



# EMPLOYEE WELLNESS PROGRAM PROPOSAL

Oct. 29, 2030

Prepared for  
Lerrington Pixels

# Background

At DLY Urban Club, personal trainers, health coaches, and nutritionists work with clients to help them achieve their fitness goals. Aside from group classes and free community workshops, DLY Urban Club also provides specialized training plans as well as corporate wellness programs.







# Health program

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