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## Real Recess

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# Corporate Wellness Proposal

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## OUR WHY

Health and Wellness is on the top of everyone's mind these days. This subject has evolved to encompass more than just Physical Fitness. The Real Recess mission is to enhance the overall quality of your employee's lives. That starts with a mindset derived from short "Recess Breaks" building confidence throughout the day. In turn, employees will become happier and more productive on a daily basis.

## PROGRAM HIGHLIGHTS

1. Survey Each Employee to Find a Focus Point as well as Goals in Personal and Work Life.
2. Create Daily Recess Breaks for Individual Employees to Become Happier and Healthier.
3. Track Compliance to Monitor Progress and Offer Motivation to Reach Next Level Goals.

## SPECIFICATIONS

First and foremost, employees will understand that Real Recess is an independent company and does not report bad habits to their employer. Our number one goal is to help the employee create a confident mindset. This Lifestyle Program should not be mandatory for employees, however it should be highly encouraged by your company. Real Recess will provide promotional material to help influence employees' participation while matching your company culture.

As Real Recess surveys your employees virtually, via phone, and through email during the first ten days we will compile baseline data for the individual as well as the company. The plans we create for your employees start at home. They will be given 'Morning and Evening Routines' to help modify poor behaviors. During work hours, they will be taught 3 'Staple Recess Exercises' designed to promote good habits and stimulate their mind and body. These exercises take 30-60 seconds, use zero equipment and barely disrupt their work flow.

Each month, Real Recess performs easy, noninvasive assessments on your employees in order to track their progress. It is also motivation as they see themselves improving. These assessments include memory, balance and even eye tests. It is a great idea to offer rewards to employees for doing well in this program. A great reward is attendance to a company event such as a 15-minute "Meet and Greet" with the company CEO / Owner or even a free onsite 15-minute massage.

## WHAT'S NEXT?

Call or Email Real Recess to schedule an initial interview and see if we are compatible partners. Once both parties decide it is a fit, compensation is \$30 Monthly or \$300 Yearly per employee.