

FitAdvisorTM

***How well your software
and hardware are
running depends on
how well your
employees are running.***



"We are asking a good deal more from our people. FitAdvisor delivered a high return for an extremely low cost. Our people have been sick less, improved their productivity, and improved their health."

Jon Olson-Partner, Andersen Worldwide

HOW **FitAdvisor™** WORKS

The FitAdvisor™ program begins with a pre-launch communications program. Participants then register on-line and receive a comprehensive health program designed specifically for them. This is followed by a launch seminar delivered on-site or remotely.

Next, participants receive a confidential one-on-one health and lifestyle consultation to establish a starting point for their program. All participants receive a FitKit portable exercise package that makes exercising more convenient anytime, anywhere.

ON-LINE TOOLS ALLOW PARTICIPANTS TO:

- Log on and monitor progress on their individualized health and fitness program
- Interact weekly with FitAdvisor certified trainers who provide motivation, guidance and education
- Use the FitAdvisor Internet forum to connect people with similar goals
- Receive advice and special pricing on health and fitness products

FitAdvisor™ PROGRAMS ARE EASY TO IMPLEMENT

- Our proven pre-launch communication drives employee participation
- Our trainers, either on-site, phone, or on-line, get your employees started
- Our continued interaction helps keep your employees motivated and on track

"After years of trying to get healthy, FitAdvisor worked for me. It addresses my specific time and access obstacles. I've lowered my cholesterol, lost a significant amount of weight, and improved my energy enormously. "

John Tanner, Sr. VP, Consonus

BUILDING HEALTHY HABITS ONE SIMPLE STEP AT A TIME

FitAdvisor services integrate the benefits of one-on-one personal coaching with the anytime-anywhere capabilities of today's communication technologies to educate, coach, and support individuals in reaching their healthy lifestyle goals.



BENEFITS OF **FitAdvisor™**

CUT COSTS:

29% of FitAdvisor survey respondents have reduced their sick days.

INCREASED PRODUCTIVITY:

42% of all FitAdvisor respondents report an increase in work productivity. Healthier employees feel better about all aspects of their lives, including work, translating into higher productivity.

DECREASED HEALTH RISKS:

50% of FitAdvisor survey respondents lowered their medical risk factors or improved health status through blood pressure/cholesterol reductions, significant weight loss, fewer headaches, stress reduction and an increase in energy.

"My entire family is using the FitAdvisor program. All of us have significantly improved our health and quality of life. We've been sick less and had fewer doctor visits. We have saved significant health care dollars."

Ross Stern, HR Director, Andersen Worldwide

Let FitAdvisor™ improve the health of your company. Contact us today.

Email: info@FitAdvisor.com



SINCE 1988, PROVEN PROGRAMS THAT WORK.

FitAdvisor™ Corporate Services are based on our deep understanding of the health and fitness consumer and our experience addressing the needs of corporate clients and their employees.



We've worked with over 30,000 individuals and some of the country's leading companies including:

- **Arthur Andersen**
- **Intel**
- **Schwinn**
- **Consonus**
- **Harpo Studios**

FitAdvisor™

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