



Healthy changes that transform companies and people's lives.

Cooper Wellness Strategies' tailored solutions have delivered measurable results for leading organizations across the country, achieving maximum health and wellness with minimum impact to the bottom line. For more information on how we can be a catalyst for the change you need, please call us at 972.560.3263 or visit cooperwellness.com.

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YOUR CATALYST FOR HEALTHY CHANGE



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A COOPER AEROBICS COMPANY

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IF HEALTHY PEOPLE ARE YOUR GREATEST ASSET, HEALTHIER PEOPLE ARE INVALUABLE.

Healthier employees are a business advantage and a necessity in today's competitive marketplace.

We work with employers, health insurance carriers, hospital systems and other entities bearing the risk of health care costs.

The health and well-being of your company goes hand-in-hand with the health of your employees, clients and customers. That's why Cooper Wellness Strategies helps organizations *Get Cooperized™*. Built on more than 45 years of health and fitness research and expertise via Cooper Clinic and The Cooper Institute, Cooper Wellness Strategies offers a tailored approach to wellness within three core areas: strategic consulting, leader training and lifestyle education.



CONSULTING

**Our consulting
services provide
meaningful
outcomes with
measurable
results.**

Our statistical methods make wellness an objective and quantifiable people strategy. Whether building a long-range wellness plan, analyzing program data, turning analytics into user programs or managing outcomes administration, our systems generate a stronger culture, health improvement, productivity output and economic value.

LEADERS

Healthy change starts with leaders like you.

Successful wellness programs start with leaders willing to commit to change. Cooper Wellness Strategies' leader training programs teach the link between fitness and performance and inspire a *lead by example* mentality. We help guide driven companies to leverage the influence of leaders and managers to support health in one another, the people they serve and communities in which they engage.



LIFESTYLE

**Engaging
people in
sustainable
lifestyle
change.**

Real behavior change requires science-based information, personalized goal-setting and focus. Cooper Wellness Strategies' lifestyle education programs engage participants with best-in-class communication tools: in-class, online and mobile systems to make change convenient and enjoyable. At Cooper, we help improve individuals' health for life.

