

Corp Wellness

Corrective

Body Solutions offers a variety of therapeutic modalities to help promote the health and energy levels of your employees.

Overtime, sitting all day at work with improper posture will lead to neck, shoulder, wrist and/or low back pain.

These pains and injuries cause unwanted distractions, time away from work, and costly medical bills.

With

Corrective Body Solutions, you can help your employees avoid or address these common misalignments with corrective exercises and chair massage, in- or interdependently.

Promotional offerings

#1 Complimentary Chair massage

Each of your employees will receive a free 10 min chair massage. Massage is a proven method of reducing stress in the workplace, boosting employee morale, as well as reducing costly insurance fees for employees. Also, there is no disrobing or use of messy oils during chair massage.

#2 Corrective exercises

A 20 min talk on corrective exercise will address 4 movements that will address the most common complaints from sitting long hours at the office. When these exercises are performed routinely

throughout each workweek, tensions will be released, relaxation will result, and most importantly, long term pain patterns will be eradicated.

Corporate
wellness programs

#1 Chair massage

Massage is a proven method of reducing stress in the workplace, boosting employee morale, as well as reducing costly insurance fees for employees. We have the ability to work any number of employees, 1 to 4 times a month. We will not interfere with the day-to-day affairs of your office as only a small space is needed to set up the massage chair. Also, there is no disrobing or use of messy oils during chair massage.

The charge for chair massage is \$1/ minute, and appointments are available in 10-, 15-, 20- or 30-minute increments.

#2 Corrective exercise program

Bryan will teach your employees a series of fourteen exercises to address bodily misalignment and prevent low back, upper back, neck, shoulders, and wrist pain. The client will benefit from an initial investment in a fitness ball and fitness band, approximately a \$65 expenditure. Only 6 square feet of space is needed. Appointments are available in one hour, 40- or 20-minute increments, individually or in a group.

One-on-one
training: \$50/hour

Small
group training (2-3 people): \$40/hour/person.

Benefits:

For Employees:

-Decrease Aches and Pain - Reduce Stress - Improve Thinking - Lower Blood Pressure

-Improve
Immune Function - Decrease Chance of Injury

For Your Business:

-Increase Productivity - Decrease Absenteeism - Lessen Stress and Ergonomics
Related Injuries

-Elevate Morale - Motivate Employees - Decrease expensive insurance costs