

PROGRAM OVERVIEW

# CORPORATE WELLNESS

Programs for organizations that invest in their people. Built on the same system I use with executives and pro athletes.

WHY IT MATTERS

# HEALTHIER PEOPLE DO BETTER WORK

Healthy employees have more energy, miss fewer days and do better work. Most wellness programs don't get them there because people never get a clear plan or anyone to keep them on it.

My programs give your people three things: a plan that fits their life, real coaching, and the accountability to stick with it. Leadership gets measurable results.

## ABOUT ME

I'm Brad Becca, an NASM-certified trainer and founder of BB Coaching in Wheeling, WV. I spent 7 years as a provider at Thrive Wheeling, a medical spa, and today I coach thousands of people worldwide, from busy professionals to pro athletes and high-profile clients like Garrett Hilbert of Dude Perfect.

My coaching is built on HPLS, my High Performance Longevity System: training, nutrition, recovery and accountability.

THE PROGRAM

# WHAT'S INCLUDED

Built around your organization, your people and your goals.

### Health assessments

A baseline for every participant, re-tested at checkpoints.

### Fitness programming

Beginner to advanced plans in the BB Coaching app, for home, gym or travel.

### Nutrition education

Simple daily targets and how to eat well at work, on the road and at home.

### Workshops

Movement, strength, mindset, and sleep and stress. On-site or virtual.

### Team challenges

Step and activity challenges with team and department leaderboards.

### Coaching and check-ins

Weekly check-ins and direct messaging with a coach.

### Reporting

Participation, engagement and baseline vs. checkpoint results, with recommendations for what's next.

ASSESSMENTS & REPORTING

# MEASURE WHAT CHANGES

Every program starts with a baseline, so you can see exactly what changed.

| WE ASSESS | DETAILS |
|---|---|
| **Body composition** | Weight, body composition and measurements |
| **Heart health** | Blood pressure and resting heart rate |
| **Movement** | Movement and mobility screen |
| **Fitness** | Strength and fitness testing |
| **Labs** | Cholesterol, blood sugar and A1C, through a medical partner |

**Privacy built in.** Leadership sees group results. Individual data stays private between each employee and their coach.

THE PROCESS

# HOW WE WORK TOGETHER

**01 · Consult**
We talk through your team, your goals and what's worked before.

**02 · Design**
I build a program around your people, schedule and budget.

**03 · Launch**
Kickoff, baseline assessments, onboarding and coaching for every participant.

**04 · Report**
Checkpoint results and clear recommendations for what's next.

## FORMATS

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| **On-site** | Workshops and assessments at your location in the Ohio Valley |
| **Virtual** | Live sessions and app-based coaching for teams anywhere |
| **Hybrid** | A mix of both, for teams split across locations |
| **Size** | Small teams to full organizations |



NEXT STEP

# INVEST IN YOUR PEOPLE

Tell me about your team and I'll put together a program that fits.

**Email brad@bradbecca.com**

See the full program at bradbecca.com/corporate