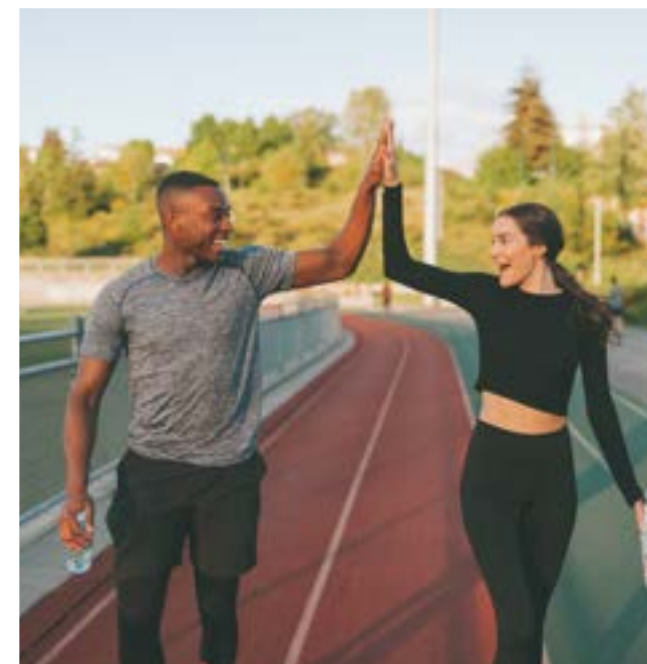


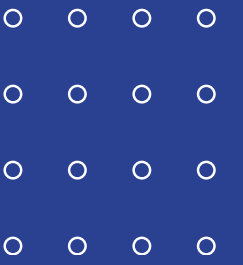
ATHLETIC EVOLUTION

Your WELLNESS EVOLUTION

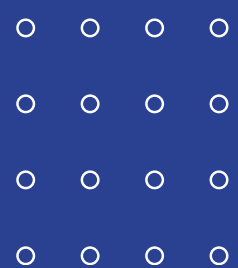
Equipping your workforce doesn't have to be a complicated process when you have a plan. Together we can improve upon the mission, shatter goals, increase engagement and productivity, build esteem and inject a winning attitude by enforcing a performance ready mindset. Here at Athletic Evolution we offer and implement a variety of wellness options that organizations can use in office, at home and in their social circles. Welcome to 'Your Wellness Evolution.



WHO WE ARE



We are a new approach to wellness. With 12+ years of experience, our mantra is “For the Win.” Deep down we are all athletes, we are driven by motivating factors that contribute to successful outcomes whether in the office or at home. We are here to create flexible and engaging corporate wellness program that accommodates diverse fitness levels and lifestyles. This program offers employees the opportunity to improve their health, reduce stress, and foster teamwork through exercise, personalized training, tournaments, single day events, counseling, group trips and recreational sports. Your workforce will be performance ready.



ATHLETIC EVOLUTION



WHY IT MATTERS



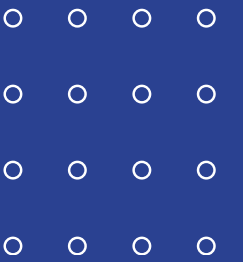
A corporate wellness initiative is a strategic investment that benefits both employees and the organization. By fostering a culture of health and well-being, businesses can achieve improved productivity, enhanced employee satisfaction, and significant cost savings.

We offer total turnkey operation and can adjust to your needs. We have superior client support, a website, and an app.

IDEAS

We can provide organizational shirts for the initiative, action photos, prizes, leaderboards, financial wellness, counseling, events, field days, in office consultation, wellness classes, virtual classes, sports leagues, one day tournaments, nutrition, flexibility, group trips vendors, awards ceremonies, networking events and much more!

DATA



PRODUCTIVITY

CDC found that workplace health initiatives can increase productivity by 11% to 14%.

Johnson & Johnson wellness programs reduced employee productivity losses, saving \$29 million annually.

REDUCED HEALTH CARE COSTS

Healthcare cost reduction of \$3.27 for every \$1 spent on wellness initiatives (Harvard Business Review)

PepsiCo saved \$3.78 in healthcare for every \$1 invested in their wellness program.

ABSENTEEISM

Employees take 28% fewer sick days, according to a RAND Corporation study

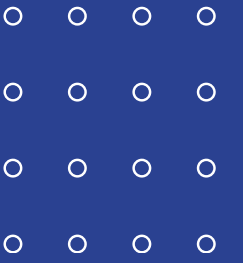
American Institute of Stress found that companies implementing wellness programs reduce absenteeism costs by \$2.73 per employee per month

MENTALITY

Yields a \$4 return on investment (ROI) for every \$1 spent, according to the World Health Organization (WHO)

Unilever's stress management and mindfulness, led to a 33% improvement in mental health metrics

DATA CONT.



DISEASES

76% less likely to develop preventable chronic illnesses like heart disease and diabetes, per the CDC.

Aetna's wellness programs reduced healthcare risks like high cholesterol and obesity by 15%

ROI + FINANCES

see a return of \$1.50 to \$6 for every \$1 invested through improved health and reduced absenteeism (RAND Corporation)

Google's wellness initiatives have saved the company millions in healthcare costs while boosting employee satisfaction

MORALE

67% of employees say they are more satisfied with jobs that offer wellness benefits (Virgin Pulse)

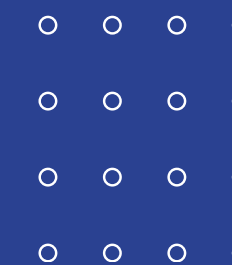
Salesforce's wellness program, including on-site fitness and mental health resources, increased employee happiness scores by 30%

TOP TALENT

59% of employees consider wellness programs when deciding between job offers (SHRM)

LinkedIn's focus on health and wellness benefits has made it a top-ranked employer globally, increasing applications by 20% annually

PARTNERS



T-Mobile | Edelman PR | Goldman Sachs | NASA Johnson Space Center | Sugarland Space Cowboys | PAPPAS

Restaurants | Miami Fashion District | Miami Pickleball Jam | Deloitte | SAP | Shell | Houston Dynamo | Houston Rockets |

C4 Energy | Joola Pickleball | Baddle Pickleball | Pickleball Central.com | Gainful | Kirby Ice House | 1st Phorm | PATH Water |

Wounded Warrior Project | Combined Arms | Spartan Race | Little Woodrow's | Bob Marshall Wilderness Foundation | B.E.A.R |

SLB | The Powder Keg | Kids Meals | Yoga Tres | Airrosti | Stretch Lab | Jersey Mike's | 2 Hoots Hard Tea | Truly | EIGHT Elite

Lager | Orange Theory Fitness | Athlete Training & Health | Houston Parks & Recreation Department | Gilruth Center | Schreiner

University | PALA Pickleball | Bumpy Pickle | Lutheran High North | Westbury Christian Academy | Loft 18 | Pickleball Social | PKL

Social | British International School | Pop Stroke | Challenge Soccer | Cypresswood Golf Course | YMCA | Sports Creek |

Woodland Social | Arbor School | Lost Forest Tennis Club | Memorial Park | Memorial Trail Ice House | Fleet Feet | School of

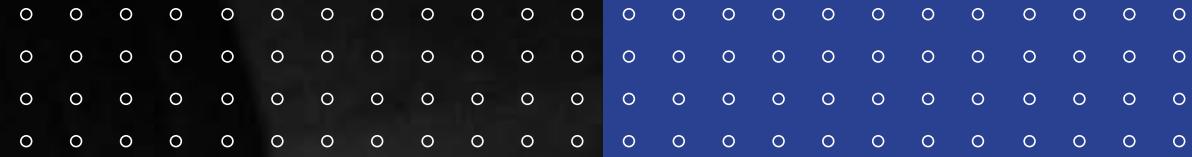
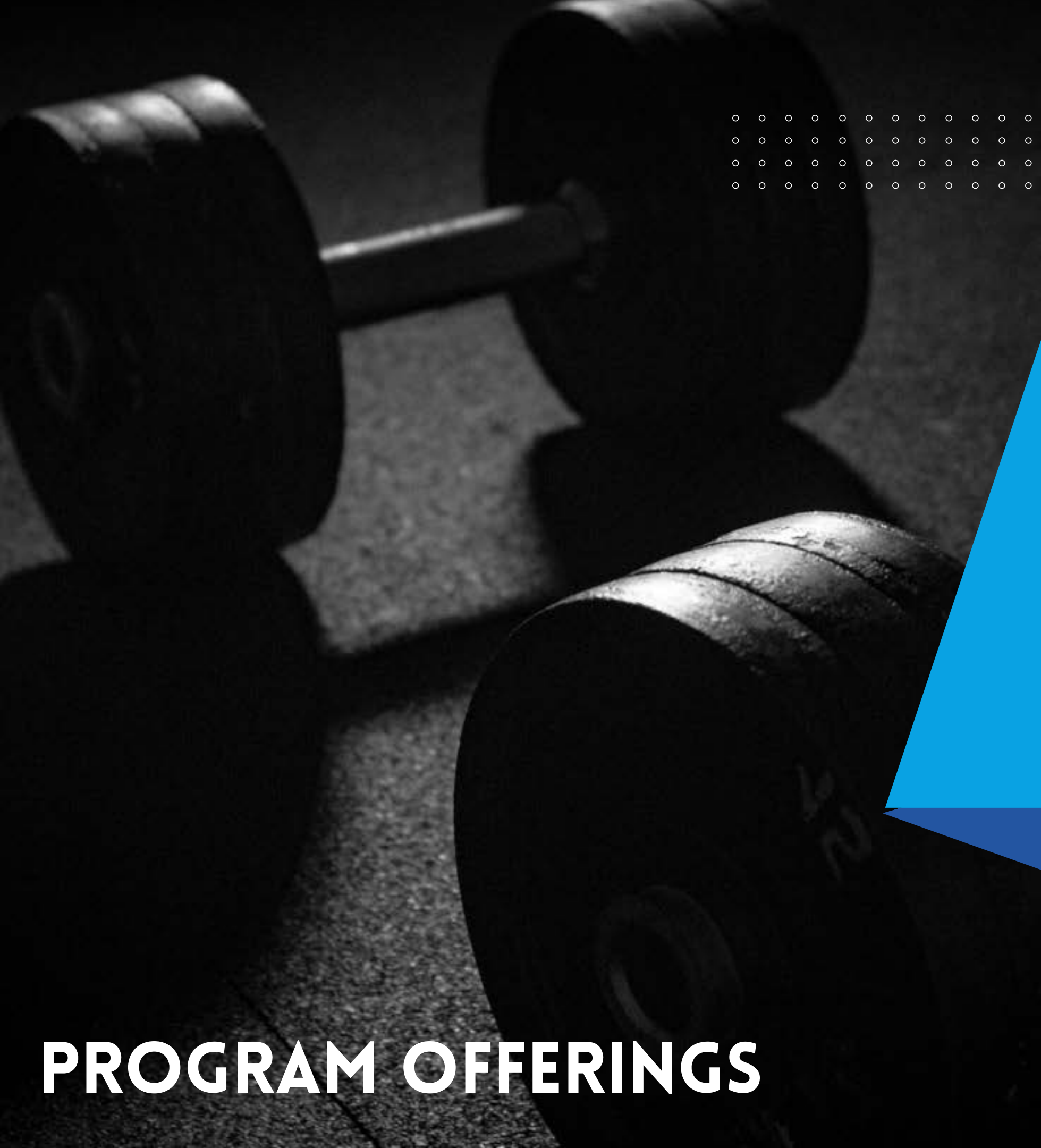
Rock | The Zone | Powder Keg | Quillian Center | NFL Youth Flag Football | MLB Pitch Hit & Run | MLB Youth Home Run Derby |

3v3 Soccer Tour | Houston Sports Park | Houston Sabrecats | Pearland Parks & Recreation | Bayland Park | Houston Run

Timing | Houston Zoo | ULH Event Center | Swanny's Grill | The Fieldhouse | Sports Creek | D1 training | Baskets Academy |

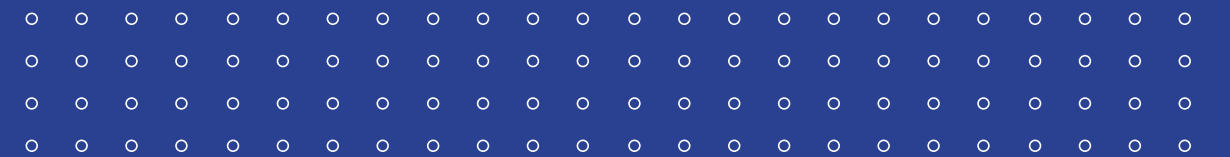
Inspire Real Change | Star Sports Center | Cypress wood Golf Club | Quail Valley Golf | South Shore Harbour Golf | Top

Golf | Bumpy Pickle | PALA Pickleball | The National Basketball Academy | Revolution Soccer Complex and more!



FITNESS & COACHING

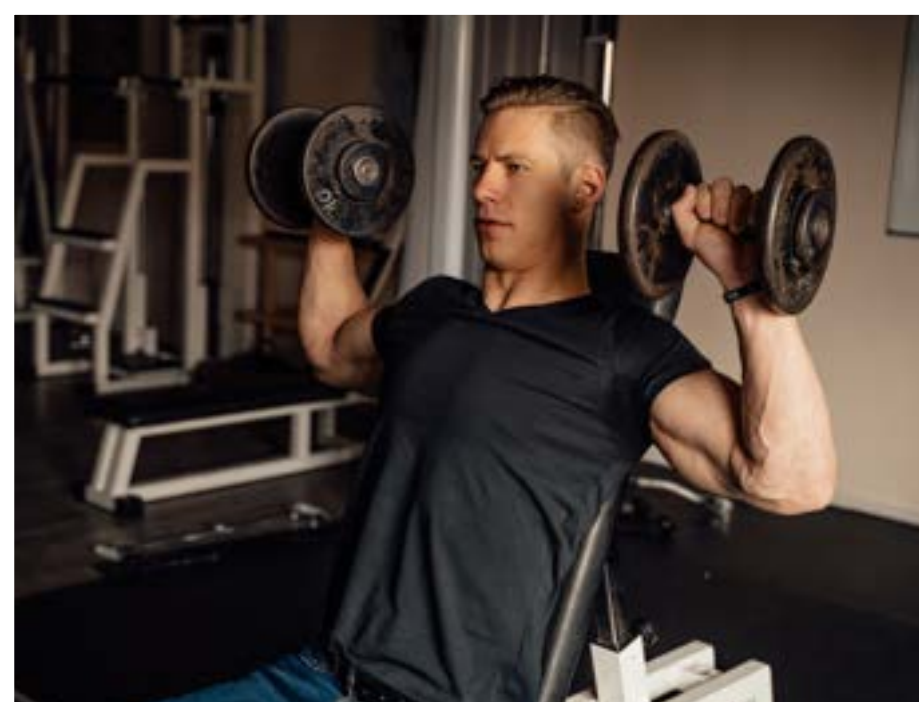
PROGRAM OFFERINGS





GROUP CLASSES

Instructor led, all skill levels. Yoga, mindfulness, HIIT, Cardio Kickboxing, sport specific, Spin, Dance, Country Western, etc.



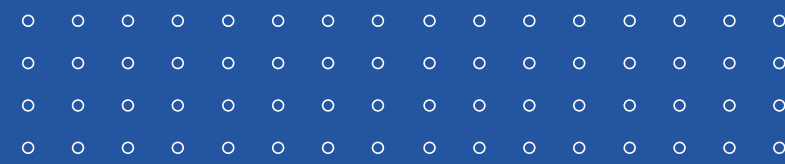
1:1 SESSIONS

Need a more individualized and comprehensive approach? Allow our trainers to build and track during one on one personal training sessions.

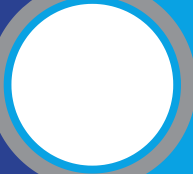


WORKSHOPS

Examples include wellness fairs, weekly meetings, communication, daily reminders, specific topics, round tables and more!



TOP FITNESS TRENDS OF 2025

-  Wearable tech
-  Mobile Exercise
-  Older Adults

ACCOUNTABILITY

Multiple offerings on site, in person or virtually we are on the go just as you! Every person matters. Start a new department wide challenge!

ON SITE

We can train and organize, staff and program on site at a company gym, organize weekly health talks, workshops and give 1:1 personal training

VIRTUAL

Time constraints or no onsite gym? No problem. Our virtual programming and on demand classes, personal training, guided exercise plans, nutrition and more.

APP

Use our app for check-ins, guidance by our trainers, communication, input your weight, sets, reps and progress along the way. Nutrition and challenges included.

SPORTS LEAGUES

PROGRAM OFFERINGS

MULTI-SPORT

Baseball, Basketball, Cornhole, Dodgeball, Flag Football, Golf, Pickleball, Dodgeball, Cornhole, Soccer, Softball, Tennis, Ultimate, Volleyball (indoor or sand) and more! Create a team or sign up as an individual. Single gender, coed or open divisions.

OPEN PLAY

Open gyms, courts and fields that allows participants to show up and play pickup games with less structure and less of a competitive feel.

ALL IN ONE

We book and reserve the venues, provide equipment, uniforms, staffing, referees, scorekeepers, registration, scheduling, standings, playoff brackets, communication, weather delays, rescheduling, photos, and championship prizes. We can organize across multiple cities and branches. Want to hold regional, state, or national competition to determine the overall grand champion? We can do that.



INQUIRE ABOUT OUR WEARABLE TECHNOLOGY AND DATA TRACKERS



TOURNAMENTS

PROGRAM OFFERINGS

ONE DAY TOURNAMENTS

Fundraising or single day tournaments such as Cornhole, golf, pickleball or a fun run 5k is a great opportunity to network and mingle with employees in a friendly competition setting

ALL IN ONE

We're a turnkey operation where we acquire the venue, location, parking, equipment, PA systems, tables, chairs, lunch, staffing, referees, uniforms, pictures, scoring, communications, scheduling and more!

SPONSORS & PRIZING

We can acquire partners such as monetary or gift in kind sponsors, vendors and prizing for the top place finishers such as trophies, medals, basketballs, gift certificates and more!



GROUP TRIPS



PROGRAM OFFERINGS

LET'S MAKE MEMORIES

We can organize group trips, handle the logistics, offer itineraries, reserve lodging, transportation, food, activities and much more! Take advantage of group discounts.

U.S. OR ABROAD

We can consult groups or individual couples and families on vacation or weekend getaway spots too. Learn the tricks of travel!

PAST TRIPS

MLB, NFL, NBA and MLS games and tailgates | Montana | Yellowstone National Park | Banff Canada | New York City | Miami | Washington D.C. | Six Flags Water Parks | Virginia Wine Country | Fredericksburg Wine Country | Destin, FL | New Mexico ski | Colorado Ski | Montana Ski | Hawaii Volcano | San Juan Islands | Italy | France | Spain | Switzerland | Norway





SPECIAL EVENTS

PROGRAM OFFERINGS



EXTRAS

Any extra event your business has planned for the year, we can accomodate. Whether it be an end of year wellness celebration, field day, a fair or challenge winner recognition.



VERSATILE

Allow us to secure venue or facility space, work with catering and other vendors to give your business the best overall experience. How about a 'Grocery cart games event.'



EFFICIENT

Let' us handle the stress of organizing and staffing an event. Do your employees need CPR/First Aid or AED training? Your idea delivered!

COUNSELING

Counseling and therapy directly address mental and emotional well-being, focusing on challenges like stress, anxiety, depression, relationship issues, and trauma. Therapists provide tools to enhance resilience, coping mechanisms, and overall psychological health.

Counseling and therapy contribute to the broader goal of achieving balance across mind, body, and spirit. They emphasize understanding the interconnectedness of emotional, physical, and social aspects of well-being, making them a key component of a whole-person approach to health.

Therapists and marriage counselors provide a safe, supportive space to navigate life's challenges and improve relationships. Whether you're facing stress, communication barriers, or emotional struggles, professional guidance helps you build healthier connections, resolve conflicts, and foster personal growth. Investing in therapy is an investment in your emotional well-being and a stronger, more fulfilling partnership.



PROGRAM OFFERINGS

FITNESS

"Joining our corporate exercise program has been a game-changer for me. Not only do I feel healthier and more energized, but the camaraderie with colleagues during workouts has strengthened our teamwork and morale."

SPORTS

"Participating in our sports leagues has been an incredible experience! It's created a fun outlet to unwind after work. I've made connections across departments that wouldn't have happened otherwise. It's a win for our health and our workplace culture!"

WELLNESS FAIR

"The corporate wellness fair was an eye-opening and inspiring event! There was something for everyone. I learned practical tips for improving my daily routine, tried new exercises, and even connected with colleagues in a completely new way. It showed me that our company truly values our well-being."



TESTIMONIALS

PRICING

SPORTS LEAGUES

Pricing can be based on a per player or per team basis. Cost is dependant upon the venue location the duration of the league, add ons, championship prizing, whether it's a team or individual sport. staffing, referees and the equipment needed.

Individual pricing ranges from \$35–\$85 per player.

Team pricing can range from \$65–\$1,500. For example a cornhole or pickleball team or two players will be less versus a soccer team or a baseball/softball team

FITNESS

Choose your program needs. Choose your group ambassador who will help tailor the needs to fit your vision. Choose a start date. It doesn't have to have an end date unless it's a specific challenge or event.

Would you like a leaderboard? Challenges and competitions can include: Weight loss percentage; total weight loss; most reps completed; cumulative reps listed; steps; total classes and more!

\$200 program development fee.

\$30 per person.

Group classes at your location

\$220: (4) 30 minute (\$55 per class) \$400: (8) 30 minute (\$50 per class)

\$300: (4) 60 minute (\$75 per class) \$560: (8) 60 minute (\$70 per class)

Virtual personal training

4 sessions: \$100 month (\$25 ea)

8 sessions: \$160 month (\$20 ea)

Unlimited monthly: \$240

Subscription fee: \$85 per month

Face to face personal training

4 sessions: \$260 month (\$65 ea)

8 sessions: \$480 month (\$60 ea)

Unlimited monthly: \$800

PRICING CONT.



COUNSELING

We can arrange counseling and can be scheduled through an internal messaging system on a case by case basis. Counseling will typically run \$150-\$175 per hour. Employees can pay for these services out of their pocket.

SPECIAL EVENTS

Much like tournaments. Special events can be as big or small as you desire. With our resources and contacts we can make your business shine. Special events will need to be priced out on a per case basis.

TOURNAMENTS

Tournaments are similar to sports leagues but are single day events. These event can include all the add-ons plus breakfast, lunch, sponsors, and much more. Tournament pricing comes on a case by case bases.

GROUP TRIPS

Group trips can be very flexible. We can line up several trips and have groups sign up for those with an advertised cost. The business can cover a certain percengtage of the trip cost to keep advertised price down as well.

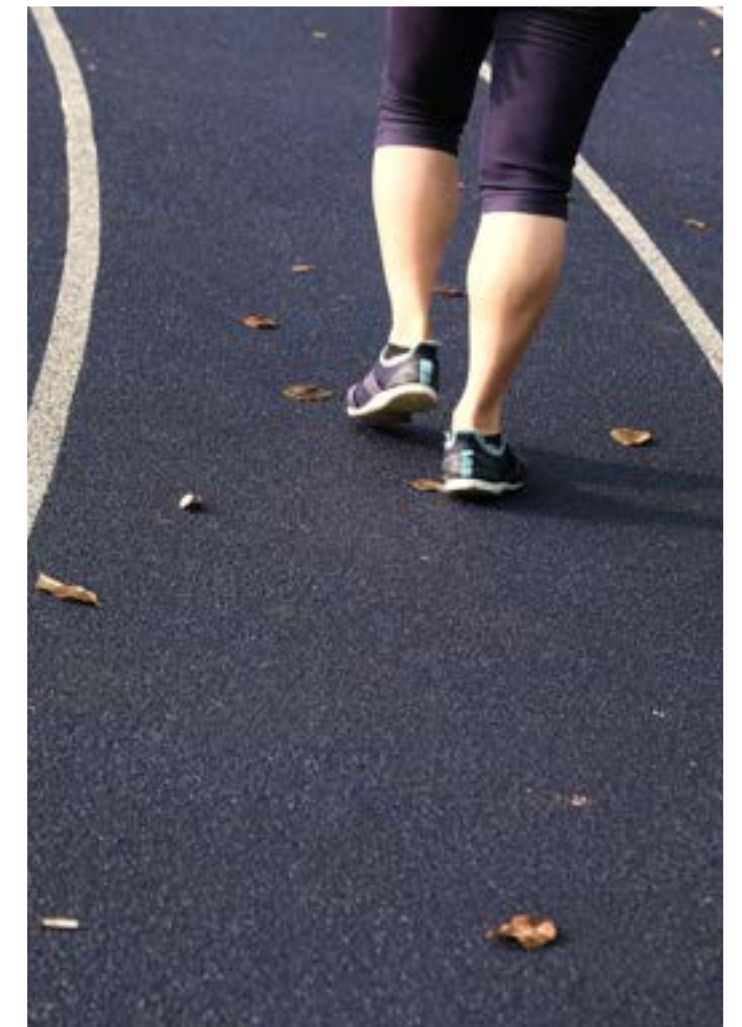
GETTING STARTED

Use the Pricing sheets as reference to select the programs you would like to implement. Once you've decided on the programs you would like to implement, use the link below to check off the programs you would like to move forward with. An Athletic Evolution supervisor will be in contact to set up further details, answer more of your questions and iron out all the details.

If you decide to go with a certain program(s) this time and would wither like to add more or subtract, we a work with you. We hope we develop an everlasting partnership and will do our upmost to provide your organization with the highest quality and attention it derves.

[CLICK HERE
TO GET STARTED](#)

[OR SCAN
THE QR CODE](#)



THANK YOU

CONTACT US

-  540.241.4503
-  athleticevo.com
-  drew@athleticevo.com



FOR
THE
WIN 