

Bare Health

Ergonomics and Corporate Wellness Fees

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Services

Workstation Assessments Of Any Type	\$100
Site Evaluation and Recommendations	\$100/hr.
Injury Prevention Seminars and Workshops	\$40-60 per person
Training Manual Design and Production	\$100/hr.
Multi-Media Design and Production	\$100/hr
Injury Prevention Training Programs	\$100/hr
Company Ergonomics Policy Design	\$100/hr
Train the Trainer Programs 8 hour session	\$500/person
Injury Prevention E-Learning website	\$150/hr
Injury Prevention DVD/Video	\$150/hr
Equipment Purchasing and Installation	\$100/hr
Workstation Video and Picture Analysis	\$150/hr
Ergonomics Health Faire Hosting	\$150/hr
On-site Injury Prevention Exercise Programs	Ask for pricing
On-Site Fitness Classes	\$150/hr
On-site Health Seminars	\$150/hr



Management Health Program



The management health program is designed to decrease the chances for disease for high stress management positions. The programs will also help to increase energy, quality of life and productivity.

Level 1 Program
This a 12 week program that provides the fundamental evaluations and tools to get the manager healthy. The program includes the following:

- Evaluation**
- 100 point health history form and lifestyle analysis
 - Nutrition- 1 week food/liquid log
 - Basic blood panel
 - Physiological Testing: Aerobic power, Anaerobic power, flexibility, functional strength
 - General Testing: Blood pressure, body-fat, circumference, weight
 - Postural and Gait analysis-video and photo
 - Workstation analysis-1 hour evaluation

- Prescription**
- Education-a 2 hour seminar on exercise and nutrition. This includes cooking demonstrations.
 - Fitness program design-aerobic exercise, strength training, and flexibility exercises
 - Personal training-one, 2 hour session per week with a personal trainer for 12 weeks
 - Grocery shopping-2 hour coaching on what to buy at the store
 - Nutrition program-a complete written program with recipes included
 - Food preparation and delivery optional
 - 1 hour meditation class



Management Health Program



This a 12 week program that provides an intermediate level of evaluations and tools to get the manager healthy. The program includes the following:

Evaluation

100 point health history form and lifestyle analysis

Nutrition- 1 week food/liquid log

Intermediate blood panel

Physiological Testing: Aerobic power, Anaerobic power, flexibility, functional strength

General Testing: Blood pressure, body-fat, circumference, weight

Postural and Gait analysis-video and photo

Workstation analysis-1 hour evaluation

Prescription

Education-a 4 hour seminar on exercise and nutrition.

Fitness program design-aerobic exercise, strength training, and flexibility exercises

Personal training-two, 2 hour session per week with a personal trainer for 12 weeks

Massage-one, 1 hour massage per week

Grocery shopping-2 hour coaching on what to buy at the store

Nutrition program-a complete written program with recipes included

Food preparation and delivery optional

2 hour meditation class



Management Health Program



This a 12 week program that provides maximal evaluations and tools to get the manager healthy. The program includes the following:

Evaluation

100 point health history form and lifestyle analysis

Nutrition- 1 week food/liquid log

Intermediate blood panel

Physiological Testing: Aerobic power, Anaerobic power, flexibility, functional strength

General Testing: Blood pressure, body-fat, circumference, weight

Postural and Gait analysis-video and photo

Workstation analysis-1 hour evaluation

Prescription

Education-a 8 hour seminar on exercise and nutrition. This includes cooking demonstrations.

Fitness program design-aerobic exercise, strength training, and flexibility exercises

Personal training-three, 2 hour session per week with a personal trainer for 12 weeks

Massage-two, 1 hour massage per week

Grocery shopping-2 hour coaching on what to buy at the store

Nutrition program-a complete written program with recipes included

Food preparation and delivery optional

8 hour meditation class