



NOW IS THE TIME TO CREATE A HEALTHY CULTURE THAT PAYS OFF CORPORATE WELLNESS CONSULTING SERVICES & PROGRAMS

Study after study shows that a healthier workforce lowers health care costs, reduces absenteeism, and increases productivity. When employees experience first hand how much a company cares about each individual, employees will be more dedicated and loyal. Accordingly, investing in a wellness program is a strategic affirmation in both the company's present and ongoing success.

Burn with Kearns has over 26 years of experience in the field of health and wellness. Our approach is to incrementally and naturally enable positive lifestyle changes to become the norm. We believe that change needs to be a process of collaboration.

The success of corporate wellness is driven by the unique strategy behind it. As a result, our services, platforms and programs help employees embrace the value in taking personal responsibility for their health.

OUR APPROACH IS TO ORGANICALLY PROMOTE WELLNESS INTO EMPLOYEE LIFESTYLES BASED ON 5 PROVEN PRINCIPLES



MOTIVATION



EDUCATION



GOAL SETTING



ENGAGEMENT



TEAM WORK

The relationship between health and work is a close one. Physical inactivity is a big indicator of unhealthiness. For example, obesity is associated with approximately 20 chronic diseases and health conditions. Addressing sedentary populations is a key area that distinguishes Burn with Kearns as our programming emphasizes regular physical activity. At the same time, we help companies keep their healthy employees healthy.

We offer organizations of all sizes comprehensive wellness solutions supported by innovative and flexible programs that address the connections between behavior, fitness and nutrition.

SERVICES AND PROGRAM OVERVIEW

WELLBEING ASSESSMENTS

Employees are provided a comprehensive fitness and wellness assessment session to help properly guide them towards their goals that accounts for personal variables.

TEAM TRAINING COACHING

Team training with special developed small group classes is a major benefit to organizations, because it provides a hierarchical free zone for people to build relationships. Fitness training in a team setting offers peer support and motivation, as well as reinforced accountability. Most importantly, it's sustainable because classes are fun and positive results provide continued reinforcement! Key components include:

- Injury free workouts and previous injury management during training
- Workout modifications for all fitness levels
- Goal setting and monitoring for each individual
- Proper technique and movement education
- Continuous improvements to class offerings based on individual goals and overall group preparedness
- Screening of and recommendations with any team members health issues

EVERYBODY HAS A FIGHTER WITHIN THEMSELVES



Our functional Mixed Martial Arts inspired fitness workouts employ cutting edge training programs that Burn with Kearns originally developed for professional MMA fighters.

We have successfully adapted these protocols and methods to mainstream populations. Our focus is effective, efficient and safe exercise programming for all. The philosophy of “sweating” and “smiling” is always present.

TRAIN THE TRAINER

For employees with fitness backgrounds and or a fitness certification, Burn with Kearns trains these employees to conduct Burn with Kearns' small group circuit classes including MMA Fighter Fit. This class is a high intensity interval training workout that is an unbelievable stress reliever and provides a host of impressive physical, mental and spiritual benefits.

EXECUTIVE ONE-TO-ONE PERSONAL TRAINING

The program was developed for companies who recognize the need for their senior executives to be in physically and mentally peak condition to improve energy levels and enhance clarity in decision-making. These programs typically run in increments of 8-10 weeks.

Components include:

- Priority booking times
- Personalized workout plans
- Nutritional guidance and design of specific meal plans
- Body analysis and fitness measurements
- Monthly goal setting session
- Online and phone support

EQUIPMENT SELECTION FOR FITNESS AREAS OR CENTERS

- Cardiovascular training equipment
- Strength training equipment
- Layout and design
- Performance apparel, trackers and fitness related wearables

BURN WITH KEARNS RESULTS HUB APP

Our online training hub keeps employees motivated while at home or traveling for business. By helping employees maintain their individual fitness plan needs and goals on an anytime & anywhere basis, Burn with Kearns provides employees an unparalleled level of support.

- Exercises (photos & video formats) that can be completed with minimal equipment
- Group and social support provided through site messaging
- Goal setting guidance in anticipation of individual and theme-based team challenges
- Real-time progress tracking and reporting
- Health tips and motivational messaging

NUTRITION COUNSELING

Nutrition counseling is led by a certified health coach with more than 5 years of experience with health and wellness coaching. Nutritional counseling can range from one-on-one weekly personal nutrition meetings with goal setting and support, to group educational classes on nutrition topics.

Regardless of the level of nutritional counseling selected, employees will learn how to live a healthier life through the food they eat. Burn with Kearns focuses on presenting and creating meal plans and recipes that include local and organic food.

FITNESS AND NUTRITION CHALLENGES

People need to be stimulated in varied and unexpected ways. We design and implement challenges that unite workforces as well as inspire them. From weight loss contests, to team building fitness experiences, everyone will find a challenge that will ignite the desire to pursue healthy habits.

BRANDED NEWSLETTERS

To keep employees motivated, Burn with Kearns provides branded newsletters that keep employees connected and empowered with fitness, motivational messaging, and healthy recipes. Individual employees accomplishments are also highlighted.



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