



Corporate Wellness Programs

**Designed with team-building
and safety in mind.**

Our clients say...

"I'm enjoying the classes very much. I'm impressed by the teachers that I've had so far. They are very open and helpful... Overall I'm very pleased."

"It {Chair Massage} was fantastic. So many compliments as usual. I had a really stiff neck before my massage and now it is so much better."

"Thank you for everything you do and I really appreciate your smiles and friendliness and professionalism."

"I made a comment about my feet bothering me earlier this week and this exercise was a Heaven sent!!! It was nice to just chill out for a little while!!"

"Taking a moment to just take a breath was great. I also liked the use of the tennis balls in the practice."

"It's a chance for people to TRULY take a break. Not eat at my desk, not be outside only because I'm walking building to building, but truly disconnect from all of the chaos."

"I was very relaxed after the session and had a calmer attitude."

"Provides an intentional space to better care for yourself even while at work. Particularly for those who will be standing and sitting for long periods of time to help prevent chronic health issues. Also helps to be more productive and present by being mindful. It doesn't hurt that it helps to generally be more gracious and patient with coworker"

Excel in Fitness. Excel in Life.



Lunch & Learn

with a registered dietitian

- **Cooking Demo** using Fresh Ingredients.
- **PowerPoint Presentation** choosing from the following topics: Heart healthy eating, Eating for energy, All about added sugar, Diet trends and more! Please contact us for our full list of topics, we are able to create other presentations if requested.

On-Site Chair or Table Massage

helps reduce stress, increase focus, lower blood pressure and more! No management is required by the HR. Employees can login, book, and pay online.

Chair or Regular Yoga

with a certified RYT-200 or RYT-500. Yoga can help improve posture, calm the mind, and improve overall awareness.

Mindfulness

Described by Dr Jon Kabat-Zin as "the awareness that arises through paying attention; on purpose, in the present moment and non-judgmentally"

Personal Training or Group Fitness Training



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