

Top 10 Benefits of Corporate Wellness

1. Decreased Healthcare Costs

It's no secret that regular exercise and good nutrition can help prevent a number of the most common and costly medical issues such as muscular and skeletal problems, cardiovascular diseases, diabetes, certain cancers, and more.

2. Better Workplace Morale

Regular exercise helps employees "feel good" and it can also be fun and exciting for employees to participate in health challenges, health fairs, competition, etc.

3. Reduced Absenteeism

Besides reducing the risk for major health related issues, regular exercise can also help boost the immune system meaning fewer flu bugs, colds, sore throats, etc.

4. Reduced Overall Costs

It is said that for \$1.00 a company spends on wellness benefits they end up saving \$3.00. The gain in employee morale and productivity, as well as reduced sick leave, absenteeism, and healthcare costs far outweigh the expense of a wellness program.

5. Increased Productivity

In addition to reduced absenteeism, it is proven that healthy employees are more productive due to increased energy levels and concentration.

6. Increased Employee Responsibility

The benefits of a wellness program are mutual. If employees feel the company cares enough to help take care of them, they develop an increased level of responsibility and commitment to the company as well as their work.

7. Lower Turnover

Wellness programs are looked at by employees and potential new employees as a fun and valuable benefit, thus increasing loyalty to the company.

8. Reduced Cost of Sick Leave

Healthier employees mean fewer sick days are taken which decreases the amount companies need to spend on sick leave.

9. Lower Workers Compensation Costs

Healthy employees are proven to have better concentration and higher strength levels at work significantly reducing the number of work related accidents.

10. Decreased Health Insurance Costs

Because wellness programs have proven to save companies thousands of dollars in healthcare costs, a number of health insurance providers are offering discount-ed premiums to companies who offer wellness programs to their employees.



Corporate Wellness



Facility Hours

Mon. - Thurs.	5am - 10pm
Friday	5am - 9pm
Saturday	7am - 7pm
Sunday	8am - 6pm

Spiece Fitness
5310 Merchandise Dr.
Fort Wayne, IN 46825
www.spiecefitness.com
Phone: (260) 483-1415
Fax: (260) 969-1867



Not your average Fitness Center

Membership Include at No Additional Cost...



Over 70 Pieces of Cardio Equipment



Over 95 Pieces of Strength Training Equipment



25 Yard 5 Lap Lane Pool



1/9 Mile Indoor Track



8 Basketball Courts



Personal Training Assessment & Equipment Orientation



Warm Water Therapy Pool



Free General Nutrition Seminars

And...A wide variety of land, Aquatics, and low impact Group Fitness Classes!



Spiece Corporate Partnerships

	<u>Standard Rate</u>	<u>Silver Partner</u>	<u>Gold Partner</u>
Enrollment Fee	\$60	\$ 30	\$ 15
Individual Dues	\$55	\$ 49.50	\$ 44
Family Add-On Dues	\$30	\$ 27	\$ 24

What Does Spiece Offer Our Partners?

Enrollment Fee and Monthly Dues Discounts

Flexible Payment Options for Gold Partners

Monthly Attendance Reporting

Open Houses for Employees

(Which consists of discounts in the Bistro, Day Spa, and Pro Shop as well as the opportunity for employees and their families to try out the facility at no charge and receive additional joining incentives)

Advertising on Our Corporate Wellness Display

Assistance with Company Wellness Challenges

On-Site Visits

And Much More!

Partnership Qualifications

Corporate partners must simply support employee wellness and agree to post the Spiece membership off- ers on-site and/or via internal communication methods. Gold partners must have some type of a fitness reimbursement policy in place. Current reimbursement procedures used by the company are acceptable. We can also establish Gold partnerships through company trades. No long term contracts required. The partnership can be retracted by either party at any time with a 30 day notice. Spiece partnerships do not involve any exclusivity with membership to others clubs.

To schedule a tour of our facility or for more information regarding our corporate packages, please contact...

Michelle Mikesell
Membership Sales Director
(260) 483-1415