

Corporate Wellness Packages

The CHRISTUS Health and Wellness Center wants to deliver corporate wellness solutions to all local companies in Southeast Texas. We offer corporate memberships for your employees and corporate wellness packages for on site programs. All packages are lead by a degreed, certified fitness professional from the CHRISTUS Health and Wellness center.

Package #1: Corporate Wellness Seminars - \$100

If you're just starting your corporate wellness plan, these seminars may be a good fit for your corporation.

- 60-minute seminar at your site on one of the health topics below
 - Exercise
 - Nutrition
 - Stress Management
 - Wellness in the Workplace
 - Stretching
 - Health Statistics
 - Virtual Grocery Store Tour

Package #2: Corporate Group Personal Training Package - \$500

This package involves a more-intense, four-week course for a specific group of employees (8-12 employees)

- Four, one-hour sessions with a degreed-fitness specialist at the Wellness Center (scheduled on your time)
- Two, one-hour sessions with a licensed dietician to discuss healthy eating strategies.

Package #3: Complete Wellness Package - \$750

This package offers a complete evaluation and revamp of your company's current wellness situation.

- Baseline Measurement Calculations – a degreed-fitness specialist will spend two hours at your facility tabulating
 - Weight
 - Body Composition Measurements
 - Body Fat Percentage
- Create a program tailored to suit your corporation's goals.
 - 60-minute seminar at your site on one of the health topics below
 - Exercise
 - Nutrition
 - Stress Management
 - Wellness in the Workplace
 - Stretching
 - Health Statistics
 - Four, one-hour sessions with a degreed-fitness specialist at the Wellness Center (scheduled on your time)
 - Two, one-hour sessions with a licensed dietician to discuss healthy eating strategies.
 - Bonus incentives for stand out employees.

- Two-hour, sign up special at your location, every employee who signs up that day has the enrollment fee waived (must have at least 25 employees sign up to fully waive the enrollment fee)
- Additional Benefits (may have additional cost)
 - On-site revitalizing challenge
 - Meal Logger