

# F.I.T. Our Challenge, Our Purpose, and What We Can Do For You



Instructor: Judith Biss

## Developing Our Idea

Our Group was given the task of creating a wellness program for Biss Enterprises. The launch of the FIT program for Biss Enterprises will be a great benefit to the company as well as its employees. These types of programs have been shown to reduce health care costs and employee absenteeism while increasing employee productivity. Not only is wellness meant to improve the employee's physical health, but also their mental health and social health outside of work.

## Investigations

Each member of our team researched effective ways to implement a wellness program, resulting in diverse solutions to achieving healthy lifestyles while at work. Our solutions came together to form our one year wellness program.

## Findings

Health benefits from regular exercise include an increase in energy, weight loss, and significant improvement in general health. An increase in exercise leads to a decrease in sick days.

## Mission for Success

Wellness and fitness programs offer many valuable benefits for a company. These programs are now showing strong improvements in employee morale, company productivity, and more than paying for themselves in the long run.

## Team Members:

Donovan Pearson, Jeremy Pinkston,  
Sara Muckleroy, Meagan Webb