



The Company Care Project (TCCP)

TCCP was formed by Body Blast and Be Fit For You, two St. Louis-based fitness companies.

TCCP offers a way for companies to keep their productivity up and health care costs down by offering education and fitness classes to employees.

The Company Care Project



Britta Siegel
Owner & Founder
Be Fit For You LLC
314-393-1426
brittawsiegel@netzero.net

Master Trainer - Powerflex strength training, American Council on Exercise: Group Exercise and Personal Training, Mad Dogg Spinning, Reaction Cycle



Lena Prinzi
Owner & Founder
Body Blast LLC
843-670-00306
lenap@aol.com

NESTA CPT, NESTA Lifestyle and Weight Management, IDEA membership

Both instructors are bilingual.

TCCP Programs:

Contact Britta or Lena for more information on how your company can benefit from the TCCP program.

Educational Class

45-minute class which educates employees about health and lifestyle. Covers work-related injuries and injury prevention. Class materials provided.

Fitness Class

An introduction to exercises that can be done during a lunch break, at work or at home.

Stretch Class

Stretches that can prevent work-related injuries.



The Company Care Project

Why educate your employees about fitness?

People in the work force often have difficulty finding time to exercise and manage their health. Many are tired at the end of the work day, have children to care for, a home to clean or any number of other distractions.

However, employees who neglect fitness are more likely to suffer health consequences, which not only affects them, but your company as well. Coca-Cola reported a reduction in health care claims with an exercise program alone, saving \$500 annually for each employee who joined their Health Works fitness program (www.trale.com).

By incorporating health and fitness education into the workplace, employees are more likely to take steps toward creating a healthier lifestyle and work environment.



Healthy employees are more productive.

Stress is the number one cause of workplace absences and a precursor to disease. The best way to relieve stress is through exercise. Among 884 employees at three different companies, those who participated in a workplace fitness program by exercising at least once a week cut their annual sick days in half, from an average of 10.1 to 5.4 (Journal of Occupational and Environmental Medicine, September 1997).



How Educational Classes Can Benefit Your Company

Healthy employees are more productive, happier at work, and take less sick leave. But to keep your employees healthy, they first have to know how to be healthy.

Most people know that exercise is good and junk food is bad, but not everyone has time to go to a gym or cook a proper meal.

That's why giving your employees the knowledge and power to make healthy choices at work can directly benefit your company.

TCCP classes cover:

- Exercises to help prevent work-related injuries
- Stretches to avoid Carpal Tunnel Syndrome
- Healthy snacks that can be easily stored in desks, purses, lockers or cars
- How a better workday can start at home

Over 80% of people feel stressed at work. Stress is a precursor to disease and exercise is the best way to relieve stress.

Exercise Helps Because It:

- Boosts the immune system
- Reduces stress
- Relieves pain
- Increases well-being
- Releases endorphins which make people feel happy
- Teaches healthy habits
- Gets blood circulating
- Improves self esteem

Benefits For Your Company:

- Increased performance and profits
- Decreased sick days
- Healthier and happier work environment
- Reduced employee turnover
- Reduced health costs

Benefits For Employees:

- Better stress management
- Increased productivity
- Reduced sick leave
- Diminished risk of injury or illness
- Improved morale
- Increased physical task efficiency

