

# MAKE BIG CARDIO PART OF YOUR WELLNESS PROGRAM

## WHAT'S IN IT FOR YOU?



### OPPORTUNITY TO PROMOTE HEALTH AND WELLNESS

- Invest in your employees' health and wellness.
- Increase employee productivity.
- Improve employee attitude, well-being, and job satisfaction.
- Potentially decrease the number of employee sick day reports.
- Potentially reduce health insurance premiums over time.



### GOODWILL AND CORPORATE RESPONSIBILITY

- Align your company with the solution to an important social issue: Providing opportunities for South Florida's at-risk youth.
- Network with other community-minded organizations.
- Get more visibility in the community for your brand.

*"A lot of the research is finding that a healthy employee costs the employer less money, but it also increases the employee's morale. If you can improve job satisfaction, performance goes through the roof."*

—Dr. Kevin Christie, On-site Chiropractor, Royal Caribbean

From South Florida Business Journal, June 6, 2014.



### TEAM SPIRIT

- Create team spirit, camaraderie and synergy within your company.
- Engage both leaders and employees in fun team activities.
- Encourage employees to engage their families.
- Build team unity and identity by providing everyone with branded team gear.



### TEAM BENEFITS

- **FREE** Team Tent (10' x 10') on Team Street if you recruit 50 or more members.
- **FREE** Team Banner on Team Tent.
- Professional team picture at event (digital format).
- Team picture featured in BCF electronic newsletter.
- Team picture posting on social media.

[bigcardio.org](http://bigcardio.org)

