

# WORKPLACE WELLNESS



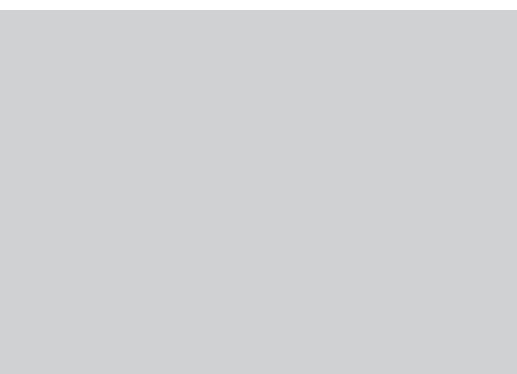
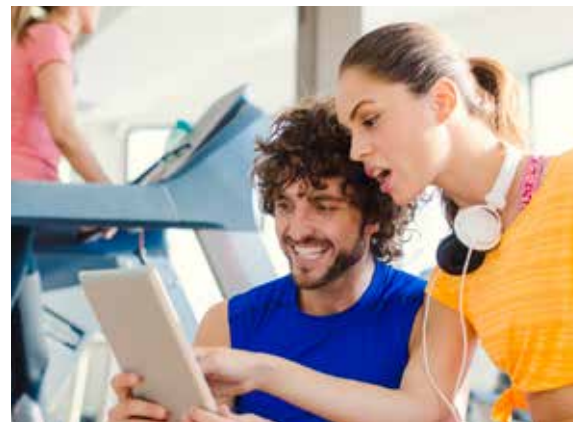
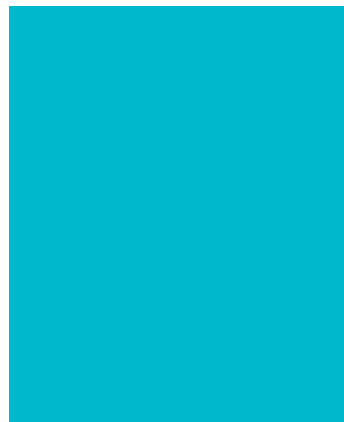


**FORGE ONLINE FITNESS & NUTRITION COACHING** PROVIDES  
EXCITING, PERSONALIZED AND PROFESSIONAL WORKPLACE  
WELLNESS SOLUTIONS. OUR CERTIFIED PERSONAL TRAINERS  
DESIGN COMPREHENSIVE FITNESS AND NUTRITION PROGRAMS  
TO BE SAFE, EFFECTIVE AND FUN BY LEVERAGING MOBILE  
TECHNOLOGY. WE ACCOMMODATE THE VARIOUS NEEDS AND  
ABILITIES OF OUR CORPORATE CLIENTS BY PROVIDING A VARIETY  
OF FITNESS AND NUTRITION PLANNING OPTIONS THAT ENHANCE  
THE BODY AND MIND OF THE WORKFORCE.





# FORGE FITNESS



Michael S. Parker, Ice Climbing, AK



## HOW IT WORKS

Forge corporate fitness programs are delivered via a mobile app that directly connects participants to their certified personal trainer and program. All workouts and coaching sessions are accessed online so your employees can workout whenever and wherever it is convenient to maximize participation.

## ABOUT

Founded in 2016, Forge Online Fitness & Nutrition Coaching is a premier provider of wellness program development, fitness training services, nutrition planning and education. We make working with a professional personal trainer simple and build fitness & nutrition plans based on individual needs and environment. Our clients are able to access their custom workouts in the gym, at home or on the road right from a mobile device.





A photograph of a man, Michael S. Parker, standing in a vast, green mountain landscape. He is wearing a blue jacket and looking towards the left. In the background, there are large, rugged mountains under a cloudy sky. The name "MICHAEL S. PARKER" is overlaid in large, white, bold capital letters across the middle of the image.

# MICHAEL S. PARKER

## FOUNDER

For nearly two decades, Michael S. Parker has worked as a fitness professional and executive level manager. He has earned multiple credentials from the National Academy of Sports Medicine, National Exercise & Sports Trainers Association, Functional Movement Systems and the Spencer School of Business. He is a certified Small Business and Fitness Nutrition Coach and holds a business degree from University of Phoenix.

Michael is also a former instructor and consultant to the Advanced Personal Training and Exercise Science program offered by Bryan University. Further, he is an advisor, author and consultant to multiple fitness companies and publications in the United States. Michael is most recently CEO and partner of Elite Athletics Training in Roseville, CA and has now focused his attention to his role as founder and head coach at Forge Online Fitness & Nutrition Coaching.



**WITHIN SIX YEARS, LOST WORK DAYS DECLINED BY 80% AND MODIFIED-DUTY DAYS BY 64%. COST SAVINGS, CALCULATED BY MULTIPLYING THE REDUCTION IN LOST WORK DAYS BY AVERAGE PAY RATES, TOTALED \$1.5 MILLION; WORKERS' COMP INSURANCE PREMIUMS DECLINED BY 50%.**

**—HARVARD BUSINESS REVIEW**





# BENEFITS OF A WORKPLACE WELLNESS PROGRAM

Lower workers compensation and insurance costs

Greater productivity

Higher morale

Enhanced corporate image

Improved employee recruitment and retention

Reduce workplace injuries

## CONSEQUENCES FOR POOR HEALTH AND LIFESTYLE

Acquired Diabetes

Obesity

Sinusitis

Heart disease

Asthma

Depression

Hypertension

Arthritis

Back, neck and extremity pain

All of the above consequences contribute to increased health care costs, workers compensation expense, lack of motivation and loss revenue due to sick days along with lower employee morale and productivity.

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**TO KEEP THE BODY IN GOOD HEALTH IS A DUTY, OTHERWISE WE  
SHALL NOT BE ABLE TO KEEP OUR MIND STRONG AND CLEAR.**

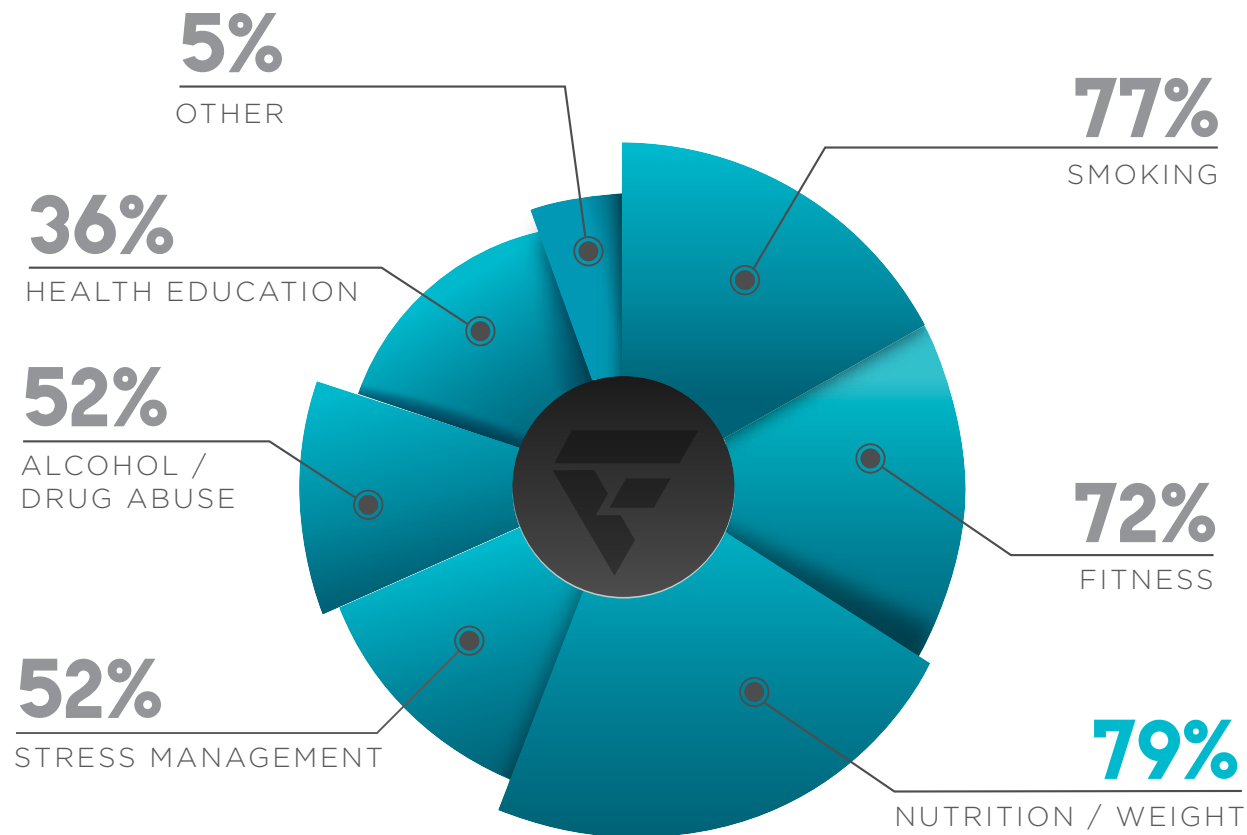
— BUDDHA

# LIFESTYLE MANAGEMENT

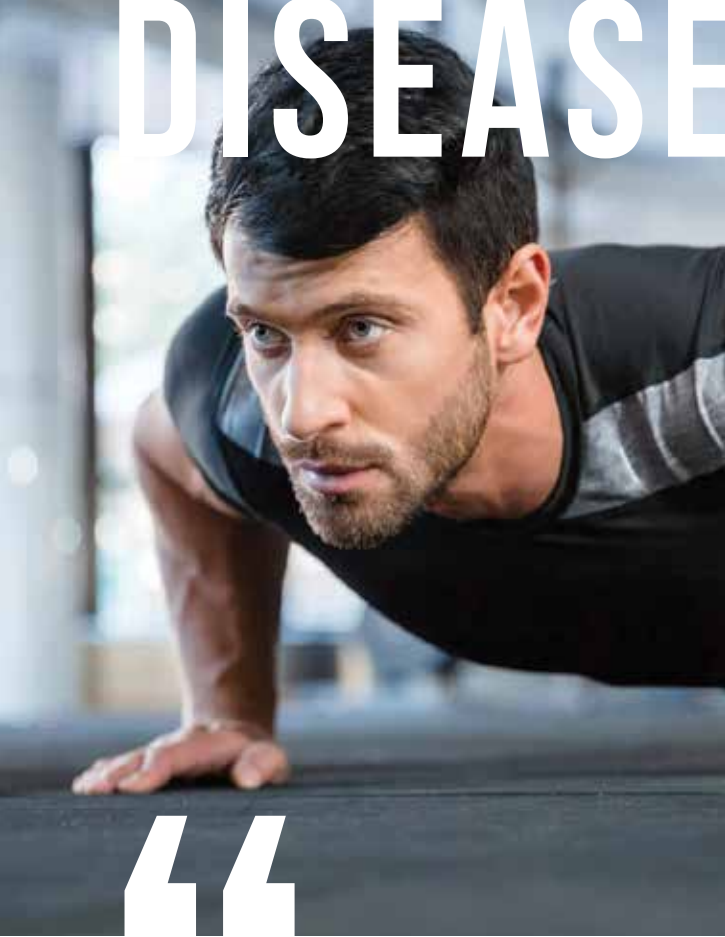


# 79 PERCENT OF COMPANIES PARTICIPATING IN WORK PLACE WELLNESS PROGRAMMING PROVIDE NUTRITION AND WEIGHT MANAGEMENT SOLUTIONS.

SOURCE: Data based on the 2012 RAND Employer Survey polling 2,500 employers with at least 50 employees that offer any lifestyle management intervention as a component of a wellness program.



# DISEASE MANAGEMENT

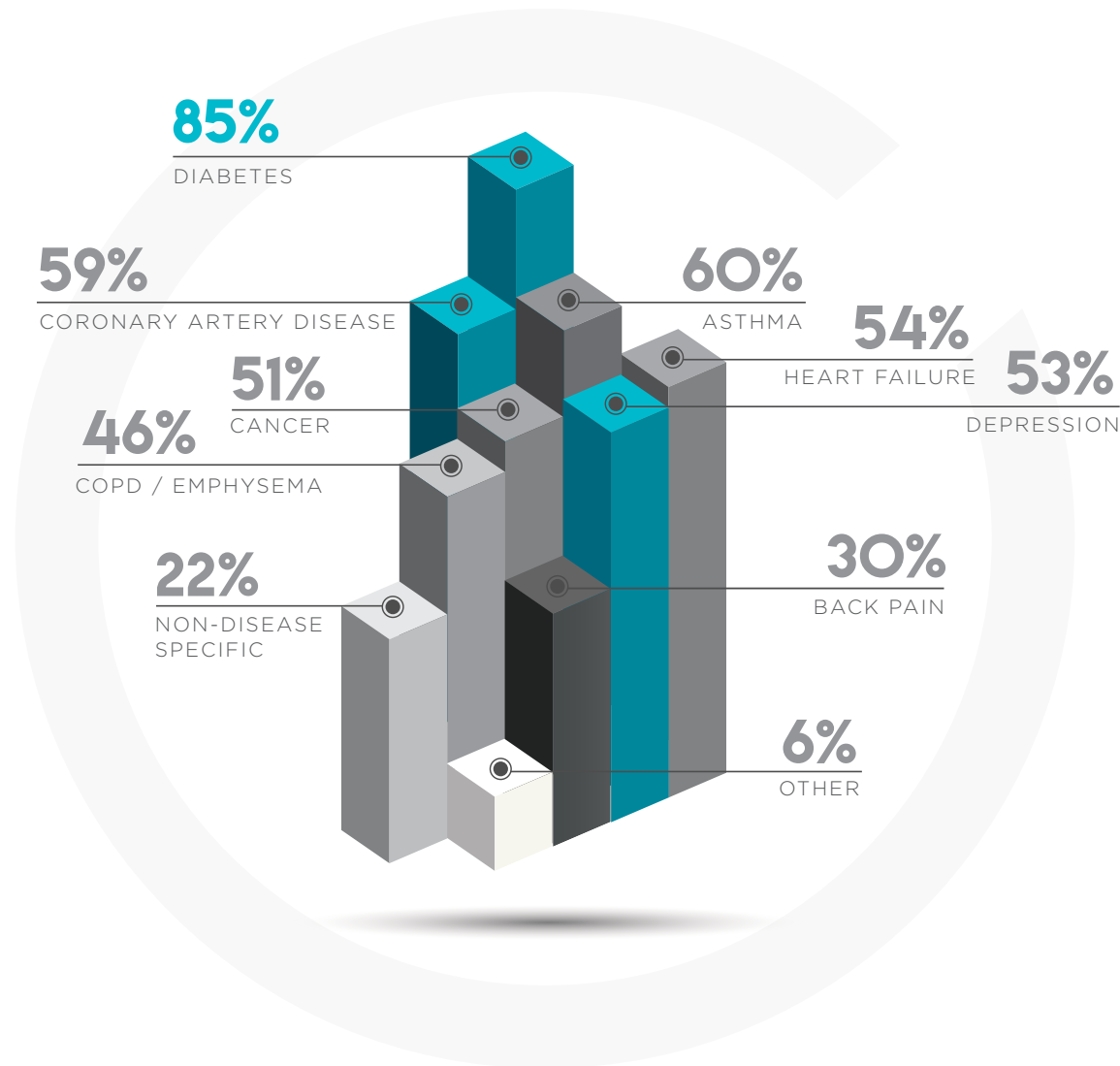


**THE PRESERVATION OF HEALTH IS EASIER THAN THE  
CURE FOR DISEASE.**

— B. J. PALMER



The graph represents information from employers with at least 50 employees that offer any disease management intervention as a component of a wellness program. 51 percent of employers offer a wellness program, and 56 percent of those offer a disease management intervention. COPD = chronic obstructive pulmonary disease.



SOURCE: Data based on the 2012 RAND Employer Survey.

**TYPE 2 DIABETES REGRESSION PROGRAMS, WHICH FOCUS ON FITNESS AND NUTRITION, ACCOUNT FOR OVER 85 PERCENT OF SUBSIDIZED WELLNESS PROGRAMMING.**

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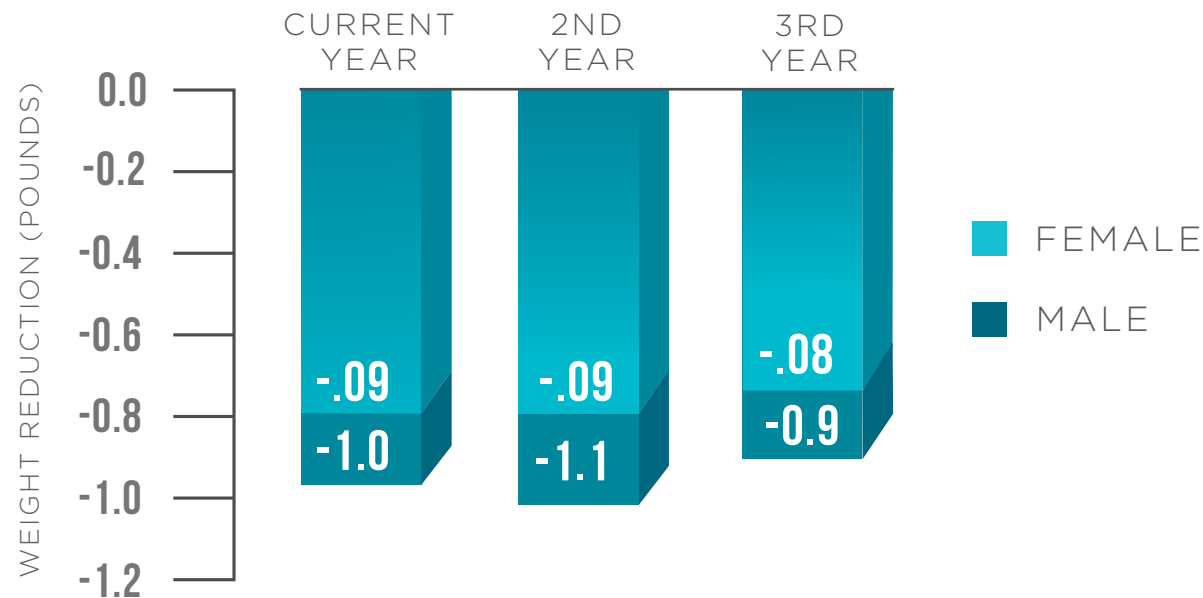
**INDIVIDUAL COMMITMENT TO A GROUP EFFORT -  
THAT IS WHAT MAKES A TEAM WORK, A COMPANY  
WORK, A SOCIETY WORK, A CIVILIZATION WORK.**

— VINCE LOMBARDI





The graph below illustrates the effects of program participation were translated to body weight reductions based on an average adult in the United States. According to the Centers for Disease Control (CDC, 2012a), the average adult female is 63.8 inches tall and weighs 164.7 pounds; the corresponding numbers for an adult male are 69.4 inches and 194.7 pounds. \*p < 0.05; \*\*p < 0.01.



SOURCE: RAND analysis of health plan claims and screening and wellness program data in the CCA database, including 2005–2010 data from four employers and 3,924 propensity score matched pairs.

**COMPANIES THAT UNDERSTAND AND COMMIT TO LONG-TERM INVESTMENT  
OF WORKPLACE WELLNESS OFTEN SEE RESULTS WITHIN THE FIRST YEAR.**



“

**I BELIEVE FITNESS IS MORE ABOUT TOTAL WELL-BEING AND LESS ABOUT AESTHETICS. BALANCE, STRENGTH AND ENDURANCE ARE WHAT FORTIFY OUR HEALTH AND GIVE US THE POWER TO MEET LIFE'S ADVENTURES HEAD ON. A FIGURE TO BE PROUD OF IS SIMPLY A LOVELY BYPRODUCT OF FITNESS TRAINING.**

**— MICHAEL S. PARKER**

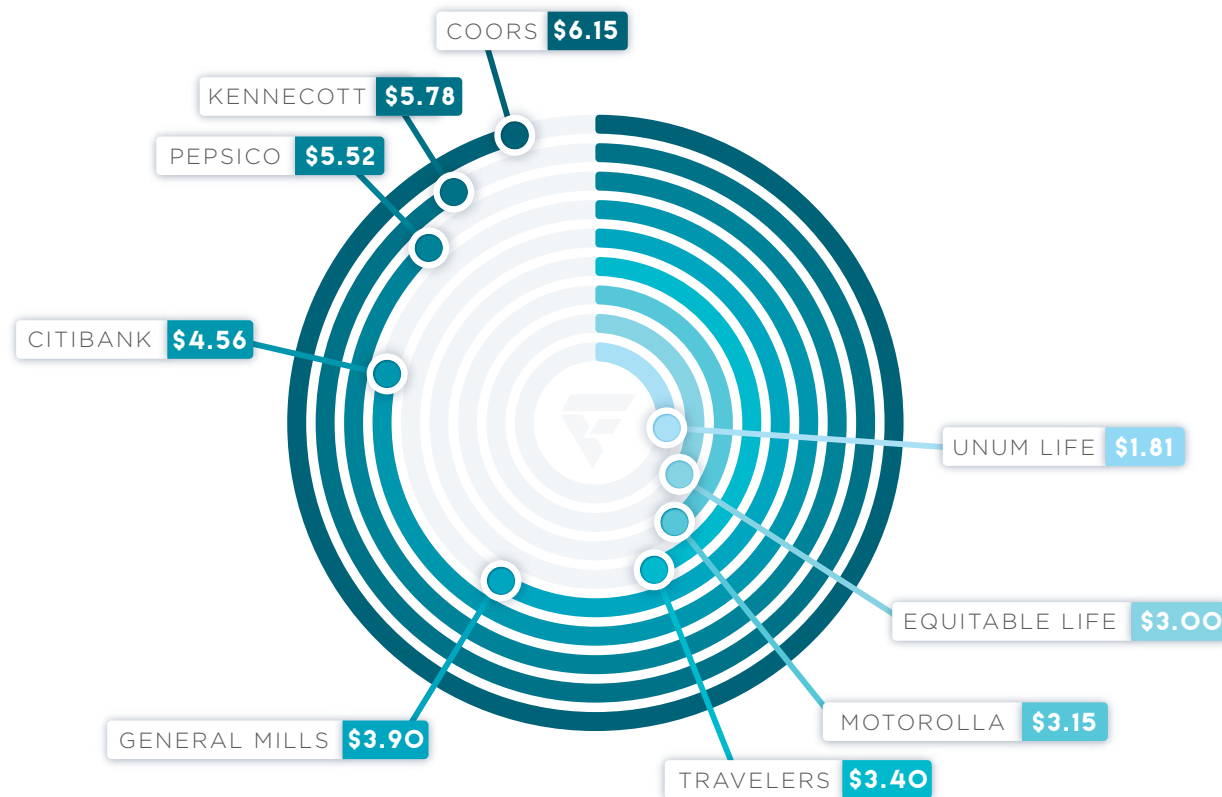


# RETURN ON INVESTMENT

Companies with incentivized wellness programs have a much lower volunteer turnover rate than those without. When departing employees are asked what benefit they will miss the most the overwhelming answer is the wellness program. A corporate wellness program is no longer seen as a “nice extra” but as a “strategic imperative”.

Wellness programs work from the top down. The culture of health & wellness is built from management. When employees see company leadership invest in their own health & wellness or openly endorse a wellness program, they are much more likely to buy in.

The graph below provides a summary of return on investment for several major organizations involved in a workplace wellness.

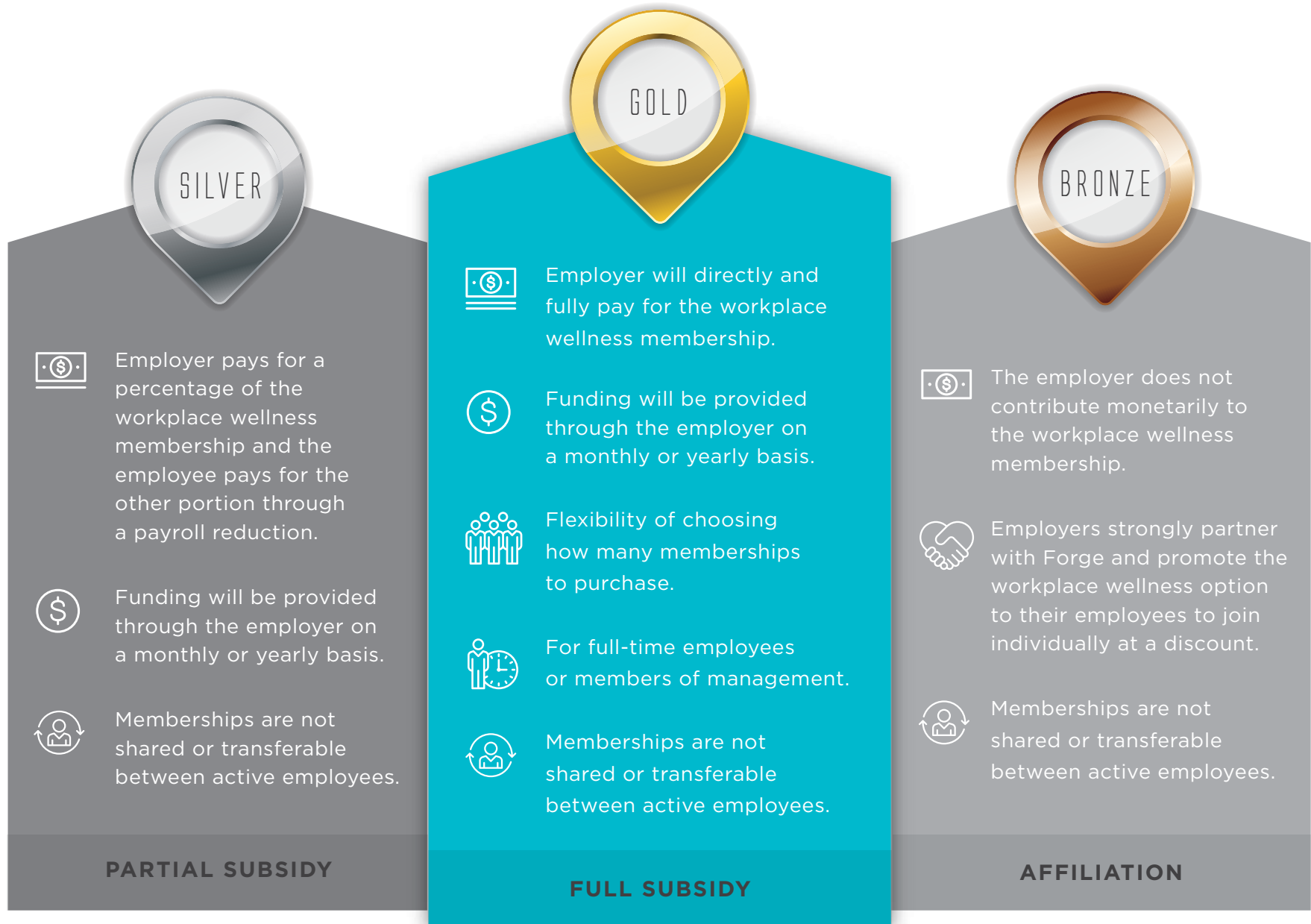


(per dollar ROI for lifestyle programs)





# #1 CHOOSE YOUR CONTRIBUTION LEVEL



# #2 CHOOSE YOUR PROGRAM

## EACH EMPLOYEE RECEIVES:

1

### 30-DAY FITNESS CHALLENGE

- Beginner, intermediate and advanced workout plans.
- Employees may choose to workout at home using bodyweight techniques or in a gym with standard fitness equipment.
- All employees will be granted **access to the Forge mobile app** to check-in for daily workouts, track stats and message their fitness coach.
- Employees gain access to an in-app private community for their challenge where participants can share stories, ask questions and provide support for each other.
- Nutrition or fitness webinars with live Q&A are also available.

2

### 6-WEEK FITNESS CHALLENGE

*Everything included in the 30-day fitness challenge plus:*

- Each employee would receive an initial **video call coaching session** with their personal trainer to address individual needs and maximize the challenge.

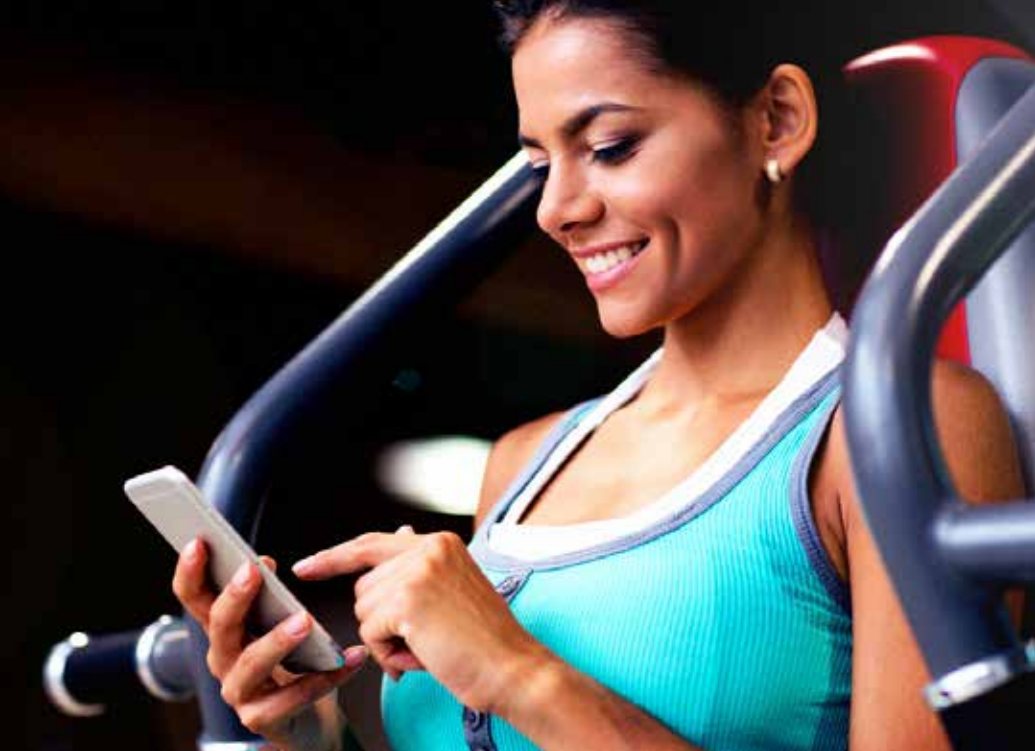
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### 90-DAY FITNESS CHALLENGE

*Everything included in the 30-day fitness challenge plus:*

- Each employee would receive an initial video call coaching session with their personal trainer to address individual needs and make **custom modifications** based on the needs of the individual.
- One additional private video chat coaching session with your personal trainer each month for strong accountability and guidance. (**Three total** coaching sessions, includes initial consultation).





**30-DAY  
FITNESS CHALLENGE**

COST PER PARTICIPANT

AS LOW AS  
**\$16\***



**6-WEEK  
FITNESS CHALLENGE**

COST PER PARTICIPANT

AS LOW AS  
**\$66\***



**90-DAY  
FITNESS CHALLENGE**

COST PER PARTICIPANT

AS LOW AS  
**\$166\***

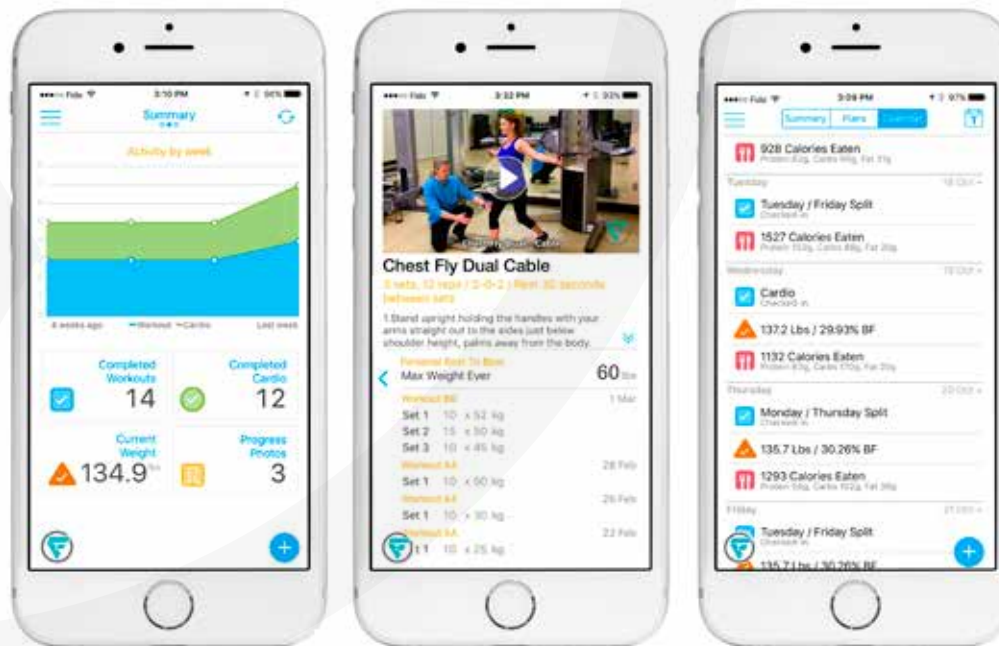
\*Actual cost of program varies upon total number of employee participation. Gold, Silver and Bronze level choices will dictate employee versus employer actual cost. **Please contact us for your custom quote.**



# FORGE

FITNESS & NUTRITION COACHING

## YOUR WELLNESS PARTNER







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**LIFE EXPECTANCY WOULD GROW BY LEAPS AND  
BOUNDS IF GREEN VEGETABLES SMELLED AS  
GOOD AS BACON.**

— DOUG LARSON

**#3 CONTACT US**

**MICHAEL PARKER  
INFO@FORGEPT.COM  
FORGEPT.COM**

