

La Vita Vital™

The Enlivened Life

5 Essential Pieces



Synergizing your business through wellness to support your team players in making it to the top with you.

Use them together or individually for customized solutions.

- ◆ Corporate retreats, workshops and culture shift programs
- ◆ Corporate Health Profile and individual player profiles
- ◆ Integration of players with the company's health mission and vision to provide the ultimately healthy company environment and attitudes

Building a sense of belonging for the team player where they are feeling the company cares for them, their family's well being and that they are valuable to the company more as a healthy whole person.

This reflects in performance through enhanced attitude, enthusiasm and effectiveness of focus and actions.

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What are the puzzle pieces necessary to put together a healthy company?

Strategic planning for the mind and body effectiveness for your employees; results in enhancing your company bottom line. Results are witnessed through decreased insurance expenses, decreased disability and worker compensation claims, reduction in the use of health care benefits, reduction in sick day absenteeism, reduction in employee expenses for sick care and symptom management, enhancement of employee retention through a customized caring program for employees overall wellness and through increased productivity.



The Foundation results from Strategic Planning.

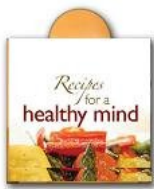
Everything stems from the foundation built from the beginning of our entire program, whether inclusive of all 5 pieces or individually customized per each company's needs.

We facilitate Executive and Senior management **Strategic Planning Wellness Retreats** that are anywhere from 1 day to a weekend, that include creating a mission statement of a healthy organization, a clearly defined vision for how that mission

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becomes reality within a company, clear values and cultural goals that embrace the team players yet gingerly and directly serve them to move into a space of health and vitality for themselves and the benefit of the company. A framework for decisions, direction, expectation, performance and shared destiny for the entire organization's continued success.



Directed Mind Skills Workshops via tele-seminar or live depending on the package and company intention and need. Re-training and programming for the mind with a skills lessons based series of workshops designed to build employee loyalty and Triple Win relationships with the company, the employee and ultimately the customer served by the team. The employee wins, the company wins and the customer wins.



Buddy System Accountability Program

A system that assists each and every team player so no one is left behind. Effective tracking, communication systems and results directed actions set the entire company up for a win with their employees getting the momentum and forward motion in their health they have always desired so they know they will reach their health vision and not having to go it alone.

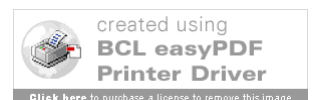
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Heart Healthy Fitness

Customized solutions for each individual executed in group formats in trainings via tele-seminar, video format or live sessions.



Company Power Rejuvenation Retreats

Our Company Power Rejuvenation Retreat is a powerful two day attitudinal, motivation and activation interactive learning experience. This retreat is designed to build a foundation for successful transformation and is effective for setting the stage for culture change within any organization, even if the culture is already a health one. Locations can be in Southern California or on location for each company office; and outside the office environment is preferred.

Each company investment is determined upon needs and wants individually per company as every program is tailored specifically for each company and their team players. Retreat investment is per person, and/or size of the company team as well as location and timing and consideration of enrolling in the full program within a quarterly agreement, or for maximum results, within a 1 year agreement.

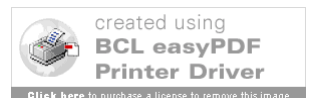
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How does it work with my organization?



Wellness programs incorporate coaching as well which can take place with individuals or groups. Most people prefer face-to-face time with their coach at least once per month with scheduled phone consultations based on each company's needs and plan. In person workshops and coaching is offered and included based on the program needs per company.

The employee initially will need to complete a health risk assessment to get a clear picture of what their health related issues are. We then take them through a series of evaluations for them to explore and reveal their true health wants and needs. We then move onto phase development by setting them up on an individualized wellness program that defines and tracks progress of the relevant health goals. Phases are established according to each company objectives.

We provide your company with a group health profile for where you are as a company and also explore and establish where you want to be.

Then we proceed with the pieces above integrating the mission and vision of the company and including the goals of the employees as part of the team for overall company success.

Wellness consulting is usually delivered into an organization on a large scale to many of it's employees under a corporate wellness

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program designed to implement the organization's corporate health plan.

What are the benefits of wellness consulting?

Organizations that incorporate wellness consulting programs into their culture see sustainable improvements in key areas, including:

- Improved wellbeing of individuals
- Improved organizational health
- Reduced absenteeism
- Increased productivity
- Improved occupational safety
- Higher staff retention
- Increased savings and better ROI
- Not even taking into account the enhanced results with starting a company with a wellness program out of the gate

Specific standard results for wellness programs instituted over a 2 - 5 year period yield consistent measureable results noted as:

- 28% reduction in sick leave absenteeism
- 26% reduction in use of the healthcare benefit
- 30% reduced worker's comp claims and disability management
- Reduced presenteeism losses
- A return of \$3-\$6 for every dollar invested over a two – five year period