



Did you know....

- 96% of Atlantic Canadian Organizations offer workplace wellness programs (as polled by Buffett & Company Worksite Wellness Inc.)
- Workplace wellness programs provide a return on investment between \$1.00 - \$3.00 for every \$1.00 invested.
- The younger generation is looking for employers who give them options to fit physical activity into their workday.

Corporate Discounts

Adult Canadians spend a lot of time at work, making work a good place to promote health enhancing physical activity. Many adults feel they have little time for leisure activity during the work week. Employers who find ways to help employees be active during their work week, contribute to both health and job satisfaction.

Abs-O-lute Health Club helps organizations create workplace wellness programs by providing the following discounts to personnel. Simply assign a member of your company/organization to be responsible for collecting a list of people wishing to participate in this offer and contact Abs-O-lute Health Club. Souses of employees can use the same discount once the minimum number of memberships has been reached.

Payroll deduction and monetary incentive toward a fitness membership as a bonus.

<u>No. of Employees</u>	<u>Discount</u>
10-20	10%
21-40	15%
41-70	20%
70+	25%

Exercise Enhances

- Energy Levels
- Morale
- Job Satisfaction
- Ability to Cope with Stress
- Health and Well-Being
- Productivity and Effectiveness at Work

Active Employees Have Reduced

- Absenteeism
- Injuries
- Turnover
- Disability Compensation
- Health-Care Costs
- Life Insurance Costs



Contact: **Abs-O-lute Health Club**
 8934 Commercial Street
 New Minas, NS B4N 3C9
 Phone: (902)365-3210
 Fax: (902)365-3212
 Email: abshealthclub@eastlink.ca
 Website: www.absolutehealthclub.com



*****WHAT IS GOOD FOR EMPLOYEES IS GOOD FOR EMPLOYERS*****