



## ***Increase Profits, Boost Production and Have Happier, Healthier Employees !***

AmeriPro Fitness is now helping businesses become more productive, while lowering their overall costs with innovative wellness programs.

Our corporate wellness program is based on **two simple facts**:

1. Healthy employees are more productive than chronically ill employees.
2. It costs less to prevent injuries or illnesses than to treat them after they occur.

At AmeriPro Fitness, we tie worker productivity directly to the health care issue. Traditional health care efforts are what we call reactive--that is, they wait until after the worker has been stricken with illness or injury, and then pay for the necessary treatments. Our approach, which emphasizes prevention and good health promotion, is much more proactive.

By helping employees change their behavior patterns and choose more healthy lifestyles, AmeriPro Fitness will lower companies' health care expenditures, while raising worker productivity. Health care expenditures will decrease due to reduced medical insurance premiums, reduced absenteeism, reduced turnover rates, reduced worker's compensation claims, reduced tardiness, shorter hospital stays, etc.

There have been **two significant market trends** in the last five years.

- *Increased fitness programs on behalf of individuals.* Exercising and "working out" has become a more mainstream activity in American's lives over the last decade. Five to ten years ago there were widespread reports about an impending health crisis, obesity. Americans, relative to their Western European counterparts have higher incidents of obesity. To a large degree, this is correlated to American's unhealthy diet of fast food, and generally poor food choices, especially fried foods. The poor diet is not the only factor however. Americans were fairly inactive, with only 19% of people age 20-40 exercising three times a week. Luckily, that has changed over the last 10 years. The percentage of active people has increased to 43% as of 2002. More and more people are exercising after work or are incorporating some sort of outdoor activity into their daily routine.

- *The incorporation of fitness programs within the "basket of benefits," a part of the total compensation package.* As fitness programs have become a more common element in the working American's lives, companies have become to incorporate membership as part of their benefit package for employees. This has occurred for at least two reasons. One reason is a flexible method to compensate employees. The second reason is that it has a positive effect on a company's bottom line. Study after study supports the contention that a physically fit employee is happier, healthier, and more productive. For no other reason, offering health memberships to employees is a smart cost-benefit decision.

You now have an opportunity to offer an **innovative personal training service** that could bring an additional revenue stream for your business at no cost to your business. In fact, you can generate an additional revenue stream!

Online personal training with AmeriPro Fitness has become the leading corporate wellness solution. Our popularity, success and support are unparalleled as a low cost option for achieving health and wellness.

We offer a complete fitness and nutrition program for your employees. Our service is unique because the programs are conveniently available online. Online personal training gives your employees freedom, flexibility and convenience to have a *custom fitness & nutrition plan* designed to fit their lifestyle and goals.

***How it works is very simple.*** Once a member becomes part of our program, we have them fill out a fitness assessment, goal sheet, etc. and offer a free coaching call to go over their program. A personal trainer will then design a program based on their goals, track their progress and routinely update their program as they go forward.

We make it very simple for your employees. They will be able to login to our site, print out their workout, see a video demonstration of each exercise and log their results if they choose. The best part is you do not have to belong to a health club, we design exercise programs that can be done at home too!

In addition, they'll have a complete nutrition plan designed for them to use & follow. We offer hundreds of RD designed meal plans using our exclusive Dietmaster™ nutrition program. Our program even does your grocery list for you!

You can login to the left and take a ***live demonstration*** to see an example of our service.

In addition to the numerous benefits to your employees, we have created our wellness program to be revenue sharing. You earn ***50% commission*** on each member every month, for as long as they remain on our plan. You could potentially generate thousands of dollars every month in additional residual income, just by making it available to your employees. Commissions are paid the 15th of every month.

### **Getting started is as easy as 1-2-3 !**

- 1) Simply fill out the form below to register and secure your business
- 2) Receive your Affiliate ID
- 3) Offer it to your employees & start earning commissions, we can even assist you

## ***Get Started Today !***

Please note that all fields followed by an asterisk must be filled in.

**Business Name\***

**First Name\***

**Last Name\***

**Street Address\***

**City\***

**State/Prov\***

**Zip/Postal Code\***

**Business Phone\***

**E-mail Address\***

**Web Site URL**

**Fax**

**Referrer's Name or ID#\***

**Comments**

# Professional Associations



We've been featured in thousands of print, television and online publications.  
Below is a small sampling of some of the media that have featured us.

The New York Times



THE WALL STREET JOURNAL



THE INDIANAPOLIS STAR  
INDYSTAR.COM

