



**CORPORATE  
TRAINING  
SPECIALISTS**

**WWW.XBC.CLUB**



# Corporate Health and Wellness Program

## HOW HEALTHY IS YOUR COMPANY?

When many leaders think about the health of their organizations, they think about profit, market share, revenue and their funnel. All important factors, but not without a healthy workforce. If you're an employer, you should be considering the health of your team as one of your key business drivers. A healthy team helps you work smart and efficiently. They are more engaged, take less sick days, think clearer and come to work well-rested and ready to go. A healthy team is a productive team.

Beyond the benefits having a healthy team has on your business, it also provides you with an opportunity to make a difference to the lives of your most important assets, your people.

Yes, there are costs associated with building a healthy team, but there are savings too – reducing sick days and benefit claims have a direct and positive impact on your bottom line. When you add to that the hidden costs of having employees who aren't feeling their best, who have lower morale or just aren't as productive as they might be, it's easy to see why investing in your team's health and fitness will pay dividends. In some cases you may discover that your benefits provider already covers these under your plan. It's worth looking into.



## **HOW WE CAN HELP...**

Xtreme Bootcamp Inc. has been around since 2010. We have a track record of motivating and helping people reach their health and fitness goals. We watch our members gain confidence and energy as they get healthier, and we know that's exactly what good companies want for their employees too.

Group fitness has a side benefit of building relationships. For the corporate world, that means an opportunity for team building outside the standard day-to-day work life. It can help you create an environment where people are encouraging each other to be all that they can be.

Most importantly, we know how to make healthy eating and fitness attainable to everyone. We provide nutritional advice for the real world and fitness routines that fit into people's lives.

## **WHY OUR TRAINING WORKS...**

Our classes combine strength training and cardio and are modified for people of all fitness levels. We offer tips and tricks on nutrition that is catered to individual needs. We find that our group classes lead to group encouragement and accountability. It's a group setting, but tailored to each person.

## **How do you get started?**

### **PACKAGES**

We have a number of corporate classes to fit the needs of many Health and Wellness programs. Prices vary based on the length of the program, number of participants and type of package. If you don't see something that fits your organization, send us an email and we can chat about something that works for your team. [getfit@xbcCanada.com](mailto:getfit@xbcCanada.com)

### **CORPORATE GROUP RATES**

All employees receive 15% off any regular packages. Minimum sign-up commitment of 10 employees from a company.

BOOTCAMP • LIFTING • KICKBOXING • NUTRITION & SUPPLEMENTS

**JOIN THE  
XTREME  
TEAM**



**UNLIKE  
ANY OTHER  
GYM  
AROUND!**

PERSONAL & COMP TRAINING • COACHING • NEW MOMS & KIDS

## **GROUP GOAL CHALLENGES**

We develop fitness challenges based on goals such as weight-loss, strength, endurance, healthy lifestyle and nutrition and create a fitness program to motivate and encourage teams and individuals to reach their goals.

## **CORPORATE ONLINE TRAINING PACKAGES**

Employees are assigned a trainer who provides fitness and nutrition programs online via email, FaceTime and online video tutorials to help a team or individual reach their goals in a set period of time.

## **PRIVATE CORPORATE CLASSES**

Employees will come to XBC for private group training at a preferred time.

## **IN-OFFICE CLASSES**

An XBC trainer teaches classes on-site at your company.. Class times and length are anywhere from 30 mins to 1 hour.

*Too further customize a package for your team, consider some of these options:*

**Team Building and Fitness Challenges:** Challenges are created to set attainable goals and keep your team accountable and motivated while focusing on a fun, team-building atmosphere.

**Meal Planning and Coaching:** Customized or generic meal planning and counseling on meals and attaining a healthy lifestyle beyond just fitness



**Corporate health  
and wellness**

### **Onsite Fitness Assessments and Consultations:**

An XBC trainer will come to the place of employment and book 10 minute consultations for the trainer to get a progress update, ensure the client is reaching their goals, and to answer any questions they may have regarding fitness and nutrition. Includes weigh-ins, measurements, and fitness tests: weekly, bi-weekly or monthly site visits. Can also be done via email or FaceTime.

**Online Workouts, with or without Video Tutorials (live or pre-recorded):** Workouts will be developed and customized for employees to do at-home or in-office.

**Group Training at XBC:** Include sessions at XBC in your package; bootcamps, HIIT, lifting, personal training, etc

**Onsite Training:** An XBC trainer will teach classes at place of employment

**Onsite Nutritional Counselling:** An XBC trainer will visit the place of employment and hold group sessions, teaching, coaching and counselling employees on nutrition, meal planning and attaining a healthy lifestyle



## **START TODAY!**

### **SAMPLE CLASS OR COMPANY CONSULTATION**

We invite you to come out and try a sample class, or bring a group in to sample a class. Please email: [getfit@xbc.club](mailto:getfit@xbc.club) to make arrangements or to chat about how we can help you with the health of your organization.



## **A BIT ABOUT OUR TRAINERS...**

We have a team of experienced trainers that are all CanFit Pro (group, personal, and nutrition specialists) and CPR certified. We all live healthy, active lifestyles, and participate daily in XBC training. Our team also holds liability insurance for all training and meal planning.

We are all committed to the success of our clients. Our trainers are highly motivated and really want to make a difference in peoples' lives. That's what sets us apart from other fitness providers and it's the difference that keeps our clients coming back.



### **CONTACT US AT**

[getfit@xbc.club](mailto:getfit@xbc.club)  
519-749-8444

### **VISIT OUR WEBSITE AT:**

[www.xbc.club](http://www.xbc.club)

For more information about the benefits of a health and wellness program for your company visit Benefits Canada:

<http://www.benefitscanada.com/benefits/health-wellness/kick-start-wellness-programs-with-health-risk-assessments-16141>