

THRIVE

where you work



Nutrition is the "Elephant in the Room" that Needs to Be Addressed.

Reduce health-related costs through successful wellness programming.

Failure to implement effective health systems directly affects your company's bottom line. The Institute of Healthcare Consumerism reports 28% fewer sick days, 30% fewer workers' compensation and disability management cases, and a 26% reduction in health costs due to employee participation in weight management programs.

Improve company health and culture.

Healthy employees exhibit higher levels of energy and productivity, plus greater self-confidence. They get sick less often, so absenteeism is reduced. They stick with the company for longer, report feeling happier, and more connected to others in the workplace.

Provide programming that educates and inspires.

Most wellness programs and local gyms focus on activity, steps, & calories burned. The last thing you want is another program that FAILS to produce sustainable results. You need an integrated approach that addresses nutrition and weight management in a unique way - a system with the structure and support to help your employees achieve results and empower them to sustain their success. Thrive Where You Work provides all of that and much more.

Thrive Where You Work Includes...

Onsite
Weekly
Check-Ins

Workout
Videos

Personalized
Portion
Sheets

Private
Facebook
Group

Weekly
Group
Training

Family
Friendly
Recipes

Before &
After
Success
Report

Body
Comp
Analysis

Janelle K. Lost



11.6 LB, 9.5 IN, 2.7% BF

Cindi H. Lost

12.1 LB, 11.25 IN, 2.3% BF



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David B. Lost

15.4 LB, 10.25 IN, 6% BF



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Hillary Y. Lost

10 LB, 10 IN, 2.9% BF



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For more
information, visit
method3fitness.com
or call the studio at
(408) 371-1212.

Are You
Ready to
Thrive?

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