



Outsource and
Streamline your
Workplace Wellness
with Active For Life

CONTACT US

info@activeforlifefitness.com
(216) 702-9225
www.activeforlifefitness.com

ACTIVE FOR LIFE

Corporate Wellness Services



Services

Wellness/fitness facility management

Day to day facility operations

Exercise equipment maintenance

Corporate wellness consulting and program development

Fitness and nutrition services

Employee education

Health coaching

Biometric screenings

Health fairs and wellness event planning

Facility Management

Whether this is a full time facility manager or an Active For Life staff member to oversee the front desk, facility management is an important and often overlooked service in corporate wellness. Active For Life will take the reins and use our expertise to oversee the running of your facility in order for it to operate as smooth as possible.

Exercise Equipment

You have fancy new exercise equipment, now what? There's much more that goes into maintaining your investment. Each piece of exercise equipment requires different frequencies and types of maintenance. Let us track, monitor and do the up keep for you.

Facility Operations

From facility orientation for new users, maintenance and cleanliness of the facility and machines, to folding towels. These are all examples of day to day operations that ensure your facility is functioning at its highest level. Active For Life will ensure all the boxes are checked.

Fitness Services

Let's get physical! Did you know that 80% of all chronic diseases in the USA could be prevented by exercise and diet alone? Our team of exercise practitioners and instructors can provide a variety of group exercise classes or one on one personal training sessions.

Consulting & Program Development

If there's one thing we love it's getting creative and working with a company to advise, or develop, corporate wellness initiatives and events to spark interest and increase participation with employees.

Nutrition Services

"Let food be thy medicine" as Hippocrates once said or the infamous, "You are what you eat" is imperative to remember for your overall health and wellness. Our registered dietitians and nutritionists can work with individuals or in a group setting to ensure your diet is leading to optimized health and towards your wellness goals. Ask about our onsite healthy cooking classes!

Employee Education

Employee education and health promotion is key for engagement, not just in the workplace but after the work day. Our public speaking events and Lunch & Learn presentation is the perfect opportunity to educate your workforce on the importance of health & wellness, and how to apply this information to their every day lives through a variety of topics.

Health Coaching

Let our health coaches help your employees with sustainable behavior change. Our health coaches evaluate clients' lifestyles, addresses and deals with health concerns, and assists clients in making healthy lifestyle changes to promote improvement in their health and wellness.

Biometric Screening

Stay on top of your health with proper screening and data baselines. Prevention is key and biometric screenings allow you to gather those metrics to stay on top of your overall health and wellness.

*BMI, fat and lean body mass, or blood pressure measurements are available from our exercise practitioners if you prefer more regularly occurring screenings.

Health Fairs & Events

Let us plan and work with you to coordinate a successful health fair or corporate wellness event. Health Fairs with other partners or quarterly corporate wellness events provide valuable information to employees and promote healthy lifestyle changes. Health fairs also allow companies to cover a range of topics in just one event.

Mental Health

Mind and body are incredibly interconnected and that is something that we promote regularly at Active For Life. We believe that exercising and taking care of our mental health is equally as important as our physical health. Guided meditations or stress management events are examples of ways we promote self care for our mental health at Active For Life.