Vygor AI Wellness Solutions for Coaches & Providers

✔ **Empower your practice.**

✔ **Engage more clients.**

✔ **Deliver measurable outcomes.**

The Challenge for Wellness Coaches & Providers

Wellness professionals face increasing competition, fragmented tools, and clients with diverse needs. Delivering consistent, personalized, and scalable wellness support has become a major challenge.

01 Growing Client Expectations

Clients expect continuous support, personalized nutrition and exercise plans, and measurable progress — all delivered digitally.

02 Limited Time and Capacity

Coaches often juggle multiple clients, with limited tools for automation, tracking, and engagement at scale.

03 Lack of Differentiation

With many generic wellness apps and one-size-fits-all programs, it's hard to stand out while maintaining the human connection that drives transformation.

ⓘ *Wellness providers who integrate digital tools see a 40% increase in client retention and 35% higher lifetime value (Wellhub, 2024).*

Why Partner with Vygor?

Scale Your Coaching Practice

Expand your reach with AI that automates meal planning, fitness guidance, and progress tracking — so you can focus on motivation and accountability.

Enhance Client Experience

Deliver hyper-personalized coaching that adapts to each client's lifestyle, preferences, and goals — powered by Vygor's AI-driven insights.

Build a Differentiated Offering

Position yourself as an AI-empowered wellness provider with data-driven personalization and measurable outcomes.

The Future of Wellness Coaching

Human Expertise, AI Hyper-personalization, and Measurable Outcomes

Vygor blends **human empathy and behavioral science** with **AI-driven automation and analytics** to enhance the effectiveness and scalability of wellness coaching.

Empower Human Connection

Vygor amplifies what coaches do best — building trust, providing accountability, and motivating behavioral change — while automating repetitive tasks like data tracking and content generation.
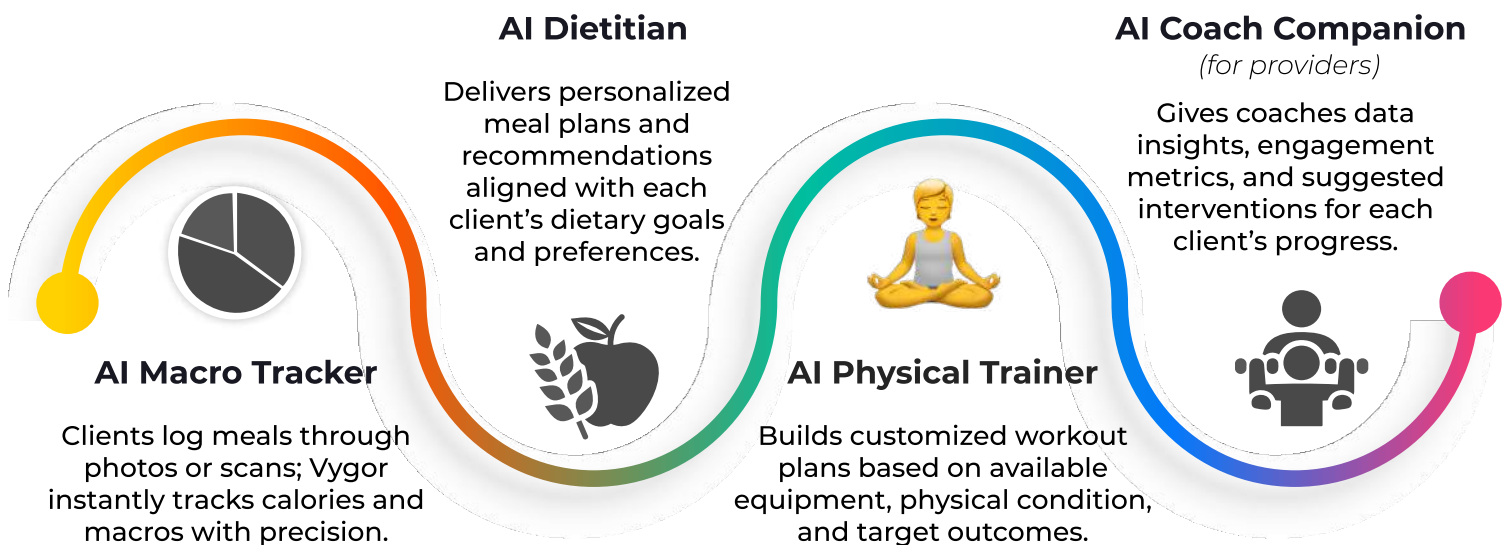
Coaches have their own dashboard to monitor their customers' diet and exercise and engage them through the chat feature to provide guidance.

(i) Coaches using AI-assisted tools spend up to 50% more time on client relationships and behavior coaching rather than administrative work (Gitnux, 2024).

Hyper-personalize with AI

Vygor's AI-native platform supports your clients — and your coaching practice — with intelligent automation tools:

AI Dietitian

Delivers personalized meal plans and recommendations aligned with each client's dietary goals and preferences.

AI Coach Companion
(for providers)

Gives coaches data insights, engagement metrics, and suggested interventions for each client's progress.

AI Macro Tracker

Clients log meals through photos or scans; Vygor instantly tracks calories and macros with precision.

AI Physical Trainer

Builds customized workout plans based on available equipment, physical condition, and target outcomes.

Proven ROI and Business Impact

Vygor helps wellness professionals grow revenue, improve outcomes, and deliver measurable value to clients.

Outcome	Impact	Source
Client retention	40% higher with digital engagement tools	Wellhub, 2024
Time savings	50% reduction in manual program design/admin	Gitnux, 2024
Client adherence	60% improvement with AI-driven personalization	CDC / Workplace Health Promotion, 2024
Revenue growth	30–50% higher revenue per coach through scalability	HR Executive, 2024
ROI on digital wellness	$3–$6 per $1 invested	CDC / Harvard meta-analysis

ⓘ *AI-driven personalization enables coaches to deliver enterprise-level programs with boutique-level care — increasing both client satisfaction and profitability.*

Benefits for Coaches & Providers

Personalized Coaching at Scale
Deliver tailored guidance to each client — automatically adapted by Vygor's AI engine.

Stronger Client Relationships
Spend more time motivating, less time on administrative work.

Measurable Outcomes
Track progress, adherence, and wellness impact through unified dashboards.

New Revenue Streams
Offer AI-powered programs, group challenges, and subscription-based coaching.

Transform Your Coaching Practice with Vygor

Deliver personalized wellness at scale. Enhance engagement. Grow your business.

Join the next generation of AI-empowered wellness professionals.

✉ **Contact us:** partners@vygor.health

🌐 **Learn more:** www.vygor.health

References

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"Wellhub Study Reveals Strong Return on Investment for Corporate Wellness Programs." Spa Business News, September 2024.

Findings: 95% of companies that track ROI on wellness report positive returns; 91% report reduced healthcare costs.
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2. Gitnux Market Data.

"Corporate Wellness Statistics 2024."

Gitnux Market Intelligence, updated 2024.

Highlights: Companies with comprehensive wellness programs see an average ROI of $3.27 for every $1 invested; 25% fewer sick days; 76% of employees report improved productivity; coaches using AI tools spend 50% more time on clients.
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"Workplace Health Promotion: The Business Case for Employees' Health."

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"The ROI of Wellbeing: Business Case Insights from 2,000 HR Professionals."

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Findings: 85% of organizations report that wellness programs improve retention and reduce recruitment costs.
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"Evaluating ROI for Employee Wellness Programs: Updated Insights for 2025."

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Notes: Case studies show ROI up to 6:1 when combining medical savings with productivity gains.
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"Chronic Disease and Worker Productivity."

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