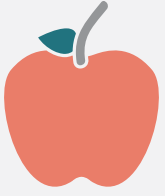


WHO THEY WORK FOR

WELLNESS & HEALTHCARE



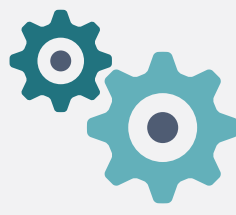
INSURANCE



ENGINEERING



MANUFACTURING



LAW



SALES & RETAIL



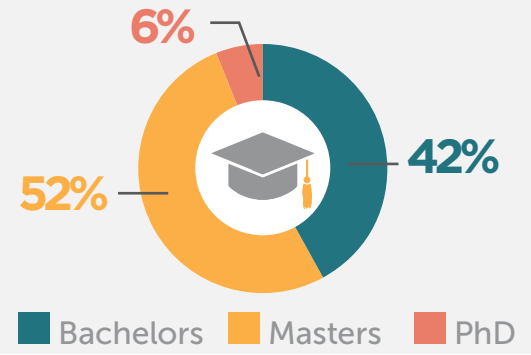
WHAT THEY DO

- 17% OWNERS
- 10% DIRECTORS
- 37% MANAGERS
- 20% CONSULTANTS
- 17% CEO/VP/OFFICER

YEARS OF EXPERIENCE

533
COMBINED YEARS OF EXPERIENCE

DEGREES



CERTIFIED WELCOA FACULTY

Our judges are certified through WELCOA in the following areas:

WELCOA's 7 Benchmarks for Results-Oriented Wellness Programs (Beginner)	95%
WELCOA's 7 Benchmarks for Results-Oriented Wellness Programs (Advanced)	29%
How to Effectively Lead Worksite Wellness Initiatives	86%
Utilizing Health Coaching to Improve Health	81%
Linking Wellness Initiatives to Employee Benefit Design	76%
The Art & Science of Wellness Programming for Small Business	43%
Empowering Employees for Self-Care	67%
Walking 4 Wellness	29%
Eat Right for Life	10%
The Art & Science of Changing Unhealthy Behaviors	76%
Creating a Culture of Health	33%
How to Demonstrate a Return on Investment	67%

AWARDS

- WELCOA Well Workplace Platinum
- WELCOA Well Workplace Gold
- Lifetime Achievement Award from NWI
- C. Everett Koop Health Achievement Award
- Fortune Healthiest Companies in America
- AHPW Fellow
- AHPW Exceptional Leadership Award
- NY Times Bestselling Author
- California Governor Health Educator of the Year Award
- Nike Go Award
- National Health Information Award
- American Heart Association Fit Friendly Gold
- CEO Cancer Gold Standard Award
- Washington Business Journal Healthiest Employer
- APA Psychologically Healthy Workplace Award
- National Business Group on Health "Best Employers for Healthy Lifestyles"
- HealthLead Accreditation
- American Red Cross Hometown Heroes Sponsor Partnership Award
- Interactive Health Inc. Healthiest Companies in America Award
- Institute for Health and Productivity Management Value-Based Health Employer Award

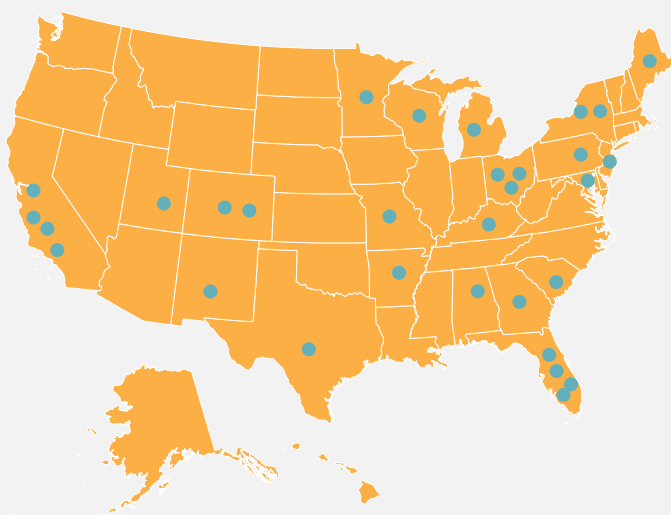
THEY HAVE CREATED

- 13 ORIGINAL WORKPLACE FITNESS PROGRAMS
- 4 ORIGINAL HEALTH BEHAVIOR ASSESSMENT PRODUCTS
- 3 ORIGINAL STRESS MANAGEMENT PRODUCTS
- 2 ORIGINAL BEHAVIOR CHANGE PRODUCTS
- 2 ORIGINAL SMOKING CESSATION PRODUCTS

RESEARCH & PUBLICATIONS

Assessment of American Heart Association's Ideal Cardiovascular Health Metric in a High Risk Working Population
MORE THAN 60 STUDIES & PUBLICATIONS

LOCATION



PROGRAMS

THE PROGRAMS THEY MANAGE IMPACT

3,500,000

LIVES



THEIR VOICES SHAPE OUR INDUSTRY

“Aerobics and broccoli are not enough anymore. Every wellness program needs to address all aspects (mind, body, spirit, emotions) or we are doing a half-baked job.”

“Be systematic. Changing culture is a step-by-step process; it's not an event. If you can stay systematic, I think you're ahead of the game.”

“Wellness is not merely the absence of disease; it is the expression of life's vitality.”

“Fighting cancer is very stressful, and the mission of eliminating cancer is powerful, but also creates the realization that every second, every discovery, every caring word counts. The program we created has taught the health care industry we don't have to be powerless because of work life stress. Individual, team, and organizational wellness programs can create environments where wellness is the easy choice and people can care and support each other.”

“When it comes to changing norms we use touch points. We have identified and defined the specific touch points that help shape that norm—to help it take root.”

“I like to remind practitioners and health professionals that health and fitness do not just happen by accident. It's got to be planned. It's got to be supported. It has to be incentivized. It needs to be evaluated. The greatest investment that I think anybody can make personally, or even for corporate success is to get moving.”