



CORPORATE WELLNESS PROGRAM



DIRECTOR OF CORPORATE WELLNESS
HOLLY CHILDERS
HOLLYMUVFITNESS@GMAIL.COM
509.761.9522

Join the müvment



CORPORATE WELLNESS BENEFITS FOR YOUR COMPANY

REASONS FOR A CORPORATE WELLNESS PROGRAM

- Rising cost of health care
- High cost of pandemic related expenses
- 1 in 5 adults suffer with mental health challenges
- Sedentary or high-risk work environments
- Most illness can be avoided or prevented!

BENEFITS FROM A WORKSITE WELLNESS PROGRAM

- Improve employee health
- Improve employee morale and production
- Reduced absenteeism and presenteeism
- Improve employee recruiting and retention
- Significant cost savings!

Today, more than 81% of US businesses with 50+ employees offer some form of wellness programming...fitness programs, wellness seminars, health screenings, ergonomic workstations, healthy eating options, habit changing challenges and incentives, etc.

CORPORATE WELLNESS STATISTICS:

From the Office of Disease Prevention and Health Promotion (health.gov)

According to the CDC, productivity losses related to personal and family health problems cost U.S. employers \$1,685 per employee per year, or \$225.8 billion annually

Evidence indicates that instituting workplace health programs can reduce the average sick leave, health insurance plan, workers' compensation, and disability insurance costs by approximately 25%.

Employees with wellness programs show reductions in chronic disease risk factors, leading to an average annual savings in healthcare cost per employee of \$565

According to a CDC study, absenteeism costs employers between \$16 - \$286 annually. The International Foundation of Employee Benefit Plans survey also found that among employers offering and measuring wellness efforts, over 50% saw a decrease in absenteeism, while 66 percent reported increased productivity and 67% said employees are more satisfied.

Average ROI from an employee wellness program is equal to approximately \$2 to \$4 saved per dollar spent on the program



DOWNTOWN
809 W Main Ave
Spokane, WA 99201
(509) 747-2500

EAST SPOKANE
14927 E Sprague Ave
Spokane Valley, WA 99216
(509) 926-1241

NORTH SPOKANE
603 E Holland Ave
Spokane, WA 99218
(509) 467-1500

SOUTH SPOKANE
5501 S Regal St
Spokane, WA 99223
(509) 448-8442

TANASBOURNE
9425 NE Windsor St
Beaverton, OR 97006
(503) 531-8400

SE PORTLAND
10414 SE Washington St
Portland, OR 97216
(503) 719-5731



Physical inactivity is more deadly – and more costly – than smoking. 50% of all Americans are overweight. Employee wellness programs that encourage physical activity can improve the overall health and wellbeing of the workforce and our communities.



MUV Fitness partners with local companies to offer fitness benefits to employees for a healthier workforce and community.

**Facilities and Amenities:
Included with Membership:**

- Weight Room & Cardio
- Group Exercise Classes
- Pool / Hot Tub / Steam Room / Dry Sauna
- Basketball Court / Racquetball Courts
- 2 Sessions with a Personal Trainer to Start Your Program and a Coaching Session 1x per Month

Available for Extra Fee:

- Comprehensive Personal Training Programs
- Kid's Zone
- Tanning / Hydromassage
- MyZone Heart Rate Monitor & Online Community
- MUV it & Lose it Weight Loss Challenges



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CORPORATE WELLNESS PROGRAM BENEFITS



- Access to all Muv Fitness locations.
- Significantly reduced wellness program rates on Muv Fitness memberships.
- 2 sessions with a Personal Trainer when your employee joins, and then 1 coaching session per month for the life of the membership. We want your employees to see results!
- No membership contracts, so your employees can cancel their membership at any time.
- Your company will receive monthly wellness content and program specials to share with your employees.
- Your company will receive customized wellness program flyers and posters.
- Muv Fitness will provide onsite enrollment and wellness events at your company twice per year.



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PROGRAM OPTIONS

PARTNER PROGRAM

- Free to Your Company
- Reduced upfront fees for employees & family add-on's
- Reduced monthly dues for employees & family add-on's

Cost to Company	Employee Start-Up Fees	Employee Monthly Dues	Family Add-On Monthly Dues
Free	Wellness Program Rate \$19 Regular Club Rate \$59 Save \$40	Wellness Program Rate \$29 Regular Club Rate \$39 Save \$10 per month Save \$120 per year	Wellness Program Rate \$24 Regular Club Rate \$29 Save \$5 per month Save \$60 per year

SPONSOR PROGRAM

- Annual sponsor fee based on total number of employees
- No upfront fees for employees & family add-on's
- Lowest monthly dues available at MUV for employee & family add-ons

Cost to Company	Employee Start-Up Fees	Employee Monthly Dues	Family Add-On Monthly Dues
Sponsor (# of employees) 10-50 \$500 51-100 \$800 101-150 \$1100 151-200 \$1400 201-250 \$1700 251-500 \$2000 Over 500 Custom	Wellness Program Rate \$0 Regular Club Rate \$59 Save \$59	Wellness Program Rate \$19 Regular Club Rate \$39 Save \$20 per month Save \$240 per year	Wellness Program Rate \$19 Regular Club Rate \$29 Save \$10 per month Save \$120 per year

EXECUTIVE PROGRAM

- Available with Partner & Sponsor Programs with no additional cost
- Includes:
 - Company billed Paid In Full dues
 - Company payroll deduct
 - Company billed monthly dues
 - Company incentive programs



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