

01 WELCOME TO ELEVATION WELLNESS

Elevation Fitness & Performance takes a holistic and integrative approach to health. We offer two comprehensive wellness programs that are centered around building healthy habits to achieve and maintain optimal health. With long-term sustainability in mind, both programs, *Nutrition & Wellness* and *Exercise & Movement* encourage adopting strategies within the five foundational pillars of wellness:

- Stress management and resiliency
- Nutrition and hydration
- Daily movement and exercise
- Sleep and recovery
- Mindfulness and intention

WHY WE ARE DIFFERENT:

We celebrate diversity in the workforce and believe in bioindividuality. This means that each person has their own unique story, health history, culture and lifestyle, food and exercise preferences, current health status and goals. Regardless of our differences we all deserve a chance to achieve optimal health.

Building a personal relationship with your team is of the utmost importance. Instead of following along on an app and being coached by a computer, your team can expect live coaching from our certified health professionals. Your employees will enjoy a tailored program, built uniquely for them.

BUILDING A PARTNERSHIP

Our team of certified nutrition and fitness experts will create and execute a comprehensive wellness program designed to empower employees to take charge of their health through education, interactive team building activities, group coaching and movement/exercise programming. We partner with you to leverage different avenues for increased engagement, as our mission is to impact as many lives as possible through lifestyle, nutrition and fitness.



WELLNESS

Optimizing the health of your employees through nutrition, movement & mindfulness.



EDUCATION

Employees will enjoy an engaging curriculum backed by science and led by a certified expert.



EMPOWERMENT

Build confidence and encourage employees to take charge of their own health.

02 PROGRAM OFFERINGS

NUTRITION & WELLNESS

In this virtual coaching program, employees receive individualized nutrition and lifestyle guidance in a group setting. The monthly curriculum follows an intentional, sequential progression to help individuals build sustainable habits that will benefit them for the long term.

Here is what to expect...

Monthly:

- Curriculum based group coaching call
- Employees will receive a call to action
- Nutrition & Lifestyle Curriculum may include: *whole foods vs. processed foods, macronutrients, portions, sleep ritual, stress resilience, actively de-stressing, nutrition and mental health and daily movement.*

Weekly & Ongoing:

- E-mail support
- Supplemental information, tools and resources
- Accountability and encouragement for daily action
- Access to coach via e-mail

EXERCISE & MOVEMENT

This is not a one size fits all program. We build the exercise and movement program specifically to fit your unique business culture and environment. Our goal is to help your employees build the most resilient body for the demands of everyday life.

Here is what to expect....

- **Functional Movement Screen-** this is the foundation for our individualized movement program. Your employees will have an opportunity to complete the screen at designated times on site or can book a one-on-one screen at their convenience at Elevation Fitness & Performance in Beaverton, OR.
- **Customizable Ongoing Programming-** We will work with your team to determine the best ongoing programming system. This can include in person coaching on site, coaching at Elevation Fitness & Performance or virtual options.
- **Monthly Fitness Q&A and ongoing e-mail support**