CORPORATE WELLNESS
KUKUWA®FITNESS

WELLNESS PROPOSAL

By: Kukuwa Team

www.Kukuwafitness.com
Why Corporate Wellness?

“Our mission is to transform your employees into happier, more productive, “stress-less” individuals by implementing effective health and wellness strategies that result in increased moral and a fresh and vibrant corporate culture.”

Extensive studies have shown that Corporate Wellness Programs yield significant returns:

- Positive attitudes and energy in the work environment
- Enhanced recruitment and retention of healthy employees
- Improved performance and productivity
- Fewer Absences
- Improved employee relation and morale leading to a more positive work environment
- Reduced cost of your employees health benefits
- Decrease in productivity loses due to employees health problems or injuries

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The Ultimate Goal

“I want to teach your employees how to live life with more vitality by making healthy choices habitual. If your team is healthy so is your company’s productivity and returns …”

Value Proposition:

Employees will receive step by step wellness instruction that when adhered to will not only improve the quality of their lives but the morale and productivity of the company.

I plan to do this through a series of lunch and learns and or wellness seminars.

www.kukuwafitness.com
So how exactly is this going to work?

**Lunch and Learn Series:** I will do a series of lunch and learns that give employees the opportunity to engage, experience and learn key ingredients to make them healthier, happier individuals/employees.

**All Sessions will include:**

- Statistics/ Healthy “why” benefits
- Relatable personal examples
- Group Share/Interactive exercises
- Helpful handouts and resources
- Goal-setting that includes 3 action items to implement change immediately

**Sessions will also include one (or more) of the following:**

- Food/snack and recipes
- Exercise/movement ideas via demo and audience participation
- Small anchors/reminders/takeaways of their healthy lifestyle change
- Links to online resources and/or apps or programs that will support wellness goals
- Easy to follow presentations

[www.kukuwafitness.com](http://www.kukuwafitness.com)
Lunch and Learn Topics:

These are examples of topics I will present based on the needs and desires of your organization. I can also tailor a lunch and learn based on topics requested by your employees.

**Stress Reduction**: Stress comes in many forms, you can control stress and reduce stress effortlessly
Employees will learn how not to only reduce stress but get more out of their lives, time, and body.

*Raffle Prize for attendees*: Product that will replace one that may be causing your body unnecessary stress.

**Time Management: The Art of Getting it all Done**
Techniques to prepare quick dinners after a long day at work, exciting, easy lunches you can bring with you and on the go breakfasts. Employees will learn how to get it all done while taking time for themselves.

*Raffle Prize for attendees*: $50 gift certificate to Whole Foods

**The Sweet Deception: Why sugar is not so sweet**
Employees will learn powerful ways to break free from the spell of sweets and beat “diabetes”. Learning more about where sugar hides and how to fight crazy sugar cravings.

*Raffle Prize for attendees*: A basket of sugar craving busters
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Tired of Being Tired?: Double your Energy Health and Productivity

Employees will learn how to eat more, feel better, and lose weight. They will understand how to have energy all day without needing their 3:00pm pickup. Employees will also learn how common “healthy foods” keep you tired, sick and flabby.

Raffle Prize for attendees: $50 gift certificate to wholefoods

What is Health?: A jumpstart to begin Feeling Better within 7 days

By making small tweaks to their diet, employees can realize amazing health benefits. We’ll review 20 simple food swaps that will put employees on a fast track to eating nutritiously and deliciously!

Raffle Prize for attendees: $50 gift certificate to Whole Foods or something similar.

Anti-Aging Workshop: How you can grow younger

Fatigue, slumps, and aches and pains do not have to be part of aging. Employees will learn how to “turn back time”. You can jump out of bed in the morning without hitting snooze.

Raffle Prize for attendees: A basket of sugar craving busters
Proposal

Customized Health and Wellness Lunch and Learn sessions:

- bi-monthly or quarterly

Investment:

- $1500 USD per session

Breakdown of Costs Include:

- Healthy Lunch and Food Samples
- Facilitation
- Transportation
- Activity and seminar supplies/ resources

Outcome:

- Healthier Employees, Healthier Company, Healthier Financial and Organizational returns

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