



LEC
FITNESS

Corporate/Employee Wellness Programs

What is the most important asset in your company - your **EMPLOYEES!** While your employees are undoubtedly your most important asset, too often the true value of that asset isn't recognized until something bad happens.

Research has shown that Employee Wellness Programs have a positive impact on the company's bottom line! Reduced sick leave, improved employee morale, and increased employee retention are just three of the major benefits of your company starting an Employee Wellness Program. And the best news of all is that no matter what size company you have, or what your budget may be, there is a program and service that can fit your needs!

Through our corporate wellness programs we have worked with employees from local D.C. metro companies (both large and small) to help improve their health and fitness. Some of our services and programs for corporate clients and their employees include:

- Fitness Assessments
 - Health and Wellness Newsletters
 - One-on-One, Partner and Small Group Exercise Classes
 - Lunch-and-Learn Wellness Seminars
 - 'Express' Training Sessions (15-30 minutes) for the Busy Professional
 - 'Couch Potato Training' for the Beginner
 - 'Boot-Camp Light' Training
 - Our low-cost Corporate Fitness Awareness Program (ask us for details)
 - Our low-cost Online Training option
 - Fitness Center staffing and management of your Onsite Fitness Facility
 - NO MEMBERSHIP FEE EVER!
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- **LEC Fitness, LLC is A Participating Provider to Over 35 Health Insurance Companies! Contact Us For a List of These Companies and Details of This Program! Receive an Immediate Discount For Our Services If Your Insurance Company Is Participating!**

Contact LEC Fitness, LLC NOW to schedule an appointment to discuss your needs.

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