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Corporate Fitness and Wellness

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Corporate Fitness and Wellness

By: Jessica Gunter

Introduction

I did my practicum with OhioHealth Employer Solutions. Amy Upp was my supervisor and is the director of fitness and wellness and while I was there got to learn the ins and outs of corporate fitness and wellness through in person experiences and research.

Importance

When companies put focus on corporate fitness and wellness it reduces the risk for diseases and injuries in their employees and the company benefits by getting lower healthcare costs such as lower insurance premiums and less worker's compensation claims, as well as, less absenteeism, a boost in employee morale, and an increase in productivity.

Goals and Experiences

Goals

1. By the end of the semester, I will have connected with three people at corporate fitness and wellness centers through shadowing opportunities.
2. By the end of the semester, I will have learned three important skills for interacting in meetings.
3. By the end of the semester, I will have a full understanding of the importance of corporate fitness and wellness.
4. By the end of the semester, I will know how to develop and deliver a program related to corporate fitness and wellness.
5. By the end of the semester, I will have helped provide research on the overall impact of corporate fitness and wellness.

Experiences

1. I completed this goal through attending meetings with Amy, doing meet and greets with multiple employees, visiting the fitness centers for Huntington and City of Columbus, attending biometric screening events and flu events.
2. I completed this goal by attending multiple virtual and in person meetings with Amy.
3. I completed this goal through all my experiences to see how corporate fitness and wellness works in real time, as well as continuing research throughout the semester.
4. I completed this goal through sitting in meetings going over program design with the fitness team and being able to work with the exercise physiologists to create a workout for people to do when they came into the fitness center and creating a 10-15-minute workout for a get up and move class. We went over what exercises that were good to perform and modifications to keep in mind with the corporate population.
5. I completed this by continuing to research how fitness fits into a corporate wellness program and how it impacts the corporate population.

Learnings From Research

Fitness and wellness programs often include biometric screenings, health risk assessments, disease management, fitness classes, flexible work schedules, flu shots, healthy food options, gym memberships, health coaching, health education, clinics, and telemedicine.

Learnings From Experience

A big take away I learned from this experience was that culture in the workplace is extremely important. Everyone I was able to connect with showed so much passion for what they did and was willing to help in any way they could. Going forward for my future career, I plan on using this experience to remember to find what I am passionate about.