

**REDEFINING  
CORPORATE  
WELLNESS WITH  
STRETCH HEALTH  
CANADA**

**STRETCH  
HEALTH**  
C A N A D A



# THE HARSH TRUTH

THE CENTERS FOR DISEASE CONTROL REPORTS THAT WE ARE SPENDING 75 CENTS OF EVERY HEALTHCARE DOLLAR ON CHRONIC CONDITIONS LINKED TO SEDENTARY BEHAVIOUR, LIKE OBESITY, DIABETES, AND HEART DISEASE. ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, BACK PAIN AFFECTS 8 OF 10 PEOPLE IN THEIR LIFETIME, AND IS THE LEADING CAUSE OF DISABILITY WORLDWIDE. IN THE UNITED STATES ALONE, THEY SPEND ALMOST \$1 BILLION TREATING BACK PAIN AND \$20 BILLION IN EMPLOYER COSTS TREATING CARPAL TUNNEL ANNUALLY. THE INDIRECT COSTS ARE EVEN HIGHER ONCE WE CONSIDER LOST WORKDAYS AND DECREASED PRODUCTIVITY.





**OUR CORPORATE  
WELLNESS PACKAGES  
INCLUDE...**



**IN-PERSON WORKSHOPS**



**INTERACTIVE ZOOM  
STRETCH CLASSES**



**IN-PERSON EMPLOYEE  
STRETCH DAYS**




**VIRTUAL ON THE GO  
VIDEO LIBRARY**





## IN-PERSON WORKSHOPS



In our interactive workshops, our team will guide your employees through a variety of different topics, with a focus and emphasis on restoring movement and pain free living in the workplace and home. These are great to help increase energy and productivity at the office.



## IN-PERSON STAFF STRETCH DAYS



Our in-person staff stretch days are where we really showcase our skills. Our team will come to your office with portable massage tables and provide hands-on stretch therapy treatments for all staff members. Designated time slots of 15, 20, or 30 minutes are scheduled over a two hour block of time.



## INTERACTIVE ZOOM STRETCH CLASSES



Our interactive virtual zoom classes will give employees unlimited access to follow along with our instructors in our guided 30-minute sessions. These sessions are fun, interactive, and designed to help restore your health and mobility from the comfort of your home or office.



## VIRTUAL ON THE GO VIDEO LIBRARY

Our virtual on the go library has dozens of pre recorded instructional mobility videos and classes that staff can access anytime, anywhere, and on any device.

# WHAT OTHER COMPANIES ARE SAYING ABOUT US...



"We were thrilled with the event put on by Stretch Health Canada. They took our employees through a mobility workshop, as well as 1-on-1 stretch demonstrations. We highly recommend any organizations that are looking to take their corporate wellness to the next level to use Stretch Health Canada"

**Ashley Conyngham,  
Director, Communications &  
Marketing**



"Our Committee holds a semi-annual Wellness fair in order to educate our employees of vendors within their community that support a healthy and positive environment. This was our first experience working with Stretch Health Canada and it was an awesome one! Stretch Health Canada is extremely professional and it was a pleasure to partner with them! Our employees gave rave reviews and are already inquiring when Rui and his team will be returning. We will absolutely be working with Stretch Health Canada again in the future and look forward to building a strong relationship with Stretch Health Canada. You guys rock!"

**TD London MCP  
Wellness Committee  
TD CANADA TRUST**



"Rui and his team at Stretch Health Canada were very professional and great to work with. Overall the employee wellness event they put on was fantastic and our entire office was super pleased with the event. We will definitely be working with Stretch Health Canada again in the future!"

**Peter Jordan - CEO  
CLINICAL RESEARCH  
DENTAL**





# WHAT OTHER COMPANIES ARE SAYING ABOUT US...



"Rui and Cassandra held an interactive mobility/flexibility workshop for members of the London Police Service. They were able to teach employees how to properly use those "painful" mobility tools in a way that relieves stiffness and pain by focusing on the correct movements and use of the tools at hand. Many of our employees benefitted from this workshop and have made Stretch Health Canada a part of their routine. Whether your job is physically demanding or not at all, the Stretch Health team has proven that they can accommodate and treat every type of body."

**Kacey Leslie,  
Wellness Coordinator  
London Police Service**



I'm confident in recommending Rui and his stretch health team. The stretch health approach is not like anything I had experienced and the benefits were immediately apparent. I have been an advocate for corporate wellness. Healthy people are happy, productive people. Introducing Rui and Stretch Health to my office was a great move. Each individual that attended still talks about their positive experience, some now attend Stretch Health regularly. Stretch Health provides a consistent, professional approach that can also taylor to individual needs in a mindful way.

**Sarah Oliver  
Oliver&Associates**



# WHAT OTHER COMPANIES ARE SAYING ABOUT US...



When looking for ways to improve employee satisfaction, I took into consideration one of the biggest complaints that I hear when walking around the office – sore backs and necks! With most of our employees being sedentary throughout the day, setting up a workshop with Stretch Health Canada designed for desk workers seemed like the perfect fit. Rui and his team were extremely knowledgeable, personably, and overall great to work with. I would highly recommend this workshop for other desk workers looking for relief!

**Sarah Lagrove**  
**Community Connections**  
**Manager**  
**Sifton Properties**



# OUR PACKAGES

	<b>PLATINUM PACKAGE</b>	<b>GOLD PACKAGE</b>	<b>SILVER PACKAGE</b>
	<b>\$1200</b> PER MONTH	<b>\$250</b> PER MONTH	<b>\$150</b> PER MONTH
<b>Employee Stretch Days</b>	<b>12 PER YEAR</b>	<b>4 PER YEAR</b>	<b>2 PER YEAR</b>
<b>Monthly In-person Workshops</b>			
<b>Virtual on the Go Library</b>			
<b>Interactive Zoom Classes</b>			