



Nutrition & The Workplace

“Health is like money. We never have a true idea of its value until we lose it.”

-Josh Billings

Cambridge Athletic Club’s nutrition and the workplace program is designed with your employee’s wellness in mind as a means to promote and instill corporate health initiatives amongst all.

What to expect:

- Your company is offered a free, complimentary 45 minute session prior to selecting a package to discuss and select topics of interest to employees and to set goals and desired outcomes,
- All packages offer interactive, engaging activities to ensure employees leave with the skill sets required to maintain a healthy lifestyle.
- 15 minute cooking demonstrations are included in some of the packages.*

Topics of Interest:

How to shop healthfully on a budget

How to read food labels

Debunking common nutrition myths and misconceptions

Sports and Fitness Nutrition: How to fuel your workouts for enhanced performance

Nutrition on-the-go

Healthy for the Holiday's



CAMBRIDGE ATHLETIC CLUB

Packages & Pricing *(based on 60 minute sessions)*

60-minute Corporate Wellness Workshop (\$250)

- One time workshop on topic of choice
- Interactive workshop format with activities to enhance learning
- Includes applicable handouts for each attendee
- 10 minute Q & A session

Quarterly Corporate Wellness Package* (\$900)

- Four workshops on topics of choice
- Interactive workshop format with activities to enhance learning
- Includes a workshop workbook for each attendee & applicable handouts
- Q & A session
- Customer satisfaction survey delivered after each session
- 15 minute cooking demonstration

Yearly Corporate Wellness Package* (\$2,400)

- Twelve workshops on topics of choice
- Interactive workshop format with activities to enhance learning
- Includes a workshop workbook for each attendee & applicable handouts
- Q & A session
- Customer satisfaction survey delivered after each session
- 15 minute cooking demonstration
- Nutrition support via email from CAC's dietitian for all employees at session

Visit www.cambridgeathletic.com/corporate-wellness/ to sign up today!

