

REDEFINING

CORPORATE

WELLNESS

WITH

**STRETCH
HEALTH**

CANADA



THE HARSH TRUTH!

SITTING IS THE NEW SMOKING!

A 2010 American Cancer Society study that followed 123, 216 adults for 13 years showed that women who were inactive and sat for more than 6 hours a day were 94% more likely to die during the period studied than those who were physically active and sat for less than 3 hours a day. Men who were inactive and sat for more than 6 hours a day were 48% more likely to die than their active counterparts.



EXPERIENCE THE BENEFITS OF STRETCH...



**IMPROVE WORKPLACE
PRODUCTIVITY**



**INCREASE ENERGY &
DE-STRESS**



**REDUCE CHRONIC
PAIN FROM SITTING**





"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**



**LONDON
ECONOMIC
DEVELOPMENT
CORPORATION**

"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**



WHAT OTHER COMPANIES ARE SAYING ABOUT US



Canada Trust

"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**



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OR LESS

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EMPLOYEES

\$229.99/Month

TIER 3

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EMPLOYEES

\$329.99/Month

For additional information please contact rui.saraiva@stretchhealth.ca (519)719-9895