

Fitness and Wellness Program **for corporations**

by Team Ondra Rancak

We believe in creating an environment that inspires everyone to value their own well-being. Our service provides high-quality corporate health and wellness solutions to fit your company's needs. Together we can create a healthy program that benefits everyone in your company. Our main program includes one hour physical activity and mental coaching and will maximize the well-being of all participants.

One-Hour Physical Activity Lesson

- Corrective exercises of body posture after a long day of sitting
- Stretching and mobility to compensate tight and sore muscles
- Strengthening of weak muscles
- Joint mobility and basic physical therapy exercises
- Balancing of muscles
- Group circuit metabolic trainings

Other Wellness Programs and Services

- Building a culture of corporate wellness
- Motivational incentive programs
- Stretching and activity breaks
- Leading employees to a "healthy body means healthy mind" philosophy which leads to more productive employees
- Individual fitness consultation and supervision
- Collaborative programs with food service and health partners
- Health fairs and screenings
- Challenges and contents (improvement in body shape, general health etc.)

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