

DEBRA LOVE SMITH

Corporate Fitness and Wellness Instructor

ABOUT ME

I have been a certified Group Fitness and Wellness Instructor for over 20 years. I am passionate about sharing my extensive knowledge of fitness and wellness -based exercises and programs. My goal is to encourage every person I engage with to work towards a life of self-love, balance, and happiness. I can create a customized wellness program that's sure to be a success.

CONTACT

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FITNESS AND WELLNESS SPECIALTIES

Yoga
Pilates
Stretch and Flexibility
Meditation
Combination Classes

THE CORPORATE WELLNESS PROGRAM

Worksite wellness programs are on the rise, and for good reason. Companies are getting wise to the many benefits, and statistics continue to show that improvements in one's lifestyle can greatly enhance their overall performance in every aspect of life, especially work life. Exercise, flexibility and mindfulness practices are key in the attainment of a well-rounded, balanced lifestyle.

Your employees spend a lot of their day at work. Let's face it, in general, conditions at work consist of long periods of sitting and staring at a screen, bad diet choices, and can be pretty stressful at times. Why not offer them (and you) the tools to help balance wellbeing with work life? Whether incorporating a comprehensive wellness program, or having one or two classes at the office a week, you can improve the overall health, happiness and wellness of every member of your team.

BENEFITS OF INCORPORATING A WELLNESS PROGRAM

- Boosts productivity
- Increases morale
- Reduces stress and improves mental health
- Reduces absenteeism
- Increases employee engagement and communication
- Promotes company-wide wellbeing
- Reduces health care costs
- Improves the bottom line

SERVICES OFFERED

- Employee Fitness Assessments
- Customized Onsite Group Wellness Classes
- Quarterly Assessments and Progress Tracking
- Fitness Challenges
- Private Personal Training
- Assisted Stretch Sessions