

Why One Stop Wellness?

- We create a unique and personalized experience between our professionals and your employees. We engage your organization to a point where employees are motivated to make wellness a truly integrated part of life.
- We deliver the most innovative set of holistic wellness activities and challenges in the industry – covering fitness, nutrition, stress, environmental, emotional and financial health, and more. And we integrate it within a customizable, comprehensive wellness hub.
- And since we do not outsource our services to other firms, we are able to maintain quality and control better than our competitors. With this kind of control, we're able to customize programs according to the specific needs of our clients.



CONTACT US



www.onestopwellness.org



973.641.8340



contact@onestopwellness.org

At One Stop
Wellness,
we have crafted
3 Entry Level
Programs to help you
get started.

Simply choose
where you are, decide
on a level, and let us
handle the rest!

Level-1



Engagement Ambassador

You are starting to seek sustainable engagement solutions and are looking for more than just a basic health fair. You want to offer special programs and incentives for your employees. Your goal is for the entire workforce to feel appreciated and engage in healthy practices.

Level-2



Engagement Innovator

You have somewhat of a wellness plan in place and are looking for a full make-over to create a highly-energized culture of health, community, and longevity. You want to provide employees with long-term, customized solutions with a variety of services designed to impact overall productivity & engagement.

Level-3



Engagement Champion

You want results. You want accountability. You want your company to be known for its sustainable engagement programs. You want to educate, empower, and support your employees and their families to improve their energy, improve self-efficacy and maintain their well-being through healthy practices and services. You want to be able to evaluate your successes year after year.

Services

1. Human Performance Improvement

Identify various risk factors in your organization to ensure your health & wellness benefits are maximized. Also perform fitness assessments to provide employees a current snapshot of their health and a plan of action to improve performance.

2. Financial Fitness

We will provide licensed professional advisors to educate employees about the financial risks they may be facing and provide tools & services to manage them.

3. "Improv" your Emotional Intelligence

In our Improv Your Day workshops, employees will receive a brief intro to improvisation class, play some games, then choose the stressful moment they want to work on, and they'll create a short story of the event and choose other participants to improvise the scene. Through this service, we help reduce stress, build relationships, and increase empathy.

4. Professional Development Training

Our professional training will equip your employees with the tools, knowledge, insights, and skills necessary to make them more efficient and productive. We will work 1-on-1 with your team to find your specific needs and then create a memorable hands-on training experience to help your employees feel more confident in their new role.

5. Customized Health Coaching

Work with a health coach to develop a better approach to health & lifestyle goals. This work focuses on creating a personalized transformational experiences. Online coaching services also available.

6. Active Lunch-N-Learn

These are unique hands-on workshops that suit the specific needs of your employees. Featured Topics: energy management, nutrition, time management, and creative intelligence. These workshops can be done in a variety of formats and will get your team moving, talking, and eating amazing food!

7. Office Fitness

We have an incredible array of unique on-site fitness classes that are delivered by top notch group fitness instructors.

8. Office Relaxation

Employees can unwind during their lunch break or after work with a massage, meditation or yoga class. This service is offered by licensed professionals

9. Health Fairs

We will create a high-energy, on-site experience that will allow everyone to get involved. This interactive event will include fitness classes & games, workshops, health screenings, and the latest services from many local vendors.

10. Ergonomic Assessment Evaluation

Improve comfort, reduce injuries and improve productivity with onsite ergonomic programs.

11. Health Event Planning

Work with your team to design a customized health experience that coincides with your culture and fits your budget. Leadership retreats, culinary workshops, group challenges and more.

12. Wellness On-Demand

These webinars are "on-demand" and ready when you are! We are actively adding new topics catered to your specific interests. These are great for employees working remotely as well as anyone who has internet access

13. Community Outreach

Schedule time to go out and volunteer with local organizations or create your own program to benefit your community.