

+1
fitness

CORPORATE WELLNESS

Plus One changes lives and transforms organizations.

We can help your company reduce healthcare costs, raise employee satisfaction, decrease absenteeism, and elevate your company's profile as an employer of choice.

Our wellness program is successful because it's innovative and responsive to change. While fitness forms the foundation of Plus One Wellness, we have a comprehensive menu to offer your company.

Recreation

Plus One manages corporate recreation programs including teams, leagues, events, and outings. We have systems for planning, budgeting, designing, implementing, and measuring participant satisfaction.

Wellness Lectures and Workshops

Our extensive list of wellness lectures is delivered by onsite staff and a diverse team of experts. Topics include Back School, Kid's Fitness, Golf Training, Self Defense, and more.

Nutritional Counseling and Weight Management

Plus One's registered dietitians and lifestyle weight management coaches deliver nutritional assessments and counseling for individuals, groups, and your organization as a whole. Plus One's weight loss program features the BodyGem™, a revolutionary, handheld device that measures "personal calorie burn rate" easily and accurately.



Family Programming

Family-oriented programming helps employees maintain a healthy life/work balance. Plus One's family programming includes everything from family fitness center memberships to youth yoga to company outings.

Spa and Massage Therapy Services

We're uniquely qualified to provide spa and massage services that have been perfected at our luxury hotel and spa sites. Plus One's massage therapists and estheticians are experienced and fully licensed.

Physical Therapy

Offering onsite physical therapy is timesaving and convenient for your employees because it eliminates the need to travel. Plus One's licensed physical therapists and support team take care of all billing and insurance issues.