

ErgoFit

'Ergofit' is a science-based team building process that focuses on motivating your workforce to understand Ergonomics as an application of being the best version of themselves. Ergofit incorporates the strategies of behavioral change and the power of personal autonomy to create meaningful impacts to your organization. Components include:

- ✘ Work Site Assessment
- ✘ Employee Training
- ✘ Manager Training
- ✘ Physical Assessments
- ✘ Group Fitness / Stretch Class

"I felt like they tried to understand me before helping."

"I had no idea my hamstrings could be causing my back discomfort."

"I can already see a cultural shift that we were looking for."



+ Ergonomic Obstacle Courses

Additionally, we incorporate a client favorite wherein challenging, high injury risk activities are problem-solved in team-based simulations.

PREMIUM