



Fitness Coaching

If you're looking for some "get fit" guidance, the FitIn@Work program, offered through EASE, may be just what you need to get motivated! Whether you're trying to increase your energy to fight the usual afternoon slump, or improve your physique to "FitIn" to your skinny jeans, we can help. From lifeless to lively, the coach can provide education and a workable plan that is fit just for you!

EASE@Work utilizes the services of certified fitness instructors and degreed professionals for Fitness Coaching.

A Fitness Coach can help you:

- Gauge your level of fitness
- Assess readiness to begin an exercise program
- Focus on maintaining a workable fitness program
- Evaluate your form and analyze your posture for optimal performance
- Focus on increasing energy, reducing stress and preventing chronic disease
- Set personal, realistic goals and offer tools to track progress
- Offer insight and referrals to related areas of wellness (i.e., nutritional coaching)

To speak directly with our Intake Staff, call **(216) 241-3273 or 800-521-3273**.

If you prefer to schedule your appointment online, visit the EASEy Access Fitness Coaching page at www.easeatwork.com/easey and enter your company user ID and Password.

When you call EASE@Work, you will be connected directly to our Intake Staff who will notify the Fitness Coach of your needs. The Fitness Coach will contact you to schedule an appointment that is convenient with your schedule.

This benefit is provided through your employer, for you and your dependent family members. Three 1-hour sessions are available through the FitIn@Work program.