

WORKPLACE WELLNESS

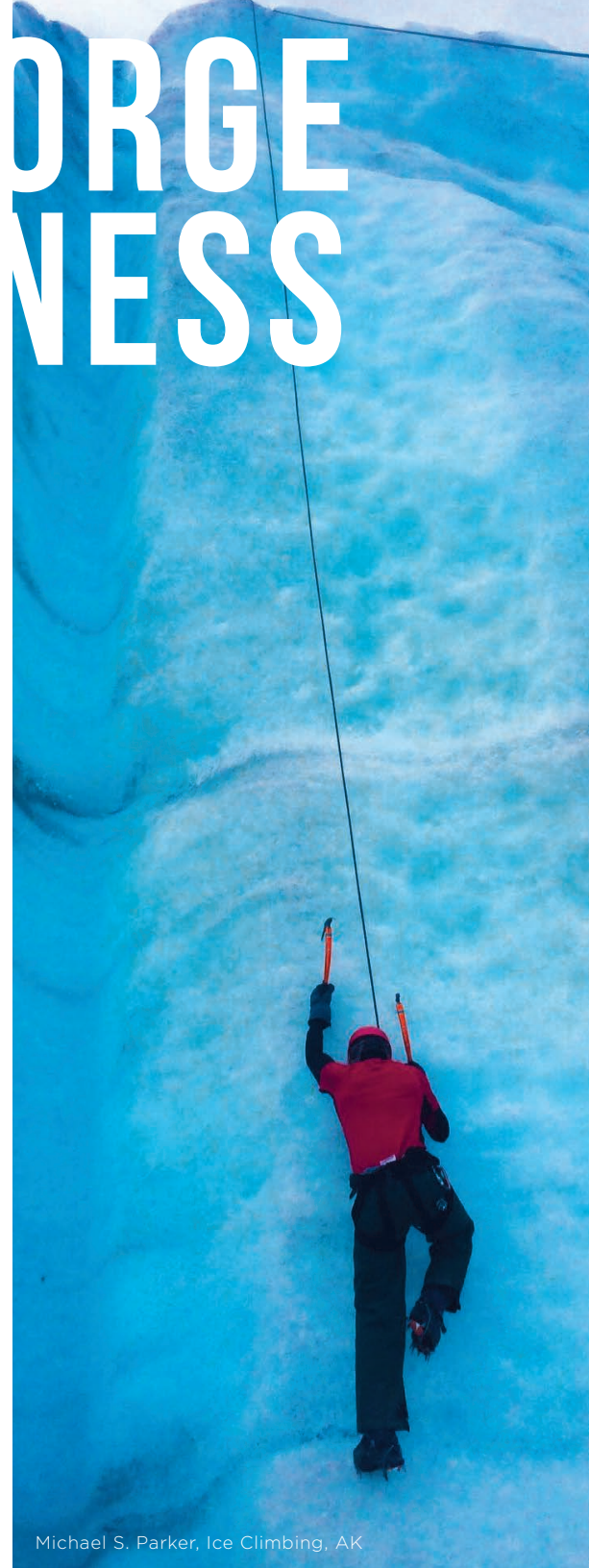
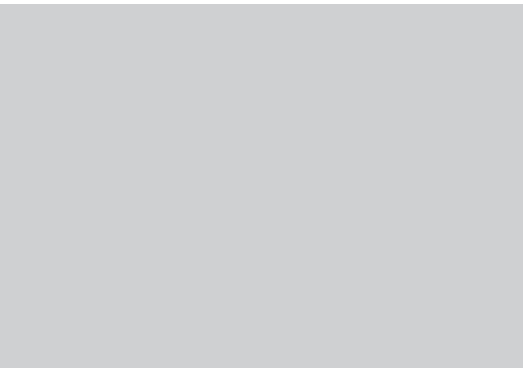
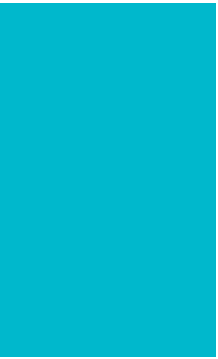
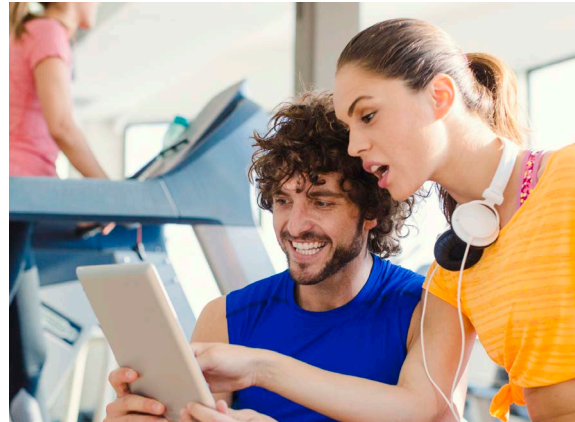
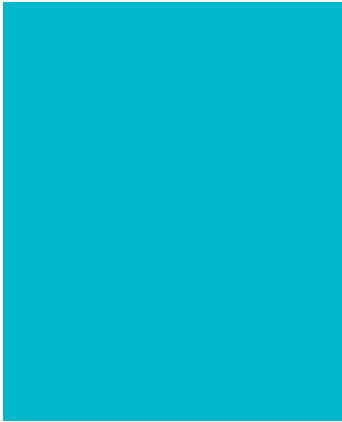


FORGE[®]
FITNESS & NUTRITION COACHING

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



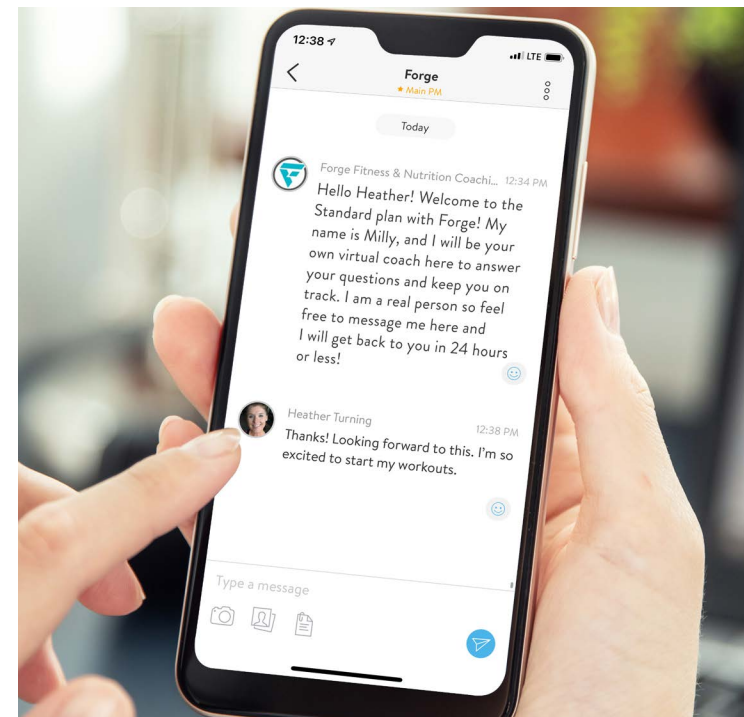
ABOUT

Founded in 2017, Forge Fitness & Nutrition Coaching is a premier provider of wellness program development, fitness training services, nutrition planning and education. We build custom fitness & nutrition plans based on individual needs and environment.



GET SUPPORT. GET RESULTS.

Forge provides highly custom online personal training and fitness nutrition coaching. We make working with a professional personal trainer fun and build workouts and meal plans based on your individual needs. Access your custom workouts in the gym, at home, or on the road right from your mobile device.



A photograph of Michael S. Parker, a man with curly hair wearing a blue jacket, standing in a vast, green mountain landscape under a cloudy sky. The name "MICHAEL S. PARKER" is overlaid in large white letters across the middle of the image.

MICHAEL S. PARKER

FOUNDER

For over 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, and the Spencer Institute. He is a Certified Master Personal Trainer, Lifestyle & Weight Management Coach, and Functional Movement Specialist.

He also holds a business degree from the University of Phoenix. Michael is a former college 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.

From 2019 through 2024, Michael has been ranked as one of the top online personal trainers and habit coaches in the world by Consumers Advocate and has been featured on multiple fitness blogs, podcasts, and other media. He is an avid outdoors person and spends much of his time backpacking, mountaineering, snowboarding, motorcycling, and traveling. Michael is the Founder and CEO of Forge Fitness and Nutrition Coaching. Forge provides highly custom online fitness and nutrition coaching services designed to accommodate all fitness levels. Forge works with individuals and corporations to improve habit-based wellness strategies in over 60 countries around the world and counting.

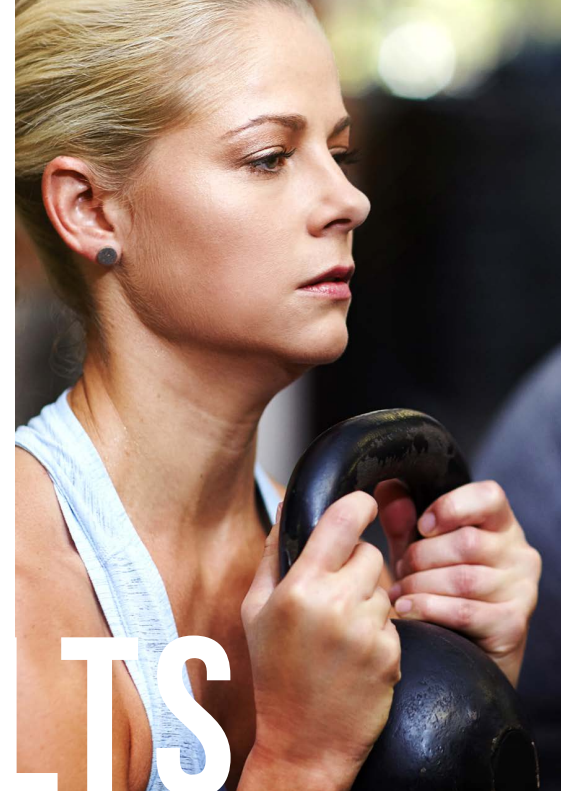
SEEN ON



● USA TODAY



● CBS



44 RESULTS

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
- Heart disease
- Hypertension
- Obesity
- Asthma
- Arthritis
- Sinusitis
- Depression
- 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.

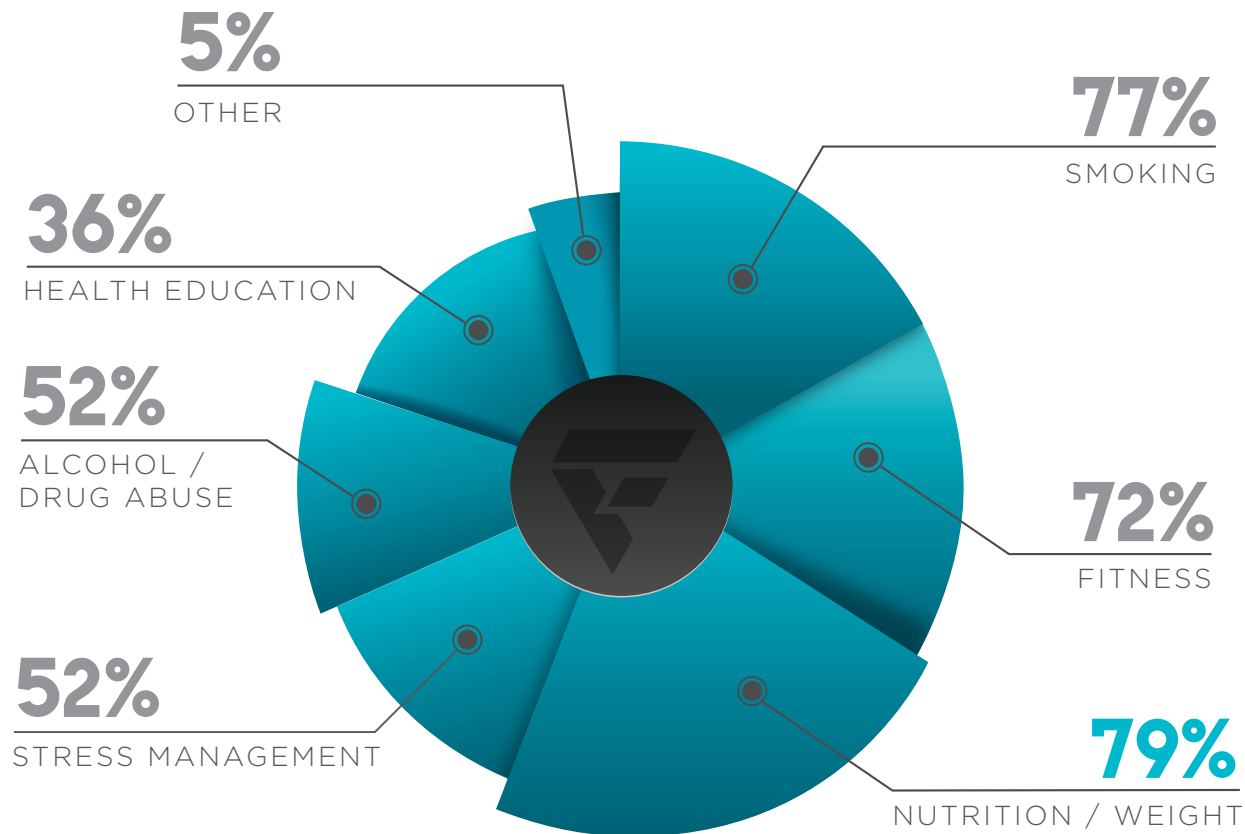
— BUDDHA

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

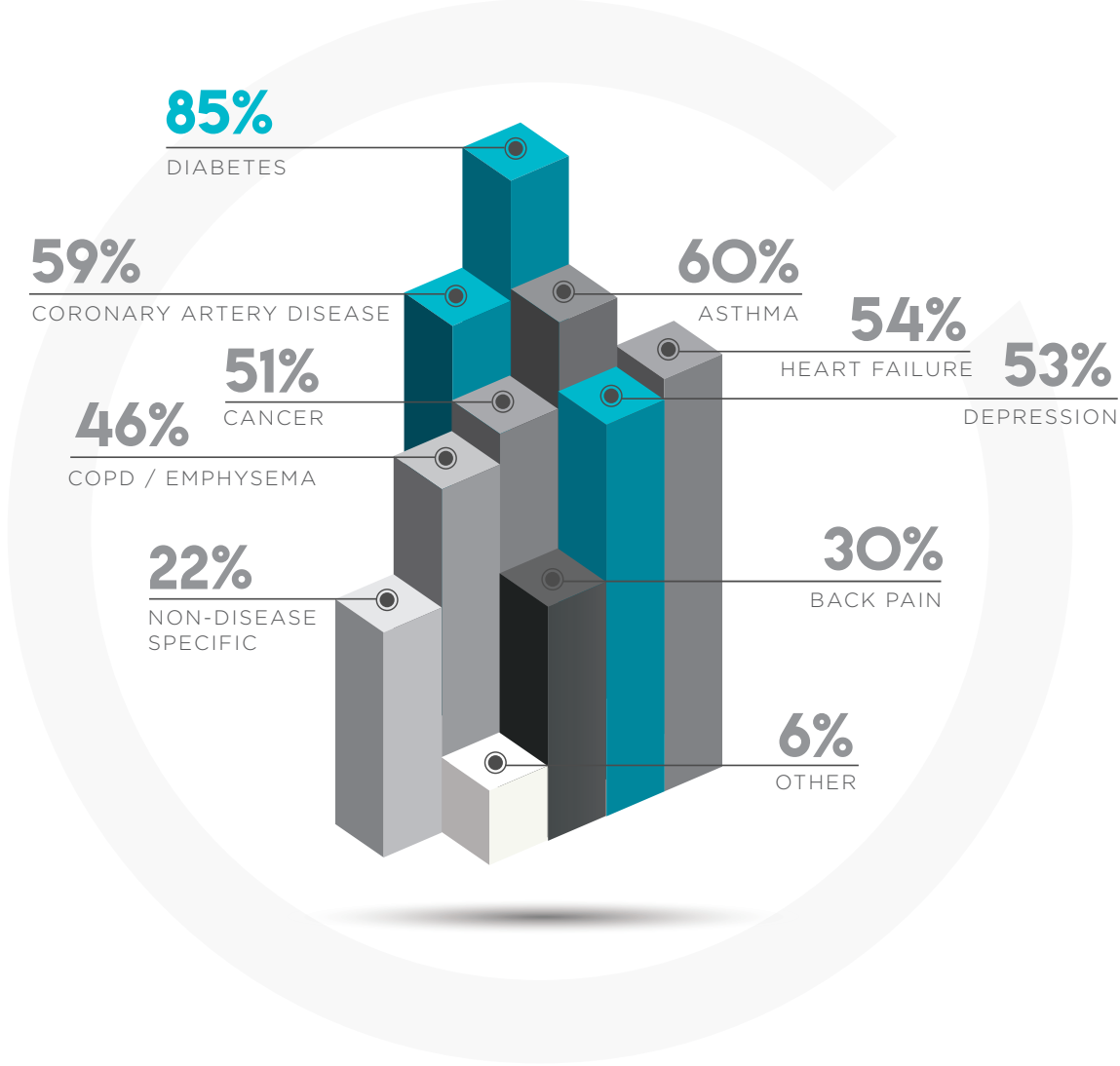


**THE PRESERVATION OF HEALTH IS EASIER THAN THE
CURE FOR DISEASE.**

— 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.

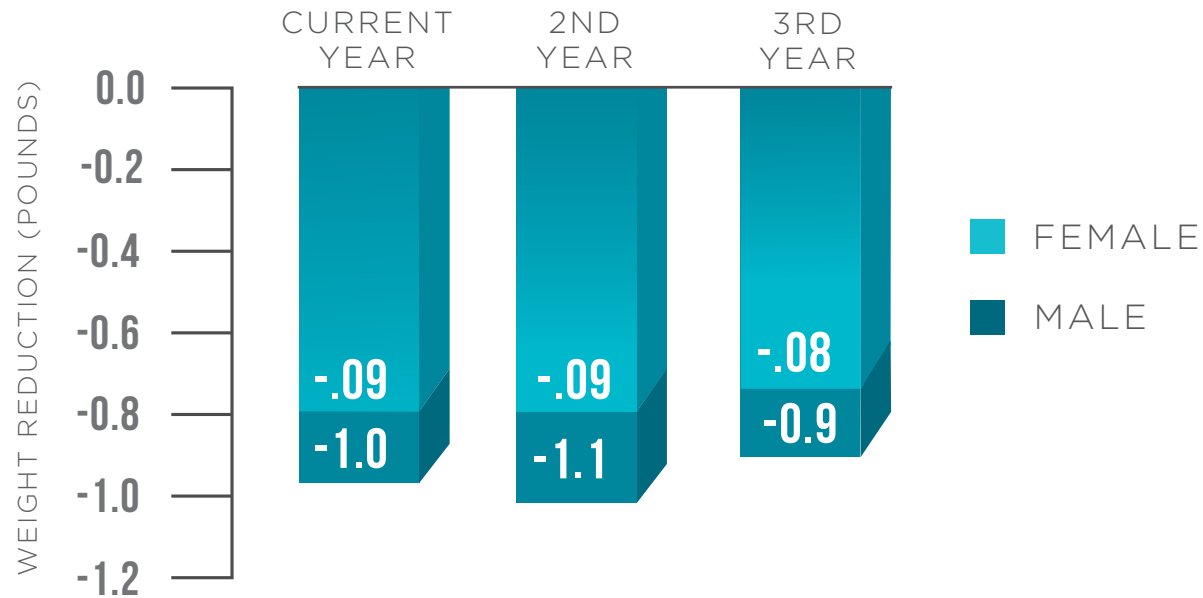
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**INDIVIDUAL COMMITMENT TO A GROUP EFFORT -
THAT IS WHAT MAKES A TEAM WORK, A COMPANY
WORK, A SOCIETY WORK, A CIVILIZATION WORK.**

— VINCE LOMBARDI

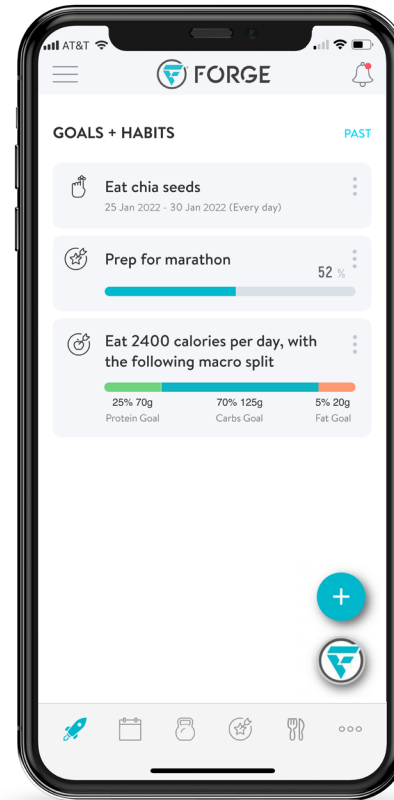
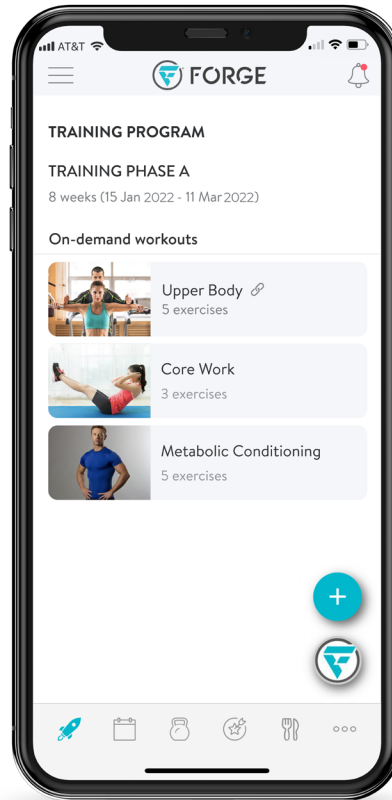
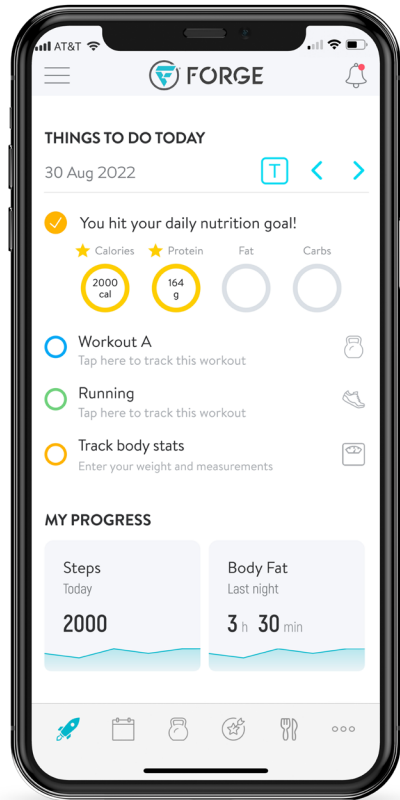


The graph below illustrates the effects of program participation were translated to body weight reductions based on an average adult in the United States. According to the Centers for Disease Control (CDC, 2012a), the average adult female is 63.8 inches tall and weighs 164.7 pounds; the corresponding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



“

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

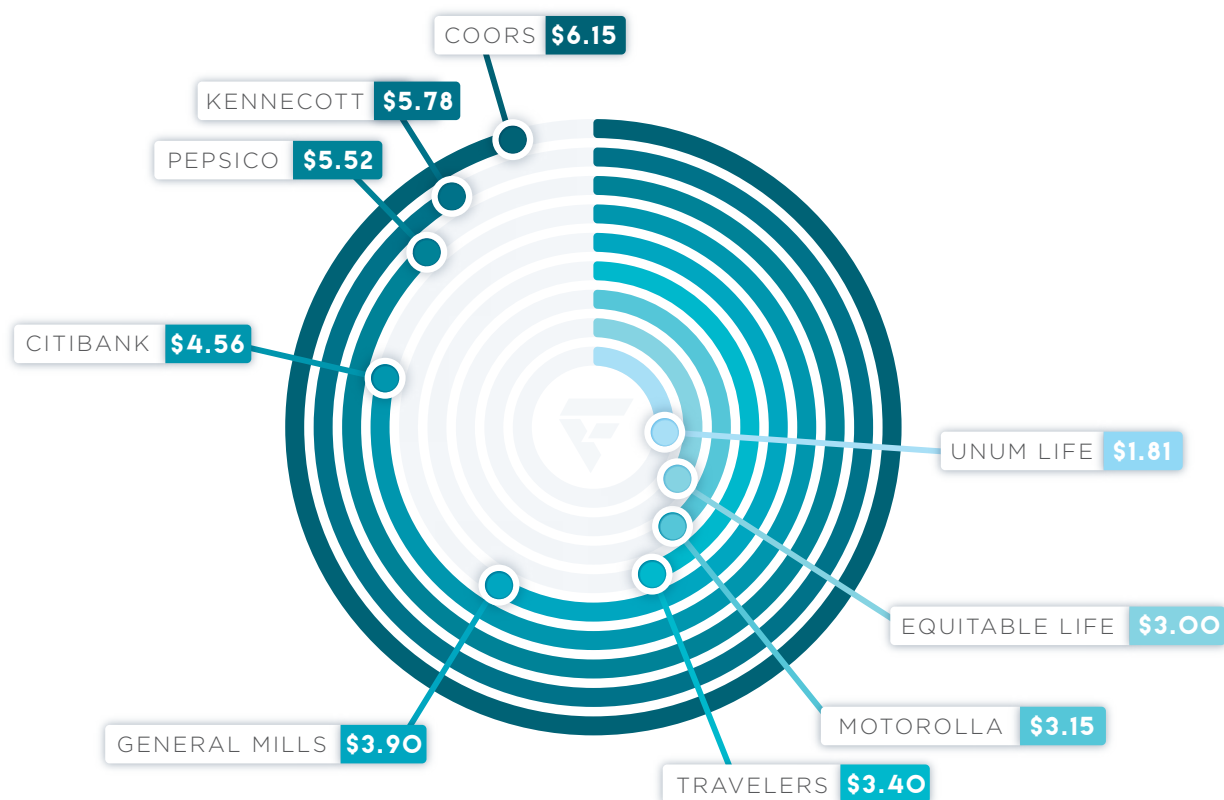
— DOUG LARSON

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)



LET'S GET STARTED



GETTING STARTED IS EASY!

1. Pick your contribution level of either a **full subsidy** or **affiliation**.
2. **Review** overall cost per number of employees that sign up.
3. **Contact us** at info@forgept.com and we'll make sure you have a smooth onboarding process.

#1 CHOOSE YOUR CONTRIBUTION LEVEL

1



Employer will directly and fully pay for the workplace wellness membership.



Funding will be provided through the employer on a monthly or yearly basis.



Flexibility of choosing how many memberships to purchase.



For full-time employees or members of management.



Memberships are not shared or transferable between active employees.

FULL SUBSIDY

2



The employer does not contribute monetarily to the workplace wellness membership.



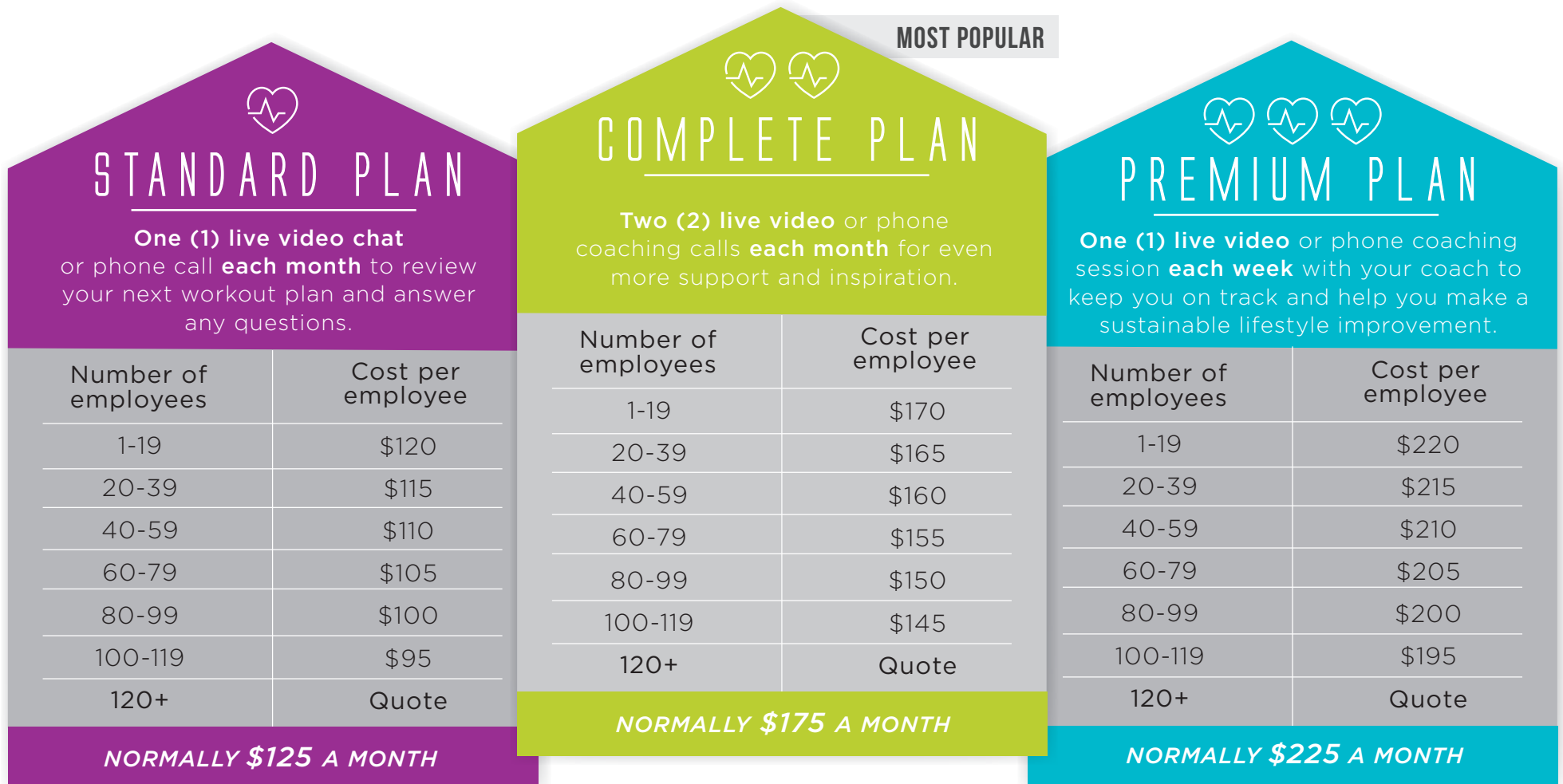
Employers strongly partner with Forge and promote the workplace wellness option to their employees to join individually at a discount.



Memberships are not shared or transferable between active employees.

AFFILIATION

#2 PRICING STRUCTURE



ALL PLANS INCLUDE:

- Employees may choose to work with a coach on the Standard, Complete or Premium plan using the employee discount provided by your organization.
- All participating employees will be granted access to the Forge mobile app to check-in for daily workouts, meal plans, track stats, and message their personal coach.
- Employees may gain access to an in-app private community for your corporation where participants can share stories, ask questions and provide support for each other.

#3 CONTACT YOUR FUTURE WELLNESS PARTNER



MICHAEL S. PARKER / INFO@FORGEPT.COM / FORGEPT.COM



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

