

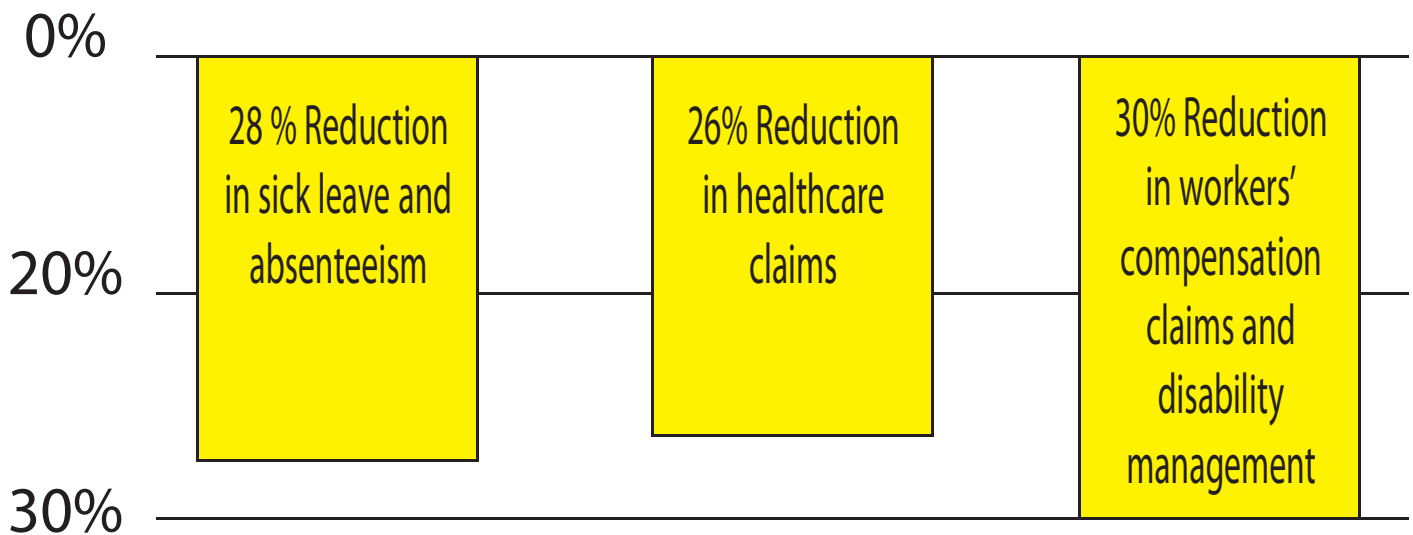


Corporate Wellness Program



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Boot Camp Challenge® Wellness Program will bring value by answering the call for a comprehensive, cost-effective, employee wellness program.



Additional Employee Benefits Include:

- Increased energy
- Increased productivity
- Reduced Stress
- Increased employee morale



Corporate Wellness Program

1. Assessments

We include pre and post assessments in our wellness program for two reasons. First, to create a baseline for the employee to measure their results and second, so the trainer has a snapshot of the fitness level of every camper. With this information, we can guarantee every employee will feel successful.

2. Nutritional Education

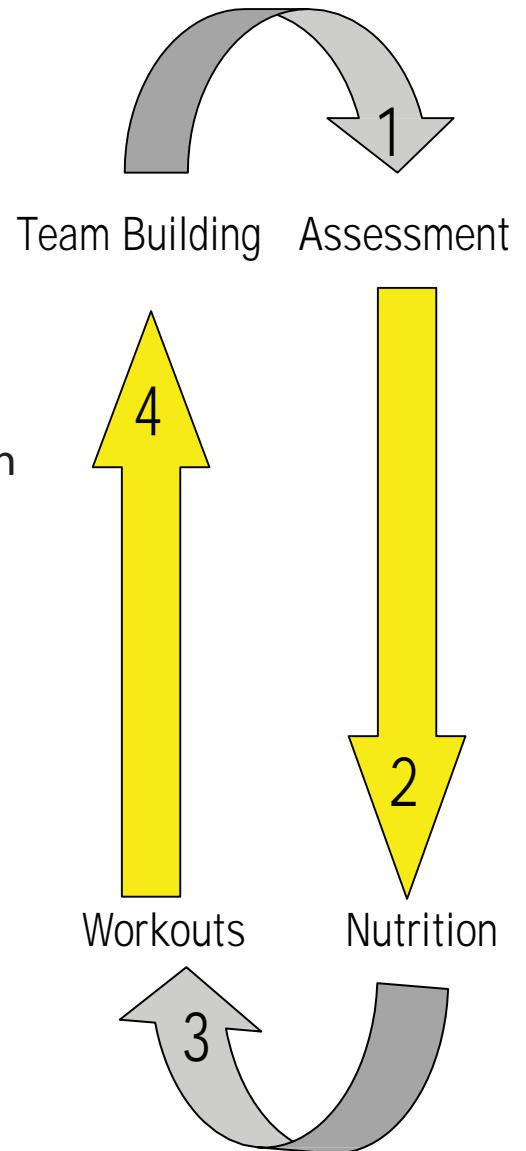
Nutrition is a critical component of wellness. We help the employees understand the importance of nutrition, the effects of nutrition on their bodies, and how to facilitate change. Without a nutritional component, the body will NOT change!

3. Workouts

Workout will incorporate cardiovascular training, muscular endurance training, flexibility training. We also include exercises and workouts which focus and enhance skill related components. The workouts are designed for every level of fitness.

4. Team Building

As adults, we know the importance of being part of a team, the benefits of team building and the values associated with being a team player. For these reasons, we incorporate these values in our programming. No employee ever works out alone, every employee has the opportunity to be a "leader" and ALL employees will experience camaraderie, cohesion and esprit de corps.





Corporate Wellness Program

What makes Boot Camp Challenge® unique for the employee?

- 1) We build a TEAM. From day one your employees will feel they are a part of something bigger than themselves, because they are!
- 2) We build CONFIDENCE. Your employees might not know how strong they are but we do.
- 3) We build CAMARADERIE. It always feels better to sweat, grunt, push and cry with others. Why? Because misery...we mean "training" loves company.
- 4) We demand ACCOUNTABILITY. Your employees want to sleep in? Not today, not this morning. You will show up and train with your team, or else...Hoo-Aah!