



Coaching enhanced health and fitness for maximum productivity!

HR & Corporate Wellness Programs

Ilene on Health partners with professional organizations and companies to assist businesses in becoming 'Internal Champions of Health and Productivity Management'. A recent study defined 10 lifestyle risks accounting for 25% of organizational health care expenditures, with stress being the most costly. Behind the common cold, acute back pain (often minimized by weight loss) is the 2nd reason for absenteeism at work.

Ilene's corporate wellness solutions target mid to upper level executives. Our programs address the costly HR business issues of today...presenteeism, bottom line productivity, leadership, team building skills, absenteeism, a competitive recruitment profile and successful strategies – for health promotion in the workplace.

Ilene's workplace wellness programs are customized to meet specialized client needs. Inspirational keynotes at your management meetings, corporate meetings and retreats will carve deeper into daily healthy lifestyle issues. Key Ilene on Health goals are:

- to launch weight loss/fitness challenges
- to provide workplace wellness consistency,
- to maximum program content
- to enhance stress management tools
- to provide productive take-away
- to insure on-going support tools for maximized engagement

Ilene's informational sessions are designed to enhance proven wellness strategies for the high performance based workplace. The Ilene on Health arsenal includes 60 workplace wellness on-site modifications that can be implemented to improve outcome. With today's challenging economy most businesses find it is no longer affordable to avoid pro-active corporate wellness solutions. THE TIME IS NOW! Maximize your profit margins and invest in the health and productivity of human capital.