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WORKFIT

Improve the physical and mental health of your employees at home and in the office while contributing to the community... **5% of costs goes to providing underprivileged families with the tools to improve their mental and physical health.**

Benefits

- Reduce health care costs: P&G reduced health care costs by 29% over a 3-year period
- Reduce sick leave costs: BC Hydro reduced sick leave costs by \$1.2 million annually
- Increase productivity: Canada Life increased productivity by 4% and realized a ROI of \$6.85 per \$1.00 invested
- Reduce grievances: MDS NORDION reduced annual grievances from 50 to 5 over a 6-year period

What We Offer

Our fitness and wellness program focuses on corporate organizations to increase workforce productivity and reduce costs.

We do this by developing carefully curated fitness and coaching plans for your employees via tools and resources that ensure they are able to sustain a healthier lifestyle.

Notably, our program also includes easy-to-follow meal plans as well as a valuable mental health component, providing a wholistic approach to fitness and wellness.

Pricing

Prices vary based on number of employees. Cost can be as low as \$2.50/month/employee.

Media Mentions



Giving Back

We are proud to be building stronger communities by donating 5% of each investment to underprivileged families to help improve their health and wellness. We educate at a grassroots level so parents can pass on positive lifestyle habits to their children, leading to sustainable good health community-wide.

Who We Are

Since 2004 eLifestyle has been delivering a unique package of customizable fitness and wellness services created specifically for company employees, cultivating a dynamic workplace culture.

Programs provide employees access to modernized programs and services that will increase the usage of on-site facilities, improve the morale, safety, fitness and wellness, and positively affect the optical as well as the organization's bottom line.

Our Clients

