



Corporate Wellness Options

We focus on healthy habits through simple and sustainable plans to see optimal results.



6 Week Challenges

Who doesn't love a challenge? Six week challenges are a great way to kickoff a wellness program and motivate employees to take control of their health. Most people feel overwhelmed because they don't know what is the "right" diet for them. At 4B Fit, we provide simple and sustainable plans led by our fitness and nutrition coaches. Something as fundamental as nutrition shouldn't be complicated.

Challenge Details & Options

- Initial & Post Challenge Biometric Scans
- 60min Kickoff Seminar
- Nutrition App Access w/ MFP Integration
- 6 Week Meal Plan w/ Grocery List
- Ongoing Support and Weekly Check-Ins from Nutrition Coach
- Midpoint Q&A + Healthy Recipe Potluck
- Optional Fitness Classes for your Employees

Seminar Series

One, up to six nutrition presentations over the course of 12-18 weeks. There are a variety of different topics to choose from. All presentations are led by the nutrition coaches at 4B Fit. Summary of information is provided to be emailed out to all employees with option to set up a free intro with a nutrition coach.



Seminar Details & Options

- 60min per Presentation
- Employers can Select from a List of Topics
- Employer can Pick Number of Desired Presentations
- All Employees Receive a Voucher for a Free Biometric Scan
- Optional Catered Lunch from Healthy Meal Prep Company

STEPS TO GET STARTED

- 1 Book a Free Intro**
Meet with founder of 4B Fit, Case Belcher, so we can learn more about you and your company. We will then create a custom program outline for you.
- 2 Set a Date**
Pick a date for a challenge kickoff / seminar and we'll take it from there. 4B Fit will develop custom marketing and educational material to motivate your staff and encourage participation
- 3 Empower Healthy Employees**
A healthy lifestyle and optimal nutrition doesn't have to be complicated. 4B Fit focuses on healthy habits through simple and sustainable plans.