made of an employee's health, habits, and lifestyle.

Personal Health Screenings

Simple tests such as blood pressure, cholesterol and body composition to identify potential risks and/or to help employees get a head start on treatment.



Preventive Case Management

A program designed to provide assistance and coaching to employees identified as "at risk".

Seminars

TopShape researches and shares their expertise with others through various seminars and locales. Examples of some seminars taught are *Adaptive Fitness for Special Populations* or sport-specific courses such as *Improving Your Golf Game*. Popular seminars include *employee wellness, reflexology, core resistance training, and nutrition*.

Wellness Workshops

Educational programs provide your employees with the information and guidance they need for a healthier personal and work life style.

Facility Management

TopShape follows clearly defined procedures governing the use of the facility and equipment. Time, dates, location, instructors, and program content are based on customer feedback received via program evaluations or customer surveys.

Facility Design & Equipment

Our team of architects, builders and designers can work with your company to provide an onsite fitness centre to fit the specific needs of

your company. We can also provide the manufacturing of customized resistance training equipment as well as the retail sale of high quality cardio machines.

Facility and Service Evaluation

Our skilled and knowledgeable staff will help to make your employees healthier. TopShape also guarantees the provision of programs to individuals of all abilities.

Creative Solutions

There is a need for proper health and fitness guidance in the workplace. Let our knowledgeable and experienced staff work with your staff to create unique health promotions, that are fully inclusive and guaranteed to motivate, such as:

- health and wellness newsletters
- lunch and learn seminars
- health related education materials at work
- group weight management program
- theme related exercise journeys
- wellness screen saver
- health fair



For more information, please contact TopShape via:

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