

**Healthier
Employees.
Healthier
Business.**



**SUPERIOR
PERFORMANCE**
ENDURANCE COACHING

Why Invest In Corporate Wellness?



DECREASE
SICK LEAVE
ABSENTEEISM BY
28%

Corporate wellness is a strong financial investment that you can make for your employees, for your bottom line and for your company. In fact, when it comes to corporate wellness, the average return on investment is **\$3.27 for every \$1 spent.**



REDUCE
HEALTH CARE
COSTS BY
26%

As an employer, corporate wellness is an investment you can't afford NOT to make.

DECREASE HEALTH CARE COSTS

On average, corporate wellness programs:

- Decrease sick leave absenteeism by 28%.
- Reduce health care costs by 26%.
- Lessen workers' compensation and liability management claims by 30%.



LESSEN
WORKERS' COMP
& LIABILITY
MANAGEMENT
CLAIMS BY
30%

INCREASE EMPLOYEE RETENTION

When employees feel their company cares about them, they are more likely to invest in their job and company. Corporate wellness also supports **team-building**, helping boost **camaraderie and company morale** while **decreasing turnover.**

IMPROVE PRODUCTIVITY

Health-related productivity losses **cost employers \$225.8 billion per year.** How much is your company losing? Probably more than you think. Happier, healthier employees are more motivated and productive.

Corporate Wellness Services



Head Coach Jason Kask

Superior Performance offers a variety of corporate wellness options to help companies retain healthy, happy employees. Options include **group workouts at your location, group training plans for a local event, health and wellness seminars, and more.**

To get started on a customized corporate wellness program, contact Jason:
jason@superior-performance.com
218-341-0058

“PHYSICAL FITNESS IS NOT ONLY ONE OF THE MOST IMPORTANT KEYS TO A HEALTHY BODY, IT IS THE BASIS OF DYNAMIC AND CREATIVE INTELLECTUAL ACTIVITY.”

– JOHN F. KENNEDY



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