



# ENHANCED WORKFORCE PROGRAM

GLORY TO GLORY FITNESS



# DEAR LEADER,

---

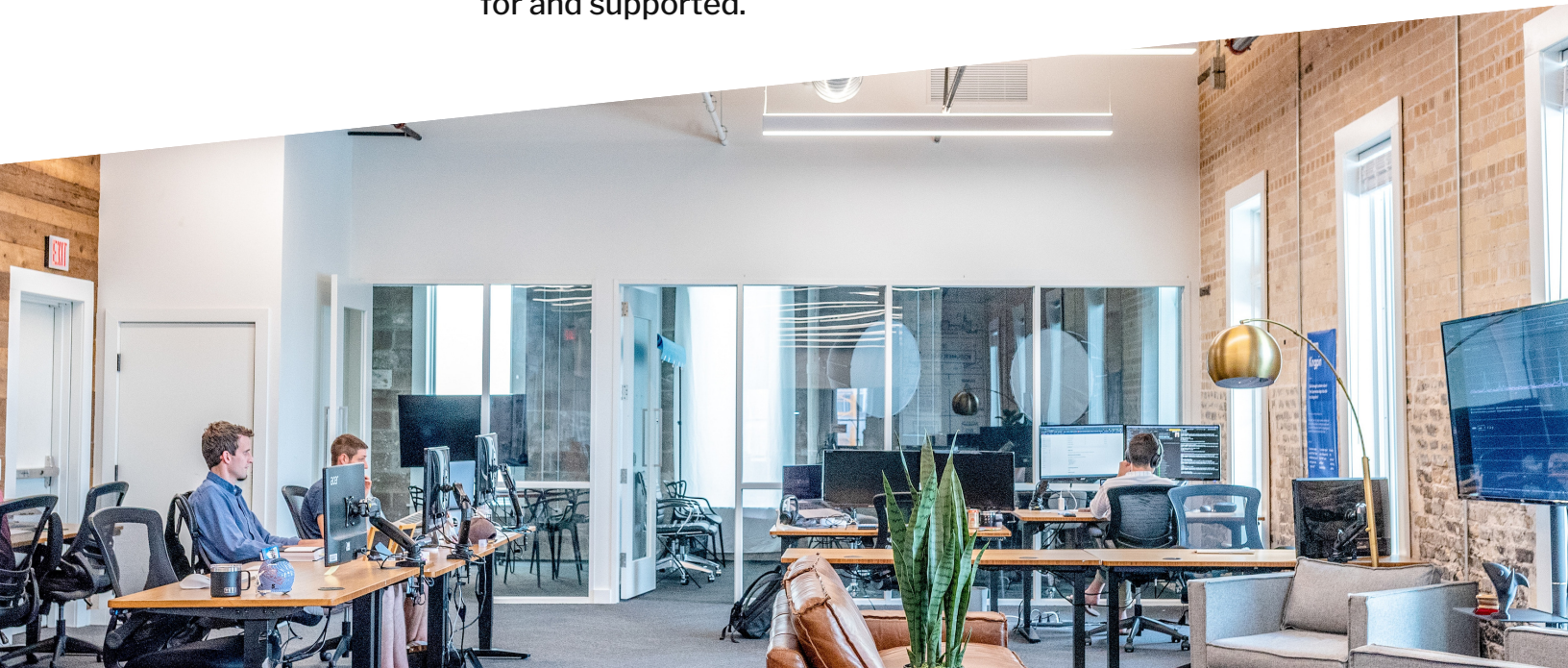
Trying to lead and grow your company is hard enough. Not only that, creating a culture of leaders that take ownership of every aspect of their work can feel impossible.

That's a lot, especially on top of everything else you are trying to balance. Creating a culture of healthy, happy, and engaged people is no accident.

You want to maximize the investment you put into your employees and their performance. You want to be on the cutting-edge and respected in your industry. You want to have an enhanced workforce that creates constant and predictable growth.

We believe that enhancing the quality of your workforce starts with their health and wellness. How are your people supposed to take care of your company if they cannot take care of themselves?

Don't waste another day stressing out about the performance of your people. We create a positive impact on your employees' physical and mental well-being so they feel cared for and supported.



# THE WORKFORCE

*The workforce isn't what it used to be. People are more stressed and stagnant than ever before. Employee happiness is at an all-time low. When people don't feel good, it affects their attitude which reflects onto your customers.*

**Talent:** Most companies have no edge in the fight for talent. No inspiring benefits plan that engages and retains. Turnover can be a huge hit to your bottom line.

**Engagement:** An unhealthy staff is an unproductive staff; distracted, unreliable, and not engaged. They are absent more often and not present when they're at work.

**Healthcare Spend:** Most companies are being taken advantage of by insurance and healthcare companies. They pay a huge cost for a second-rate and outdated product. There is no proactive plan to optimize their staff, only a reactive one when things go wrong.

The pressure to lead has you constantly putting out fires, causing you to miss opportunities you don't even know exist.

Why do most companies have SOP's in everything else, but not in the wellness of their people?



33%

The average cost of losing an employee is 33% of their annual salary.



\$3,400

A single disengaged employee can cost a company about \$3,400 for every \$10,000 in salary.



51%

of workers are not engaged.





# THE F.O.R.M METHOD

A streamlined approach to the wellness of your company



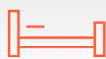
## Functional Fitness

Learning how to use movement to skyrocket energy levels throughout the day



## Optimal Nourishment

Learning how to fuel our bodies for efficiency and productivity



## Rest and Recovery

Creating a process to rest, recover, and recharge to kick burnout to the curb



## Multiplied Maintenance

Learning how to maintain progress long term and multiply the impact of your people



# AN OPTIMIZED WORKFORCE

**Talent:** Gain an edge in the fight for talent.

- Attract quality people
- Take the power back in the hiring process
- An onboarding process that inspires
- Benefits that retain
- Crush high turnover rates

**Engagement:** A happy, healthy, and engaged workforce that is constantly growing.

- Employee and customer satisfaction is at an all-time high
- Productive and present team members
- A workforce you can rely on

**Healthcare Spend:** A streamlined and attractive benefits plan.

- Significantly reduced healthcare spend
- Quality and cutting edge products
- A proactive, preventative, and wholistic plan

**Stand out** in your industry.

- Be the go-to company in your industry
- Be the company everyone wants to work for

An **optimized workforce** allows for:

- Reduced absenteeism
- Increased productivity
- Greater profitability
- Higher customer satisfaction
- Lower stress
- A culture that leads



**21%**

Higher Profitability



**87%**

Employees are 87% less likely to leave the company when they are engaged



**6X Return**

Every dollar invested in the employee wellness program yielded \$6 in health care savings.

# IT'S TIME TO OPTIMIZE YOUR WORKFORCE

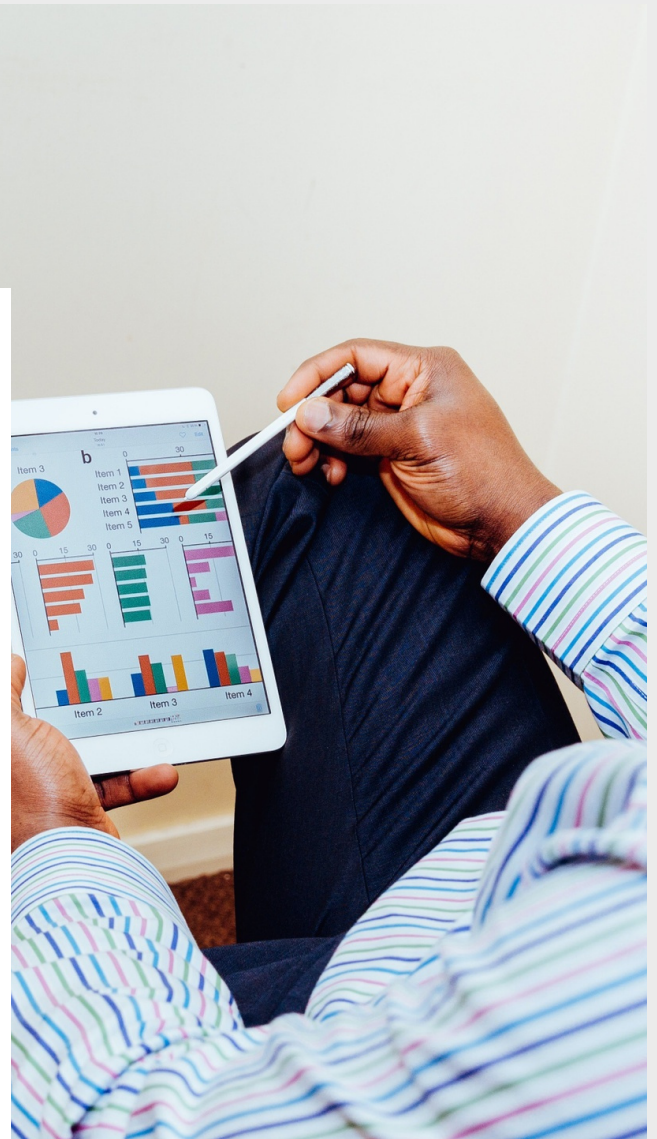
Our step by step, targeted, and custom wellness program maximizes the investment you make into your people

## STEP 1: CONSULTING AND DATA GATHERING

We consult with you to tailor a plan that fits your people, culture, workspace, and budget.

We start with data gathering and consultation to gain clarity so everything is customized to your company.

We look for any opportunities to save you money and gain ground quickly.







## STEP 2: LEADERSHIP AND TEAM DEVELOPMENT THROUGH FITNESS

We take the information from step one and craft a creative plan that best serves your company.

We believe everything starts with your leadership team so for most companies, we start with executive team development through fitness.

### **This includes:**

- Group development by working toward collective fitness goals.
- Done-for-you health service to streamline results.
- Create buy-in and culture shifts at the highest level of the company.
- Enhance your leadership team's ability to collaborate and lead.

## STEP 3: TARGETED INTEGRATION OF OUR METHOD

We progress into other areas of your company with our exclusive approach that targets and incentivizes the areas with the greatest opportunity for growth.

**This includes:**

- Targeting and incentivizing the 20% that often make up 80% of the cost (Tangible or intangible)
- Targeting stagnant branches/divisions
- Enhancing second-tier leadership
- Creating a custom, inspiring health onboarding process for new employees
- Healthy workplace consulting
- Targeted coaching for specific health conditions





# FEATURES:

## Cutting edge **benefits consulting:**

- Creating a benefits plan that actually benefits your team
- A holistic approach: Benefits + Wellness + Leadership

## Access to our **Vision and Clarity Framework:**

- Framework for getting extremely clear about your goals in the future and structuring your health to get there
- Align your health with the goals of the company

## Access for the **whole family:**

- Unlimited access to coaching resources
- Access to our educational health curriculum for kids so the whole family can feel supported

## Clear and unique **health monitoring:**

- Tracking bands
- Employee and customer surveying
- Claims/spend monitoring
- Revenue and goal tracking

## **Culture integration:**

- Custom health onboarding process
- Workshops
- Catered events
- Competitions

## **Workplace consulting:**

- Creating a safer, healthier, happier, more productive workspace
- Creating an environment where being healthy is natural

## Access to **The F.O.R.M Method:**

- Step by step modules through our F.O.R.M Method
- Database of personalized recorded resources, workouts, and movement plans
- Nutrition frameworks for eating healthy in any situation
- On-demand access

## Access to our **“Never fall off the wagon” accountability and growth system:**

- Accountability tracking for intentional growth steps to reach your goals in health and life.
- This system is just like having a personal coach keep you accountable throughout your journey.

## **Personalized support and coaching:**

- Personalized zoom sessions throughout the week
- Call center and support request
- Access to our database of recorded coaching calls
- Constant access to new training
- Targeted programs for specific conditions
- Custom resources on movement, stretching, posture in the workplace

## **Our Program works for:**

- Obesity
- Diabetes
- Hypertension
- Sleep Improvement
- Chronic Fatigue
- Chronic stress
- Burnout
- Underperforming Employees

# CLIENT RESULTS:



## MICHELLE

Michelle had spent years with various trainers only to keep *injuring her back every 8 weeks*. Not to mention her *prediabetic blood sugar levels*.

Since using our method she no longer has any back pain and her blood sugar levels are perfect.

The Doctor's told her that she could only fix her back by having major surgery, but she was able to be pain-free without *costly surgery*.



## ZACH

"Since coming to Glory to Glory over 3 years ago I have seen an amazing turnaround in my overall quality of life and I attribute so much of that to the training, knowledge, and encouragement that I have received at Glory to Glory Fitness. **Not only did I lose over 90 pounds in just under a year but I have been able to maintain that momentum** and become a better overall steward of my body, time, and wellness."--Zach





## BRANDON

We are so proud of Brandon. *He lost over 100 lbs and has kept it off for over 5 years.* His health has been transformed!

*Now his coworkers look to him as the example for them to transform their health too.* He is changing the culture at his company.

Not only did his life get transformed, but he is now helping others with the same things he used to deal with! He has created fun, healthy recipes and shares them with everyone he knows.



## SYDNEY

Sydney came to us at age 50 with *high blood pressure and aching shoulder pain.* He wanted to be stronger than he has ever been, while at the same time getting rid of his shoulder pain and hypertension.

*"Glory to Glory is amazing! They are very knowledgeable, motivating and they take the time to carefully explain health. They have also helped me tremendously with a realistic diet plan that is healthy and fits my goals. After only two months, my blood pressure has dropped from hypertension to a healthy level. This is the best investment I have ever made."* -Sydney

# AN OPTIMIZED WORKFORCE IS SIMPLE

---

## Step 1

### SCHEDULE A CALL

We will start the conversation to see if your company would be a good fit for our program and what opportunities you could have to start seeing results.

## Step 2

### ENHANCE YOUR WORKFORCE

We will craft, implement, and track an approach that is tailored to your company.

## Step 3

### DOMINATE YOUR INDUSTRY

Experience unhindered growth and set a new standard in your industry.

Reduced absenteeism, increased engagement, an edge in the fight for talent, and reduced health care spend are on the other side of an optimized workforce.

## Contact:

Email: [Hello@glorytogloryfitness.com](mailto:Hello@glorytogloryfitness.com)

Phone: 615-488-8203

Schedule a call: [Here](#)



**Derek lost over 30 lbs in 2 months with our method.**

*"There is no possible way you could improve someone's health and it have a negative effect on your business. It's just impossible. It will affect the bottom line, there is absolutely no way that it wouldn't.*

*There is no sense in advertising or honing your business in any way, shape, form or fashion until you fix the efficiency of your staff."*

**-Derek | CFO at Patriot E&P**

\*Click name for Linked in profile