



**CREATING A HEALTHY WORKFORCE
ONE STEP AT A TIME**



FLEET FEET
Sports[®]



HEALTH & WELLNESS CAN BETTER YOUR BUSINESS.

Studies Prove Numerous Advantages to Employer-Based Programs

Take an Active Part of your Company's Success
Studies Show that Employer-Based Wellness Programs Cut Costs and Yield Big Benefits.

- 55% reduction in healthcare costs
- 32% decrease in short-term sick leave
- 30% drop in workers comp and disability claims
- \$6 savings for every \$1 wellness investment
- Enhanced recruitment and retention across positions



Health
Morale
Productivity
Retention
Recruitment

What if Everybody Ran?
Mizuno Running explored the question and revealed the results.

- 200 million inches lost from U.S. waistlines
- \$143 billion reaped in healthcare savings
- 48.1 million fewer cigarettes smoked daily
- 5 million fewer hospital visits made
- 2 billion pounds of weight lost



Healthcare Costs
Worker Compensation
Disability Pay
Absenteeism
Sick Pay



Your Health & Wellness Experts
fleetfeetcolumbus.com
themovement@fleetfeetcolumbus.com
614.846.5625



LET US BUILD A CUSTOM CORPORATE WELLNESS PROGRAM FOR YOUR EMPLOYEES



A LOW-COST, LIFE CHANGING SOLUTION TO CHANGE LIVES AND BOOST SAVINGS

- Voted one of the nation's 50 best running stores
- Backed by 30+ years of experience changing lives
- Led by coaching and fitness expert, Jeff Henderson, local health & wellness leader
- Programs, product, and support tailored to your organization



Injury Help?

FREE Consultation

with our Licensed Physical Therapists
& Certified Athletic Trainers

We Bring Expert Services & Support to your Door

- "Fitlosophy" Fit Plan including gait analysis & multi-point shoe fitting
- Sports bra fitting
- Apparel & accessories
- Free on-site "Lunch & Learn" clinics/health fair promotions

Team Building Exclusives & Perks

- In-store discount
- Race & event discounts
- No Boundaries (office chair to 5k – beginners run/walk program)

For more information contact Kristen Gillenwater | kristen@fleetfeetcolumbus.com

614-846-5625 | 1270 E. Powell Road, Lewis Center



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According to the Bureau of Labor and Statistics, work-related injuries required a median of 8 days away from the job.

Prevention is the key to a healthier workforce. A healthier workforce reduces long-term healthcare costs, increases stability and productivity, and improves global competitiveness.

Fleet Feet Sports Columbus knows how to support your prevention efforts in the workplace. We are committed to helping you, by providing our expertise and knowledge.

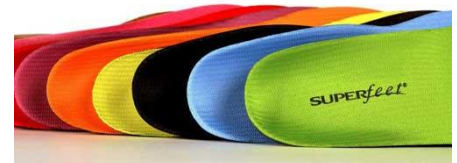
Superfeet Fittings: 1-2 hours with ample space

- Scheduled with ample notice for employees (we will provide info and a flier).
- Measuring device and inserts are provided along with Fleet Feet Sports Fit Experts.
- Fit takes approximately 5-10 minutes per employee.
- Employee walks away with insoles trimmed to fit into shoes.
- Follow up within 6 months to ensure proper fit and wear.

Pricing Rate Options: Company Paid / Employee Paid (Contact Fleet Feet Sports to discuss)

- **Company pay for Insoles: 20% off Retail Pricing**
 - Trim to Fit with Cushion (\$50 retail plus tax)
 - Trim to Fit (\$45 retail plus tax)
 - Delux Dress Shoe (\$30 retail plus tax)
 - **Company is invoiced for insoles after fitting (20% off Retail Pricing)**
- **Employees pay for Insoles:**
 - Trim to Fit with Cushion (\$50 retail plus tax)
 - Trim to Fit (\$45 retail plus tax)
 - Delux Dress Shoe (\$30 retail plus tax)
 - **Cash/Credit Card taken at time of fitting (20% off at time of fitting)**
- **Company and employees share cost of Insoles:**
 - Trim to Fit with Cushion (\$50 retail plus tax)
 - Trim to Fit (\$45 retail plus tax)
 - Deluxe Dress Shoe (\$30 retail plus tax)
 - **Cash/Credit Card taken at fitting for employee portion (20% off)**
 - **Company Invoiced at 20% off**

SUPERfeet®



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WE ARE MORE THAN A SHOE STORE...



Fleet Feet Sports is locally owned and operated

Located in Lewis Center in north Columbus, we opened in December 2004 and have been warmly embraced by the central Ohio fitness community.

Committed to working with thousands of individuals already moving every day, in all that they do, we offer services through our store, training programs and race events.

To inspire others to join the movement, we hope to be a resource and more than a store people shop.



Our Training Programs

- Annually we train over 3,000 individuals in Central Ohio in programs such as our weight loss program, beginner 5K and 10K programs, half and full marathon programs, and even trail running!
- Walk or run, we have programs for experienced athletes and we are most proud of our programs designed for people who are currently inactive or new to walking and/or running.
- We offer discounted programs for employers looking to provide program for its employees.
- Participants get advice, motivation and inspiration from the head coach and mentors, and the camaraderie of others just like them!



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If you are interested in a fundraiser for your organization or have an established event, Premier Races is your one-stop shop for event management services.

We offer custom solutions and our services range from directing the entire event, to managing only the finish line, and anything in between!



Premier Races was created in 1998 to help foster a community of health and wellness. Since its inception Premier Races has been at the forefront of race management, providing the most comprehensive event management, promotion and timing services.

Annually, we facilitate and time over 200 running, and walking events with over 80,000 participants crossing our finish lines.

Our skilled staff can help with all facets of your event from the beginning stages of promotion and registration, course planning and setup, event site plans, coordinating early packet pick up, and of course, all race day logistics & timing.

For more information contact Premier Races | info@premieraces.com



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