

We have a variety of corporate programs available:

### **Supervised Fitness (onsite at Kingley Health)**

- The Supervised Fitness Program is a great value and investment that will get big results. This program is **essential for employees who are in medium and high risk categories** and need to lose weight and improve their health. Each employee has **unlimited supervised usage** at the facility and will:

- Receive a comprehensive physiological assessment and personalized fitness program created by our team of exercise physiologists. The fitness program will address personal goals, health issues, and current capabilities.
- Review progress every month with one of our exercise physiologists. Discuss progress against goals, if goals have changed, and what changes should be made in your program.
- Have each workout supervised or monitored by an exercise physiologist.
- Have fun and feel comfortable in our wonderfully supportive environment. Our program affords personal privacy in a social environment.
- Choose individual exercise, group classes, or a combination of both.

### **Fitness Coaching (offsite at client facility)**

- Fitness Coaching is available if you have your own fitness facility. Employees will get a comprehensive physiological assessment, a personalized exercise program, and a one-on-one monthly review with one of our exercise physiologists. However, the employee will exercise on their own either at your corporate fitness facility or their own gym. Fitness coaching provides the knowledge without the facility.

### **Classes at Your Company**

- Fitness instructors are available to teach classes at your facility and can be contracted on an hourly, monthly or annual basis.

### **Fitness Diagnostics**

- A comprehensive functional capacity test that measures the functional capacity of the

heart, lungs, and metabolic system, muscular strength and endurance, flexibility, and balance. Measure the functional capacity of the heart, lungs, and metabolic system with our state-of-the-art VO2 Max test. Measure muscular strength of 15 different muscles and the endurance of upper body and abdominals. Assess the flexibility of 7 major joints using 20 different movements. Assess the body's balance with our five-part balance test. Measure body composition including percent body fat, muscle mass, bone mass, and fluids.

### **Design, Build, and Management of Fitness Facilities**

- Kingley Health is skilled in the planning, design, fit-out, start-up and operation of new facilities and locations and can partner with you on new initiatives.