

A photograph of three business professionals in a gym. In the foreground, a man in a grey suit and blue shirt is smiling and looking towards the camera. Behind him, another man in a dark suit and white shirt is also smiling. To the right, a woman in a black blazer and white shirt is walking on a treadmill, looking towards the camera. The gym has yellow walls and various exercise machines.

**TOTAL
CUSTOMIZED
FITNESS**

If you think you can't do it, think again.

Corporate Fitness & Health from TCF

Healthy employees are more effective and happier, resulting in increased productivity, improved work product, and reduced healthcare costs.

It is no secret that healthier employees will increase your bottom line, but many employers have no idea where to begin. To show savings from workplace wellness, it is essential for a company to provide a well-run program with comprehensive and effective interventions. Put your business on the path to success by initiating a Corporate Health Program led by certified professionals who provide support and motivation! If you take no action, you can expect your healthcare cost to increase about 6-12 percent per year. Eighty percent of health care costs are driven by 8 key behaviors. You have the power to control your costs starting today.

Sample Program Features:

- free initial consultation
- held on location at business site
- optional workouts
- food plan
- coaching sessions
- health risk assessment
- wellness luncheons

TCF Wellness Programs

Wellness customized to your company culture, budget and goals.

Our approach begins with an in-depth understanding of your company's culture and specific health needs. We create a customized program for your company based on your environment, budget and culture. Our unique approach involves marrying fitness and nutrition components with accountability and support specifically designed for long-term success. Employee participation is maximized because programs are tailored to individuals as well as the company as a whole.

- group or individual classes
- challenges
- options include guest chefs and/or health professionals
- classroom-style interactive instruction
- healthy speaker series

Contact us today for a Free Healthy Snack & Fitness Tips meeting!



Why Total Customized Fitness?

Getting to know you and figuring out what will best fit your needs is our passion. TCF team members are professionally trained and dedicated to helping clients get healthy and reach their individual goals. As a West Point graduate and mother of three, owner Traci Fisher has a unique perspective gained through years of training and experience that has resulted in the creation of highly successful programs. Her hand-selected trainers are passionate about helping others... let us help YOU!

Customized to help you!

Whether you have an established wellness program or are just getting started, we can help you achieve your goals.

From private to corporate training, everything we do is based on a systemized process that is customized for your needs. Breaking down the process into manageable, understandable steps, along with a complete and sincere understanding of your company and employees, produces the results your company deserves.

Employees:

Your healthcare costs are at risk here too. You have the power to make lifestyle changes that will not only reduce your health care premiums, but also give you the healthy life you have always wanted.

Get Results!

The average employee loses 10-12 pounds and 8-10 inches in a 6-week period on our program. One group of 12 has lost over 166 pounds and 100 inches in 12 weeks.

“Our company’s wellness program had lost its umph. The TCF program not only helped us physically, but brought us back together as a real team. This is more than getting healthy—it brought us back together, and was more than we ever expected.”

— Solon manufacturer employee

Additional Services:

- private, partner or small group training
- plans designed around clients’ individual needs
- in-house or on location
- nutritional guidance
- group fitness classes
- wellness coaching
- fitness accountability