

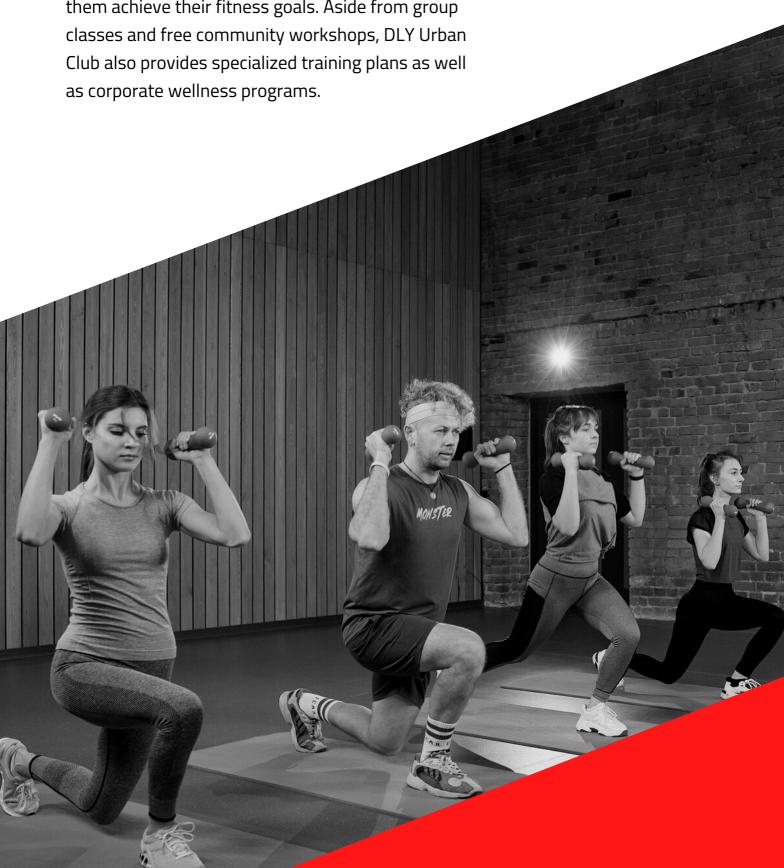
EMPLOYEE WELLNESS PROGRAM PROPOSAL

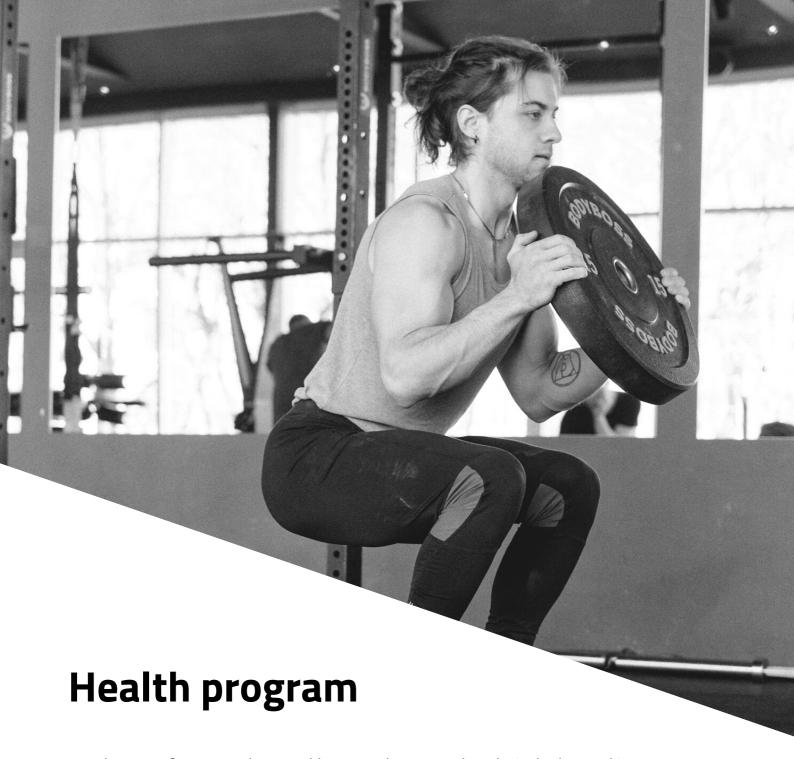
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Background

At **DLY Urban Club**, personal trainers, health coaches, and nutritionists work with clients to help them achieve their fitness goals. Aside from group





Employees often spend several hours a day seated at their desks, and it can be challenging to incorporate exercise when faced with a hectic schedule. Lack of exercise and a sedentary lifestyle have a negative impact on mood, work performance, and long-term health.

The **DLY Urban Health Program** is specifically tailored for employees. We offer a variety of time-efficient workout plans, and we even work with employees so they can customize their own workouts. Aside from physical fitness, we have also factored in a stress-reduction component, which includes meditation and mindfulness techniques.

Budget, Timeline, and Deliverables

The Urban Health Fitness program costs \$600 per employee for the whole year. This includes:

Weekly 60-hour fitness classes led by a personal trainer

Weekly meditation and yoga classes

Four workshops about HIIT exercises, stress reduction, flexibility, and the importance of movement

Quarterly individual consultations with a trainer and a nutritionist

Basic gym equipment such as kettlebells and dumbbells, amounting to \$100