



simplex

WELLNESS

Corporate Wellness Solutions



*Simplifying wellness
in the workplace*

Take the guesswork out of your wellness programming. Our cumulative approach to wellness offers clients, members and partners a unified solution for wellness in the workplace. Our turnkey programs are simple, engaging and designed with your employees in mind,

2024-2026

We have developed a Comprehensive Toolkit for a Culture of Wellness

How we address various components of what make up our “Wellness Culture”



TOTAL WELLNESS

- Mental Wellness

NUTRITION

- Medically supervised Protocols
- Board Certified Nutrition Team
- Webinars lead by Registered Dietitians

FITNESS

- **MOTIVATIONAL:** Movement Tracking, Instruction and Challenges. Onsite and Virtual Fitness Classes
- **EDUCATIONAL:** Seminars on various topics such as deskercises, and trainer talks
- **INTERACTIVE:** Data tracking through our Simplex App

Accessibility

OnDemand Workplace Wellness

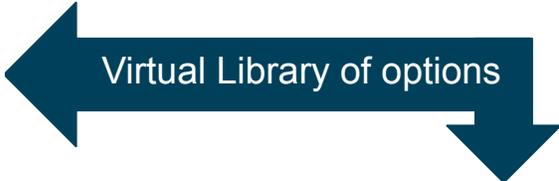
Quick and easy videos at your fingertips that promote workplace wellness via Simplex OnDemand

Bootcamp Box & Fight Cardio Cycling Dance Pilates Strength Stretch & Recover Wellness Yoga

Top Keywords

Mobility Posture Recovery

Reset Filter



how to ...
10 Mins • Beginner • 10 Aug

3 Mins • Beginner • 10 Aug

1 min • Beginner • 28 Feb



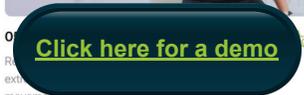
13. Seated Towel Work
Learn the basics of Fletcher Towelwork® as an effective way to increase your shoulder range of motion, release neck and should...
5 Mins • Beginner • 27 Feb



05. Seated Neck & Shoulder Release
Office Fit - by Sweet Factor
Release neck and shoulder tension just when you're sitting down through this simple series of seated stretches.
5 Mins • Beginner • 27 Feb



07. Seated Desk Posture 101
Learn simple cues and movements to reset and improve your seated posture.
2 Mins • Beginner • 27 Feb



03. Seated Lower Extremity Mobility
Take a moment to release tension and improve lower body circulation while seated at your desk!
4 Mins • Beginner • 27 Feb



15. Progressive Breathing
Increase your lung capacity and improve your overall energy through the Fletcher Percussive Breath technique.
2 Mins • Beginner • 27 Feb



12. Standing Hip & Back Release
Take a moment to release hip and low back tension through this simple standing movement sequence.
4 Mins • Beginner • 27 Feb



Step Challenges, Triathlons and more with Motivational Email Campaigns and real-time tracking

64
avg

NYC
Jul

Top Prize
The winning team is going to Zumba class!
Your office will never be the same.

Save the World
\$10 goes to charity for

New York Metro

Jul 4 days left

Average

1. Sponsors for Educational Opportunity	121
2. Homework	111
3. Incentif	100
4. CampGroup	94
5. Triton Research	87

Use @ to call out a company or metro

CountItBot: This just happened: Somebody in a position of power has updated the rewards for your Count challenge!
CountItBot: This just happened: Somebody in a position of power has updated the rewards for your Count challenge!
CountItBot: This just happened: Somebody in a position of power has updated the rewards for your Count challenge!

Menu of Engagement & Commu n Options

RESET REFRAME

WEDNESDAY AUGUST 24TH 10AM

MAINTAINING EMOTIONAL HEALTH

WEDNESDAY AUGUST 24TH 10AM

FUNCTIONAL FITNESS

WEDNESDAY AUGUST 24TH 10AM

FITNESS GOALS BINGO

WEDNESDAY AUGUST 24TH 10AM

HEADY HEALTHY HABITS

WEDNESDAY AUGUST 24TH 10AM

WORKOUT OF THE DAY

WEDNESDAY AUGUST 24TH 10AM

PHMC

WEDNESDAY AUGUST 24TH 10AM

MANTRA MONDAY

WEDNESDAY AUGUST 24TH 10AM

ACTIVE TUESDAY

WEDNESDAY AUGUST 24TH 10AM

WELLNESS WEDNESDAY

WEDNESDAY AUGUST 24TH 10AM

WEEKLY PRIZE

WEDNESDAY AUGUST 24TH 10AM

Offerings & Seminars

FITNESS Classes

Class or Session Title	Class Description
FITNESS CLASSES	(In Person & Virtual, 45 minutes in duration, *specialty)
Arms & Abs	This class is designed to focus on strengthening the arms and abdominals
Core & More	In this series of exercises, we target the muscles of the torso and back to improve core stability and enhance functional movement.
Pilates*	This mat-based class helps develop muscular endurance, toning, and dexterity for greater functional fitness.
HIIT (High Intensity Interval Training)	A vigorous cardio workout involving quick, intense bursts of exercise followed by short periods of recovery for overall fitness.
Circuit Training	This class is designed to offer a workout via intervals of strength, cardio, and core with short rest intervals. Participants work at their own speed and level of fitness.
Boot Camp	A heart-pumping, cardiovascular workout that also challenges balance, speed, coordination, and strength through a variety of movements.
Butts & Guts	This class is designed to focus on strengthening the lower body as well as the abdominals, hips, glutes, and legs.
Gentle Stretch	Participants are treated to a revitalizing and soothing routine to loosen tight muscles and improve mobility.
Yoga*	Enjoy a flow-style vinyasa yoga routine designed to increase flexibility, strength, energy and focus while releasing tension and achieving stillness of mind. Appropriate for all fitness levels.
Thai Chi*	This graceful, low-impact practice lowers stress and improves fitness through gentle, flowing movements.
Zumba*	A fun and energetic way to increase cardiovascular fitness, improve muscle tone, and burn calories through Latin dance-inspired exercises.
Total Body Strength	Work your whole body, top to bottom, performing a variety of key bodyweight moves like squats and pushups but also using external weight (bring dumbbells) throughout this fun, 50-minute workout designed to strengthen your body and improve your fitness.

Offerings & Seminars

FITNESS continued

Tabata	An interval-style class that uses mostly high-intensity, body weight drills to improve heart health and burn fat.
Cardio Sculpt	This workout combines high-intensity cardio bursts with lower-intensity weight training intervals for a higher calorie burn as well as strength and cardio fitness benefits.
Spin	This class is designed for those with access to an at-home bike or a class environment. Rides will focus on intervals, endurance, strength, and recovery.
Functional Fitness Training	This class is designed to ready your body for daily activities like bending, twisting, lifting, pulling, and more!
Purposeful PRE-hab	This low impact class flows through a series of mobility exercises designed to improve your range of motion and body positioning that can assist with injury prevention.
Stretch Breaks/ "Work-In"	A Fitness Specialist will make a "Desk-Call" to your department offering a stretch break session to rejuvenate your body and your mind. Use this during a conference, meeting or just the mid-day slump. Let us work-in!
Virtual Deskercise Seminar	No time to work out? No problem! Simplex Wellness will offer ways you can "work out" at your desk using micromovements, isolation exercises and "active sitting"

Offerings & Seminars

Nutrition Seminars

NUTRITION SEMINARS & DEMOS	(In Person & Virtual, 45 minutes in duration)
Nutrition 101: The Basics on Healthy Eating	Learn how to get more nutrition from every bite. Find nutritious substitutes for everyday foods. Decipher menus to escape the downfalls of dining out. Determine which fast foods are the best choices. Understand food labels. Stick to your dietary goals.
The Skinny on Fad Diets	Don't fall prey to the latest diet to go viral. Be a savvy consumer by getting the facts on weight loss plans that make empty promises. Instead, commit to eating balanced meals that incorporate whole foods (not processed) and getting regular exercise.
Healthy Eating for the Busy Professional	Get tips to plan meals and snacks that fit a busy schedule; find the healthiest options on restaurant menus; satisfy your hydration needs; use helpful apps to help reach your health & fitness goals.
Healthy Cooking in a Snap	A Simplex Wellness registered dietitian will show us how to make easy meals using a few fresh ingredients! You can simply watch the demos or follow along in your kitchen to make the healthy dishes during the workshop. Handouts of the recipes are provided. During the workshop, get valuable nutrition info and advice from the dietitian, who will also answer your questions.
Eating Healthy, Green, & Environmentally Friendly	Help support your personal health and the planet's health by eating more responsibly. Know the fruits and vegetables labeled "the Dirty Dozen" and "the Clean 15." Discover some of the most environmentally friendly foods to incorporate into your meals.
Eat This, Not That! Replace Unhealthy Options with Smarter Choices	Every day we're faced with a variety of foods that either support our health & fitness goals or sabotage them. Get insight into what makes one choice better than another, using real examples that may surprise you.
Mindless Snacking & How to Snack Smarter	Get easy-to-follow strategies for smarter eating between meals. Know which snacks to have on hand when hunger strikes or energy dips. Learn solutions to eating late and how to avoid snack attack traps.
Fasting, Workouts and Electrolytes	Learn how fasting, hydration and electrolytes impact your workouts from muscle growth to recovery along with autophagy.
Virtual Pantry Clean-Outs	A Registered Dietitian will go through common pantry items, discuss how to read labels, and review healthy swaps that can replace unhealthy pantry items.
Virtual Grocery Haul	Guided by a Registered Dietitian, participants will learn tricks and trades of grocery shopping for healthy eating and tips for quick meals- they will learn how to read nutrition labels, ingredient lists, and gain an understanding of where to look for hidden, unwanted ingredients.

Offerings & Seminars

Nutrition Continued

Health Myths	Debunk common health myths and learn the truth about how to eat simply for a healthy life.
The Truth About Fat	A Registered Dietitian will explain why fat is essential to our diet and where to find quality fats and what types of fat to avoid.
The Truth About Whole Grains	Our Registered Dietitians break down how essential whole grains and carbohydrates are for humans. We explain how some carbohydrates are full of refined sugar and have little to no fiber and we identify healthy options from food sources such as, oats, quinoa, fruits, sweet potatoes, and butternut squash
Eating for Longevity	Your genes are NOT your destiny. Most chronic disease can be prevented through diet and lifestyle. Learn to make nutrition is a top priority.
Changing Health Behaviors	Learn about all the different variables that influence our behaviors and learn simple, effective ways to kickstart healthy behavior change.
Cholesterol & Heart Health	Uncover the truth about cholesterol, heart health, and the real diet culprits behind heart disease while getting a grocery list of heart healthy foods.
Hormones, Vitamins, and Your Pant Size	Get a better understanding of the hormone that drives weight gain and how you can eat to support and rebalance your hormones.
Understanding Diabetes	Learn about the root cause of diabetes and how you can get ahead of it. In this seminar you'll come away with a better understanding of the disease and how food choices can have a profound impact to prevent or control your diabetes while reducing your A1c.
GI Health	Around 100 million people in the US suffer from digestive concerns. Take control of your Gut Health and learn what can cause an unhealthy GI tract, how to identify food triggers, and how to restore your gut to a healthy gut.
Leaky Gut	The gut is often referred to as the "second brain". Learn what "Gut Health" is & why it matters for your overall health.
Nutrition Trivia	Join us for this fun, interactive event as our registered dietitian team hosts Nutrition Trivia! Questions from all sides from all things nutrition. What are the three main types of nutrients? What hormone regulates blood sugar? Let's quiz your knowledge!
Women's Health- Hormone Imbalance	This women's health seminar takes a food-first approach to common hormone imbalances in women. Learn how to identify symptoms of common hormone imbalances, foods to avoid, and foods and supplements to focus on for hormonal support.
Food IQ Series (Six Week Series)	Six week series to get individual's started on their journey towards optimal nutrition -- each week contains a new topic of education including: Understanding macronutrients, understanding sugar, inflammation, insulin resistance, gut health and the microbiome, and finally a week dedicated to putting it all together.

Offerings & Seminars

Wellness Seminars

WELLNESS WORKSHOPS	(In Person & Virtual, 45 minutes in duration)
Wellness at Your Workstation	If you spend hours each day sitting in front of a computer screen, you know how it can drain your energy and cause bodily discomfort. Participate in this workshop where a Simplex Wellness fitness specialist will guide you through a series of stretches and invigorating moves you can perform at your desk during the workday. Moving more helps loosen muscle and joint tightness, increase energy and alertness, and decrease your risk of chronic pain conditions caused by prolonged sitting. Let us show you how easy it can be!
Aging Well: How Your Wellness Program Should “Age with You”	This seminar takes a thoughtful look at how our body changes with age and how our wellness program needs to change depending on our age and physical condition. Among the age-related changes we address are metabolism, energy, brain function, memory, bone density, and more. You will gain insights on how to follow a wellness program that will “age with you.”
Controlling Blood Sugar Through Better Nutrition & Exercise	Led by a registered dietitian, this seminar provides practical advice for preventing as well as managing prediabetes and diabetes. Both conditions will be explained in easy-to-understand terms while providing sound advice for taking better control of your health.
The ABCs of Blood Pressure - And How to Handle Hypertension	This seminar provides a clear understanding of blood pressure and the multiple factors that affect it. You will also learn a variety of strategies for preventing and controlling high blood pressure (hypertension) for better health.
Living Better with Asthma and COPD	In this seminar, a Simplex Wellness professional will discuss two respiratory illnesses: Chronic Obstructive Pulmonary Disease and Asthma. In addition to understanding the chronic conditions better, you will get advice on smoking cessation, staying safe during cold and flu season, improving indoor air quality, and more.
Getting the Most from your Workouts	In this seminar, get the straight facts for maximizing workouts to get results faster. A HealthEase fitness professional explains how to condition your cardio health, muscular fitness, and flexibility most efficiently and effectively.
Low Back Pain – Prevention & Treatment	A Simplex Wellness physical therapist will explain the basic anatomy of the lumbar spine and help attendees understand how to manage low back and spine-related pain without resorting to surgery.

Offerings & Seminars

Wellness Continued

<p>Know Your Numbers - And What They Mean</p>	<p>This seminar explains measurements of blood pressure, triglycerides, cholesterol, blood sugar and more so attendees can understand the importance of these numbers and be motivated to take simple steps for better health. We also cover the importance of preventive screenings (prostate, breast, colon, etc.) and receive guidelines for when to get them.</p>
<p>Smart Goal Setting</p>	<p>Have you ever set a goal for yourself but weren't sure how to achieve it – or you abandoned your plan because it was unrealistic? Step by step in this seminar, you will learn the proven S.M.A.R.T. method to define and achieve your goals quicker.</p>
<p>Empowerment, Stress Reduction, and How to Welcome the “New Normal”</p>	<p>In this workshop, a Simplex Wellness wellness specialist helps participants adopt healthy habits that lead to finding more enjoyment and feeling more empowered. Learn a variety of coping techniques to reduce stress and discomfort, enhance the immune system, increase concentration, and be more motivated and satisfied with daily activities. Discover how to make a smoother transition to life in the ‘new normal’ environment after the pandemic. We discuss mindfulness and meditation practices that include journaling, deep breathing, visualization, and muscle tension relief. Learn how to practice gratitude and compassion, make peace with imperfection, forgive mistakes, embrace vulnerability, and accept (even appreciate) change.</p>
<p>Breathing Techniques and How to Find your Inner Calm</p>	<p>Our Simplex Wellness wellness specialist will walk through many calming breathing techniques, discuss how to tap into your inner calm and tame negative emotions – even during a chaotic day, and help you understand why inner peace is so crucial to being our best self and living well.</p>
<p>Slowing Down and Being Present in a Busy World</p>	<p>It's all too easy to let the demands of work and family take control of our time, leaving us to feel unsatisfied, even unhappy. Learn the benefits of being present in your daily life, how to hold space for others, and ways to stop distractions from steering you off course. Participants are guided through several of the most effective mindfulness techniques that they can then use in the real world.</p>
<p>Mindfulness for the Employee – Meditation for our Outer World</p>	<p>A Simplex Wellness wellness specialist reviews the benefits of being mindful at work. Participants learn easy ways to incorporate mindfulness into their workday for greater productivity and better interactions with co-workers. Participants will even discover the myriad of benefits that come from eating mindfully.</p>
<p>Mental Wellness Awareness for the Workplace</p>	<p>A Simplex Wellness wellness specialist provides helpful tips on how to encourage your workplace to step away from routine stress and toward resiliency. Participants will discover concrete ways to engage co-workers in the pursuit of mental wellness as well as understand how mental wellness compliments other areas of wellness.</p>

Offerings & Seminars

Wellness Continued

Heart Rate and why it matters	Learn how to analyze your heart rate for exercise prescription. Understand how your heart rate is a prime indicator of different exercise domains. We will break down for you how to implement this into your workouts.
Health 101	Here we take a look at the history of health and how our health has evolved with our changing behaviors.
Leading through mindfulness	A Simplex Wellness wellness specialist discusses how mindfulness can make us better leaders at work, in the home, and in the community. Participants learn a wide variety of important skills through mindfulness, such as how to lead well under stress, how appreciation and gratitude improves our leadership, how to communicate better, how to let go of perfection, and more.
Giving Internal and External Gratitude	By turning our attention to what we are grateful for, all areas of our lives improve in unexpected ways. Join us to consider all the benefits of practicing daily gratitude and then participate in a simple gratitude exercise you can start at home.
Beating Burnout	Learn helpful tips on recognizing the signs of burnout and tips on making healthy changes to move forward
Letting Go	In this session, discover why and how to set daily intentions, practice journaling, and observe thought patterns, noticing when it is beneficial to stop and observe rather than act. By letting go of certain thoughts you can focus on what matters most to you.
Breathing Techniques (Find your inner calm)	Take a 15 minute break to relax and explore different breathing techniques and practices to find which works best for you. Use it going forward to find peace of mind so you can achieve your goals more easily.
Mindful Eating on the Go	Mindfulness is an ongoing practice that enhances every experience, from your productivity at work to your happiness at home. Learn ways to bring mindfulness with you wherever you go. Also discover how mindful eating improves our health and makes every meal more enjoyable.
The Power of Gratitude	Inviting gratitude into our daily lives reminds us daily of all the good around us. Receive assistance on how to get started and appreciate why a gratitude practice is so beneficial.
Taking the Mystery out of Meditation	Let's add meditation to our toolkit for a happier, healthier, more rewarding life. It is much easier than you think to meditate – and can be effective in a matter of seconds.

Offerings & Seminars

Wellness Continued

Empowerment through Enjoyment	A Simplex Wellness wellness specialist helps participants adopt healthy habits that lead to finding more enjoyment and feeling more empowered.
Supporting Yourself and Others through Grief	How we experience loss is different and challenging for all of us, but there are some things you can do to support yourself and others going through this difficult time. Please join us for a gentle conversation on grief and how we can support each other and ourselves.
Better Sleep for your Health	Sleep is impacted by many lifestyle factors among other things. We take a look at what factors can help you improve your sleep patterns
Nurturing your Neuroplasticity	Have you ever heard someone say they're taking a walk to "clear their head"? Well there is some science behind that. In this seminar we discuss what neuroplasticity means and help better understand how exercise directly correlates to our cognitive health.
Resiliency Rehab	Simplex Wellness specialists walk you through strategies on how and when to building resiliency. We address emotional along with social and mental resiliency by defining what it means to have resilience vs. resistance.
Embracing Rest	Feeling like you need a break? Rest could be the answer, but which kind of rest do you need? Learn the many types of rest and how to know and feel which is the one you need.
Slowing Down: How to be present in a busy world	It's all too easy to let the demands of work and family take control of our time, leaving us to feel unsatisfied, even unhappy. Learn the benefits of being present in your daily life, how to hold space for others, and ways to stop distractions from steering you off course.
Cultivating Hope	Through self talk and other techniques we learn to focus on what we can and cannot control and how that plays a large part in hope and it impacts our lives. Learn how setting goals, focusing on the present, confidence, and a positive outlook all play a part
Mindfulness Meditation Walk (Series)	A Simplex Wellness wellness specialist takes our mindfulness session outdoors for a refreshing 30 minute 'walk and talk.' (3 Walks Included)
Meditation (Reset & Refresh Series)	A Simplex Wellness wellness specialist leads participants through a guided meditation. (3 15 minute mini Meditations / seminars chosen from above included in series)
Trainer Talks (series)	We do the legwork researching trending fitness topics and news in the industry. Join one of our Certified Personal Trainers as they address the hot topics and burning questions in the fitness industry. *Offered as individual presentations or choose up to three to be included.

Offerings & Seminars

Wellness Continued

WELLNESS CHALLENGES & EVENTS	
Step Challenge	<p>This month-long incentive program encourages participants to move more during the day through walking, jogging, cardio equipment, and other forms of physical activity.</p> <ul style="list-style-type: none"> • The challenge is to complete a minimum of 225,000 steps during the four-week period. Those who accomplish this goal are entered in a raffle for fitness-related prizes. In addition, prizes are awarded for the Top 3 Steppers (participants who completed the most steps). • Participants count and report their steps to our facilitator, who tracks everyone’s progress as well as provides a report summarizing program participation and results. • We offer optional “check-ins” on a weekly set schedule. • Weekly motivational/educational tips will also be provided.
Virtual Triathlon	<p>This fun and interactive event brings coworkers together with three types of physical challenges that mimic exercises in a triathlon. Compete in teams on land, in the water as well as on wheels and see how you can encourage each other to cross the finish line together!</p> <p>(Triathlon runs 6 weeks long and reported manually. Leaderboard and mileage tracked and presented by Simplex on weekly basis)</p>
Day of Wellness Fair	<p>Simplex Wellness organizes, helps promote, and staffs the one-day wellness event for up to 4 hours at your location. The wellness fair includes the following seven services, all designed to engage your group in adopting healthy habits for better living (choose up to three included)</p> <ul style="list-style-type: none"> • Fun, Interactive Fitness Challenges • Nutrition Education Station • Relaxing Chair Massages • Healthy Workstation & Deskercise Demos. Exercise Widget Demos • Health Screenings: Blood Pressure, Body Composition, Weight, and BMI
Simplex OnDemand (Turnkey Program)	<p>Access hundreds of virtual fitness classes throughout a variety of formats along with mini wellness tutorials at anytime, anywhere. New videos offered regularly</p>

PRICING STRUCTURE

All billing will be invoiced via Quickbooks unless company holds IBC Wellness Credits, which must be submitted by your broker

TYPE	IBC WELLNESS CREDITS COST
FITNESS CLASS	\$100
SPECIALTY FITNESS CLASS	\$125
NUTRITION SEMINAR COST (varies by seminar)	\$750-\$850
WELLNESS SEMINAR COST	\$750
FOOD IQ SERIES (6)	\$2,000 in person \$850 recorded series
STEP or TRIATHLON CHALLENGES (4-6 weeks)	\$1,100
DAY of WELLNESS FAIR (onsite up to 5 vendors for 2-3 hours hours)	\$5,000
Simplex OnDemand Turnkey Program	\$2 Per Employee / Per Month (billed at once)

Pricing is subject to change. All seminars and workshops are hosted by certified professionals within the field. Virtual seminars can include landing page with dedicated private links to Zoom with recordings provided after the session. All seminars and classes offer marketing and promotional materials if requested.