



ENERGIZED WORKFORCE PROGRAM



**WE HELP IMPROVE YOUR
PEOPLE'S WORK PERFORMANCE
THROUGH SYSTEMATIC FITNESS
AND HEALTH PROGRAMS**



ENERGIZE YOUR WORKFORCE

The success of your company hinges on people and their ability to perform. Companies spend millions on advertising, software, and optimizing their systems, but we rarely think about optimizing the system of human beings that works those systems.

Many employees struggle with having the energy to show up fully in their role. We help improve your people's work performance through systematic fitness and health programs so they can be fully engaged and productive at work.

Unlike many wellness initiatives that never get utilized, our systematic approach targets the areas and people in your business that will get you the best return. This creates better results, more sustainable change, and a greater demand for the initiative from your people, all while being more cost-effective.

By increasing your workforce's energy you address problems such as increased healthcare spend, turnover, low employee engagement, low productivity, absenteeism, and customer satisfaction.

Our program helps your people feel valued, supported, and cared for all while helping them perform at their best.

DID YOU KNOW?

33%

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

51%

of workers are not engaged.

34%

A single disengaged employee can cost a company about 34% in their annual salary.

**Law of Diffusion of Innovation*

THE F.O.R.M. METHOD

Systematic optimization of your workforce's health and wellbeing



Functional Fitness

Using movement to skyrocket energy levels throughout the day



Optimal Nourishment

Fueling 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

Creating sustainable progress by anchoring health to our priorities

EMPLOYEE PROGRAM INCLUDES:



Systematic content:

- Step by step modules through our F.O.R.M. Method System
- Database of personalized recorded resources, workouts, and movement plans
- Nutrition frameworks for eating healthy in any situation
- Access to our vision and goal-setting framework for getting extremely clear about your goals
- Access to our “Never fall off the wagon” automated accountability system: This system is just like having a personal coach keep you accountable to the goals you create
- Ask about family access

Interactive Support:

- Ongoing personalized support and coaching
- Onboarding session for custom implementation of our system
- Regularly scheduled zoom sessions for personalized coaching
 - Access to recorded calls
- Flexible support through the week via our support form

Access to Experts:

- Access to our network of health experts at a massively discounted rate.
- Benefits/healthcare consulting, chiropractors, physical therapy, massage therapy, recovery therapy, and much more.

LEADERSHIP PERFORMANCE PROGRAM INCLUDES:



1 to 1 Coaching:

- One on one executive coaching to help help your team perform at their best
- Personalized movement programming via our app
 - Custom to each leader's goals, location, and schedule
- Personalized nutrition planning for increased productivity
- Custom recovery plan for reduced stress and burnout
- Creating an energy-rich schedule to increase efficiency in every area of life

Interactive Support:

- Ongoing personalized support and coaching
- Zoom calls throughout the program on each aspect of our method
- Direct messaging access to a coach via our messaging app
- Personal accountability and outsourcing of tasks to a coach

Team Resilience and Collaboration:

- Collective goal, communication, and resilience workshops for team building
- Periodic team sessions to see collective growth and collaboration

Features:

Employee:

Leadership:

- 60+ step by step modules through our system



- 30+ personalized movement plans



- Personalized nutrition plans



- Goal-setting framework



- Accountability system



- Onboarding session



- Regularly scheduled zoom sessions



- Flexible support form



- Access to experts



- Family access



- 1 on 1 executive coaching



- Personalized movement programming via our app



- Personalized nutrition planning



- Custom recovery plan



- Energy-rich scheduling



- 1 on 1 Zoom coaching calls



- Direct messaging via our app



- Personal accountability



- Team building sessions



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

IMPLEMENTATION PLAN:

Step 1

START-UP- (2 Weeks)

We gather data and consult with your team to customize our system to your company and the strategic areas that will get you the best possible return.

Step 2

LEADERSHIP PERFORMANCE THROUGH FITNESS- (12 Weeks)

Everything begins and ends with your leaders. In order for change to sweep over your entire company, your leaders have to be bought into the initiative. Our executive program will help your leadership team collaborate and perform at their best.

Step 3

THE F.O.R.M. METHOD HEALTH SYSTEM- (12 Week Cohorts)

As we partner with your leaders, we begin to diffuse our system into other strategic areas of the company. We start with small cohorts of 5-12% of your people who are ready to change and believe in the importance wellness can have on their life. (These are people who will give you the best possible ROI)

WHAT COULD AN ENERGIZED WORKFORCE DO FOR YOUR COMPANY?

SCHEDULE A CALL

We will start the conversation to practically quantify the effects our program could have in strategic areas of your company.

Contact:

Email: Hello@glorytogloryfitness.com

Phone: 615-488-8203

Schedule a call: [Here](#)

Website: <https://www.glorytogloryfitness.com/enhanced-workforce>

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



GLORY TO GLORY
FITNESS