

CITY OF WAYNE PARKS & RECREATION CORPORATE HEALTH PROMOTION (ON-SITE)

Nathan Adams
Director Parks & Recreation

Why invest in corporate health promotion? Corporate health promotion can bring a positive return on investment (up to 3:1 benefit-cost ratio). As a recent Harvard study shows, for every dollar you invest in wellness programs, medical costs fell by \$3.27 and absenteeism costs fell by \$2.73. In fact, more than 70 percent of health care costs are directly attributable to our lifestyle - that is, they are most likely preventable. Bronchitis due to smoking, stomach disorders due to uncontrolled stress, and cardiovascular/ musculoskeletal problems that could be improved by engaging in an exercise program are examples of conditions that can improve through positive lifestyle changes.

The classes and educational workshops below give examples of the different levels of programming that the City of Wayne Parks & Recreation Health & Wellness department can provide. Classes and/or workshops are great for a company at lunch or after work. Programs are not limited to the list below. Any health and wellness program not listed may be recommended to perform. All classes and workshops may be proposed to meet the corporation's needs in healthcare savings, reduced absenteeism, improved morale and productivity.

Fitness Classes

Rate = \$79.00 (maximum of 1 hour)

- ✓ Core Training
- ✓ Boot Camp
- ✓ Circuit Training
- ✓ Interval Training
- ✓ Stability Ball Training
- ✓ Medicine Ball Training
- ✓ Resistance Training Classes utilizing body weight, free weights, resistance tubes, etc.
- ✓ Aerobic-Only Training
- ✓ Walking and/or Running Classes
- ✓ Group Cycling
- ✓ Group Rowing

Educational Workshops (Lecture)

Rate = \$60.00 (maximum of 1 hour)

- ✓ Bone Density
- ✓ Energizing for Life
- ✓ Wellness in Mechanized World
- ✓ Where have our sleeping & eating habits gone?
- ✓ Components of Total Wellness: Mental-Emotional, Intellectual, Social, Spiritual, and Physical
- ✓ Corporate Wellness
- ✓ Introduction to Fitness
- ✓ Arthritis
- ✓ Diabetes
- ✓ Fast Food and Facts
- ✓ Revving up the Metabolism
- ✓ EMS (Eat, Move, and Sleep) or end up at the EMS
- ✓ Aquatic Training
- ✓ Importance of Stretching
- ✓ Recreational/Sport Workshop (e.g., golf)

