



First Steps Towards Wellness™



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JOIN

Our New Initiative and Campaign to Make America Healthier

Today, most employers are dedicating resources and concentrating efforts in creating corporate programs that focus on increasing the health and well-being of their employees and reducing healthcare costs. With healthcare costs skyrocketing, prevention has become a priority.

Top health risks including obesity, lack of physical activity, stress, poor nutrition and smoking, account for the majority of healthcare spending in the U.S. Two key components of any prevention program are a healthy diet and physical activity, reducing these problems greatly.

With Americans spending about one-third of their waking hours at work, the workplace is a critical place for developing and maintaining a healthy lifestyle, particularly when it comes to fitness and healthy eating habits.

FIRST STEPS TOWARDS WELLNESS™

The Corporate Health & Wellness Association is looking for an elite group of health and wellness industry companies to link together with us in moving the industry in a positive direction one organization at a time and in turn helping to shift America's views and value on health, fitness and total well-being!

Who We Are Looking To

- Fitness & Athletics Companies
- Nutrition Companies
- Corporate Wellness Vendors & Service Providers
- Consulting Companies



The U.S. Centers for Disease Control and Prevention, working with the Johns Hopkins Bloomberg School of Public Health says, "That without change, some 86 percent of Americans could be overweight or obese by 2030. That means \$1 out of every \$6 in healthcare costs will be due to heavy Americans."