



# SALIRE

FITNESS • WELLNESS

PERSONAL TRAINING • GROUP FITNESS • TRX • LIFE COACHING • BOOT CAMPS

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# FITNESS & TEAM BUILDING WORKOUTS FOR CORPORATE TEAMS

Running a business in New Orleans can be a challenge. Though the rewards of the culture are many, temptations can hamper an employee's health and productivity. Absenteeism, stress, presenteeism, physical injury and obesity can challenge the accomplishments of many business goals and profits. As an employer, you want to provide opportunities for your employees to become healthier, happier, and fitter.

Our goal is to help your team **"Get Up, Get Moving & Get Fit"**. We all know healthier and fitter teams are happier, more energetic, less stressed and more productive. We can help you get your team there and keep them there!

Our certified fitness trainers and life coaches help your team improve their posture, energy levels, strength, conditioning, flexibility and overall health; while they decrease the negative effects of the daily stressors that they encounter.





## WHAT IS WORKSITE WELLNESS?

An organized, employer-sponsored program that is designed to support employees (and, sometimes, their families) as they adopt and sustain behaviors that reduce health risks, improve quality of life, enhance personal effectiveness, and benefit the organization's bottom line.

## WHAT WE DO!

We help individuals and businesses achieve better health, fitness and activity levels through fitness education, health screenings, wellness coaching, nutritional counseling and our award-winning exercise programs. Our goal with our business clients is the same as it is with our private clients; we help our clients improve their health, wellbeing and self esteem so that they achieve a productive, happy life that is free of sickness and injury.

## THE HARD COLD FACTS OF WHY WORKSITE IS A NECESSITY!

### People's wellbeing and our Financial Assets are on the line!

1. Companies report savings of **\$3.50** for every **\$1.00** spent when employees engage in worksite wellness programs.
2. Fitness programs can reduce employer healthcare costs by **20%** to **55%**.
3. An organization saves approximately **\$350** per employee per year by keeping healthy employees at low risk.
4. An overweight employee annually costs their employer an additional **\$450** to **\$2,500** in medical expenses and absences.
5. The number of working Americans who get "no exercise" is two times higher among those who have no access to workplace fitness programs. The number of working Americans who get "no exercise" is **two times higher** among those who have no access to workplace fitness programs.

6. Obese employees cost American private companies **\$45 billion** per year in medical expenditures and related productivity losses.
7. Preventable illnesses make up **70%** of illness costs in the United States.
8. In 2008, an estimated **two-thirds** of American adults were overweight or obese.
9. A 2007 analysis from Duke University Medical Center found that obese workers filed twice the number of workers' compensation claims, had seven times higher medical costs from the claims, and lost 13 times more days of work from work injury or work illness than other workers.
10. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.



## ON-SITE FITNESS SERVICES

### Program Consulting and Implementation

Your organization can take full advantage of our expertise and experience in building cultures of health.

- Develop a customized workplace wellness program that aligns with company's business goals.
- Create a long-term strategy to incrementally build a culture of health that can help your employees be their best selves.

- Implement wellness strategies that ensure maximum participation from your employees.
- Regularly review wellness data and perform thorough analysis of medical claims to identify areas where a workplace wellness plan can have the most significant impact on your employees' health and your company's bottom line.

\* Hourly based fee plus expenses.

\* Estimates are provided at the beginning of each Phase.

## Exercise and Fitness Programs

- One-on-One or Group -- Personal Training
- Mat Pilates Group classes
- Boot Camp Group Fitness classes
- Flexibility & Stretching classes

\*\* Mat Pilates and Boot Camp classes are multi-level fitness classes that are led by a certified personal trainer and include stretching, light cardio, body weight exercises, light dumbbell exercises and calisthenics.

\* Pricing based on particular service and number of participants.

\* All classes can be modified.

\* Classes of up to 25 participants are welcomed.

## Coaching Services

Health and wellness coaches are expert facilitators of behavior change who help clients identify sustainable healthy lifestyles, develop strategies to achieve these lifestyles, and implement these strategies and practices; all while improving their health, wellness, self esteem and self-efficacy.



- **Management:**  
Coaching Programs for Employers - focused on relationship building for managers and staff
- **Hourly Employees**  
Wellness/Life Coaching for Employee/Family Participants
  - 45-minute on-site individual sessions for \$125
  - 75-minute on-site group sessions for \$200

\* Group coaching sessions include up to 6 participants

## Presentations & Lunch and Learns

These on-site presentations & lunch and learns include topics such as:

- **Planning & Beginning your fitness program**
- **Managing stress**
- **Label lunacy (Nutrition 101)**
- **Smoking cessation**
  - \* Fixed fee plus expenses.
  - \* Other customized seminars and presentations are available upon request.





## Team Building Exercises

Team building is defined as an ongoing process that helps a work group evolve into a cohesive unit. The team members not only share expectations for accomplishing group tasks, building trust and supporting one another while respecting individual differences; but they also work to improve their ability to solve tasks and interpersonal problems in order for the team to succeed at all levels of engagement and interaction.

## Physical Movement is the key to new perspectives, lasting growth and consistent victories.

At Salire Fitness we use the 4 common approaches to great team building efforts found in corporate settings (communication activities, problem solving/decision making activities, adaptability/planning activities and trust building activities). But, because of our fitness and life coaching background, we also combine physical movement and kinesthetic learning with NLP principles and somatic techniques to help teams set goals, develop strategies and achieve victory.

We believe that there is great overlap in the areas of stability, balance, agility, strength and power that translate seamlessly from the sphere of physical training and athletic team building to the sphere of corporate, education and government employee team building. Our efforts assist your team in building trust, interdependence, interpersonal skills, physical and mental strength, camaraderie, self-esteem and self-efficacy.

- 60-minute on-site \$300
  - \* Up to 10 participants
  - \* All supplies provided for group exercises



### Biometric Testing

Biometric health screenings are preventive services aimed at helping your employees understand their health risks and the steps they need to take to improve them and avoid the onset of diseases, such as heart disease, hypertension, and diabetes. In fact, over 20% of employees identify Biometric Health Screening events as the trigger which helped them decide to address their health issues.

### Health Risk Assessment (HRA)

The Health Risk Assessment (HRA) questionnaire is a tool that gives participants an evaluation of their current health and quality of life. The HRA promotes health awareness by reviewing participants' personal lifestyle practices and revealing health issues that could be impacted by personal choices.

\*Biometric Test pricing is based on the number of participants and scope of testing.

\* HRA pricing is

\* The fees to administer, interpret and review the HRA with each employee and their supervisor are based on the number of participants and the specifically selected HRA.

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## ALL SESSIONS CAN BE QUOTED FOR GROUPS UP TO 40 PARTICIPANTS.

- Salire trainers are available any time of the day between 5:30 AM and 7:00 PM
- Salire can accommodate larger groups upon request.
- Prices will vary on size of the group and complexity.
- Participants will provide their own mats and towels.
- Participants will provide mats and towels for groups up to 50 participants.



# NOLAN FERRARO

Owner of Salire



Certified personal trainer and licensed wellness coach Nolan Ferraro has been recognized as the [#1 Personal Trainer](#) by New Orleanians in the Gambit's Best of New Orleans awards in 2010, 2011, 2012 and 2014 and was honored in Gambit's "40 under 40." Nolan's group Fitness Boot Camp was also recognized in 2011 as the [#1 Fitness Boot Camp](#).

Client reference:



## STUART HALL SCHOOL FOR BOYS

Nolan demonstrates a strong commitment to fitness and wellness and sincerely cares about our faculty and staff's well-being. He sets high expectations and goals for us and designs the Boot Camp in a way, which allows each one of us to achieve these goals and experience success. We have truly enjoyed having Boot Camp on campus! I strongly recommend Nolan Ferraro and Salire Fitness for your personal and group fitness needs.

Sincerely,

A handwritten signature in cursive that reads "Bridget Foss Hagan".

Bridget Foss Hagan, Ph.D.  
Assistant Head of School