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Workplace Wellness and Physical Fitness: Is There a Link?



The average person spends eight (8) hours or more in the workplace. Occupational hazards and risks are prevalent in a work environment, especially one with prolonged periods of sitting.

A healthy and productive work environment is a benefit for the employee and the employer. From an early emphasis on safety and injury prevention, the focus for employers is gradually shifting towards fitness and longevity.

Risks to the health and well-being of the workforce include:

- Accidents
- Injuries
- Musculoskeletal pain and discomfort related to poor ergonomics at the workstation
- Weight gain and obesity (a result of sedentary jobs)
- Heart and lung related diseases

A healthy and happy staff member is a valuable asset to any company. Improved well-being leads to higher job satisfaction and improved retention rates. There is a direct correlation between high productivity and a healthy and fit workforce.

OSTC Wellness Offers Many Options for Our Busy Members



OSTC Wellness is open from 6am-7pm, M-F, and 8am-12pm Saturday.

All access memberships are available for \$35/month, we also offer a \$10 discount (\$25/month) to the employees of many local businesses in the Wichita Falls area. Call OSTC to find out if your business is part of our Corporate Wellness Discount. If OSTC has not yet partnered with your business, our Wellness Director would love to speak with management to set up a great deal for your business's employees.

The Certified Strength and Conditioning Specialists at OSTC offer many options for clients who have full-time jobs. Personal training sessions can be scheduled early in the morning before the sunrises, we also offer early and late fitness camps for those enjoy working out in a group atmosphere.

- **Get Up Get Fit** is a 5:30am class designed for women. This 45 min class meets 4 days a week and includes weight lifting, HIIT training and body weight exercises.
- **Shred with Shadow** is a 45 min class that meets at 7pm, 4 days a week. This class is open to everyone and includes weight lifting, Tabata training, and a fun-spin on fitness with Thursday night game night.

OSTC is committed to Wellness

Workplace wellness is important. At OSTC we know that happy employees create a fun, energetic environment for our patients and clients. The employees at OSTC workout together; some in the morning, some at lunch and some after work.

A family (even work family) that works out together is a family that works well together. We love when our wellness members join us for our workouts! Many of the staff and members are currently training together for the famous Hotter-than-Hell Bike Ride.

Often times a competitive game of basketball breaks out during lunch at OSTC.



Contact OSTC Today to Join our Wellness Program!

There are no start up fees and no early cancellation fees, just \$35/month. Don't forget to ask if you are a part of the *Corporate Discount Program* to get your monthly rate at \$25/month.

Wellness members have access to all cardio equipment, weights, machines and our heated indoor pool. We even offer FREE pool classes to OSTC wellness members. New members are encouraged to schedule an "Orientation" meeting with one of our CSCSs to learn about all that OSTC can offer, during this time we will introduce you to the equipment and answer any questions you may have about starting a new Wellness Program.

Other Wellness Programs that include an additional fee:

- Group fitness boot-camps
- Small group personal training
- One-on-one personal training
- Individualized fitness/nutrition prescription can include:
 - Fitness assesment and individual exercise program
 - Nutritional counseling with one of OSTC's Nutrition Specialist
 - Health eating meal plans
 - Weight loss program (includes fitness assessment, individual exercise program and meal plan).

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Coaches' Clinic is Fast Approaching

June 26th, OSTC will shut down physical therapy for the morning to take time to get local high school coaches trained in CPR/AED and Concussion protocol.

Coaches and sponsors will meet for breakfast and fellowship before CPR training begins. Following a small break, Concussion training will begin. Coaches and OSTC will enjoy lunch together, some coaches will then join OSTC staff in a round of golf, while others will meet for pedicures. This allows time for coaches and OSTC Sports Medicine Staff to get to know each other before the hectic school year begins.

What People are Saying about OSTC:

- I have received excellent care here. Plan to learn more about the Wellness Program
- Excellent staff always have a smile on their face and friendly
- Great place- nice people, very caring. They know their stuff!!
- I am impressed with results



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