CORPORATE WELLNESS PROGRAMS

Embark, Embrace, Evolve
into a **HEALTHIER LIFESTYLE.**

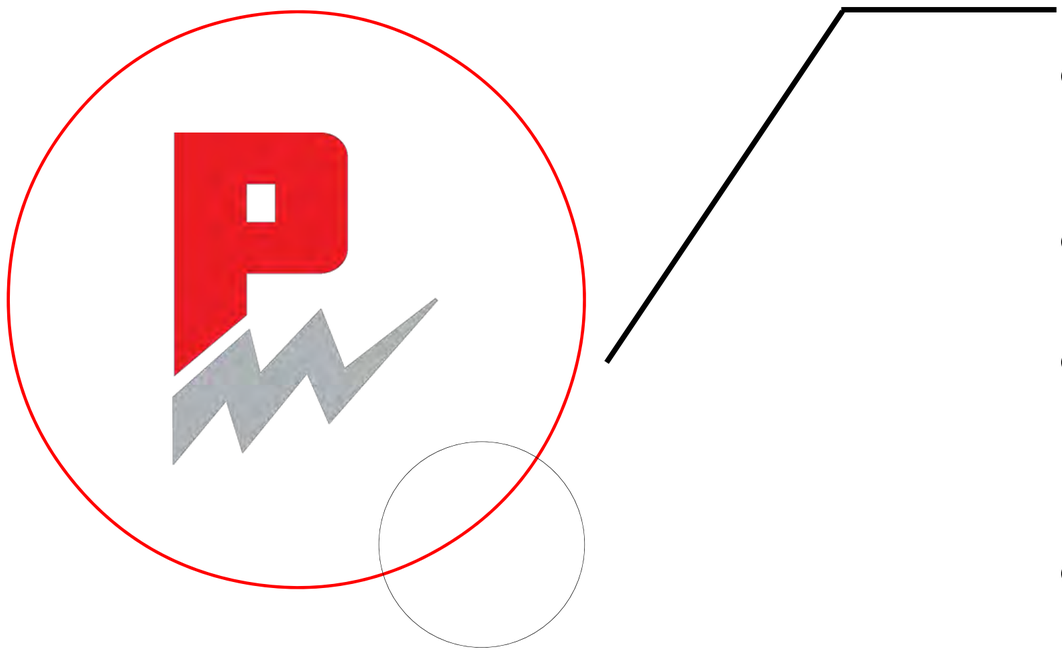
PEAK FITNESS
SPORTS PERFORMANCE TRAINING

WHAT WE WILL COVER

- Our Philosophy
- What is Corporate Wellness
- Let’s Talk About Wellness
- Benefits of Corporate Wellness
- Peak Fitness Amenities
- Additional Services - Amenities
- Additional Services - Lumen (Metabolic Measurement Device)
- Additional Services - GLP-1 (Semaglutide/Trizepatide)
- Additional Services - EVOLT 360
- Peak Fitness Corporate Programs
- Inquire More Information

OUR PHILOSPHY

Our desire is to become your partner in achieving your fitness goals. We believe that providing you access to a knowledgeable staff of experts, top-of-the-line equipment, exceptional programs, and a state of-the-art facility, you will have all the tools necessary to take your health and wellness to the next level.



PEAK vs OTHER GYMS

- Peak offers **the only sport performance training center** in the Hill Country which provides athletes of all ages with sport-specific training to improve their game.
- Peak offers **fitness programs** for every age from youth through seniors.
- Peak offers access to **over 20 health and wellness** staff members with expertise on every area of fitness: Certified Personal Trainers, Group Exercise Instructors, Sports Performance Coaches, ExtremeFit® Trainers, Nutrition and Endurance Specialists.
- Peak provides a **diverse range** of both aquatic and land-based exercise options, group exercise classes, sports performance training, massage, and first aid training — all under one roof.

WHAT IS CORPORATE WELLNESS

Corporate Wellness

A choice made by companies to implement programs that actively promote the physical, mental, and emotional wellbeing of their employees.

LET’S TALK ABOUT WELLNESS

WHAT IS WELLNESS ALL ABOUT?

When you ***practice wellness,*** you’re working towards ***goals*** you have set for yourself. You work towards achieving them in small steps everyday, becoming stronger even on the tough days.

Find what parts of your life you want to ***improve***.
Eat ***healthier***, ***exercise more*** or ***handle stress better***.

Take a step to begin achieving them.

BENEFITS OF CORPORATE WELLNESS

IMPROVE EMPLOYEE PRODUCTIVITY
Healthy employees tend to have high energy levels and focus better at work.

REDUCED HEALTHCARE COST
Early detection & prevention to health issues can lower medical expenses for the company.

ENHANCE EMPLOYEE MORAL & ENGAGEMENT
Engage in activities you enjoy for mental well-being.

LOWER TURNOVER RATE
A strong wellness program can attract and retain employees.

PEAK FITNESS AMENITIES

- Open 24/7 around the clock with staff attendance and wheelchair accessible.
- Large strength training area with state-of-the-art free weights, selectorized and plated equipment.
- Mezzanine Cardio with interactive Precor equipment.
- Access to all land and aquatic based classes.
- Fully enclosed indoor 20 yd (60ft) swimming pool with access to pool lift if needed.
- Therapeutic whirlpool and dry sauna.
- Security Cameras operating 24/7.

ADDITIONAL SERVICES

Peak Fitness is committed to helping you develop an overall healthy lifestyle and to make your activities of everyday life easier. Daily physical activity will benefit you by lowering cholesterol, improving blood pressure and by helping you to maintain a healthy body weight, boost your energy level, build and maintain healthy muscles, bones and joints and improve your quality of life.

KIDS CLUB

Children ages 2-12 years of age can enjoy supervised activities while you workout. Adult must remain on the premises.

CPR COURSES

We offer a variety of CPR courses through American Heart Association (2-year certification).

Personal Training

All of our Certified Personal Trainers are available to assist you with your specific needs.

Nutrition Services

Peak Fitness offers a nutritional counseling service to help you lead a healthy lifestyle and/or reach your specific goals.

ADDITIONAL SERVICES

Breathe into better metabolic health

Understand your unique metabolism and feel better in your body

WHAT IS LUMEN

Lumen is a device-to-app metabolic health coach that measures your metabolism through your breath to help you make the right choices for your body.

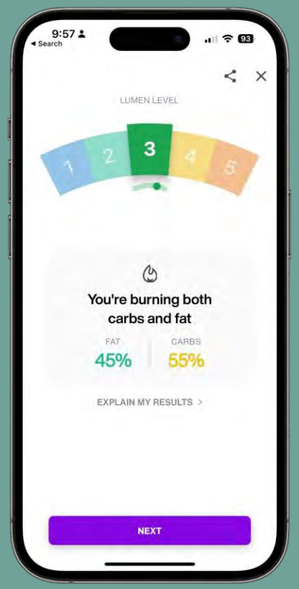
It reveals if you are burning fats or carbs in real-time based on the CO2% in your breath and provides insights into how nutrition, sleep, exercise, and stress affect your metabolic health. Lumen serves up daily tailored nutrition plans and lifestyle recommendations based on your unique metabolic profile, so you can make a high-impact changes.

The benefits of measuring your metabolism

Knowing whether you’re burning carbs or fats for fuel can help you understand and improve your metabolic flexibility-how efficiently your mitochondria , your cell’s powerhouses, switch between carb and fat burn to support your body’s needs.

Improving your metabolic can have many benefits, including

- Easier weight management
- Optimized athletic performance
- Higher energy levels
- Improved sleep
- Metabolic syndrome prevention
- Longevity



Metabolic flexibility and sustainable weight loss

Many people overlook the foundation of metabolic flexibility when it comes to long-term weight loss and feeling better in their bodies. This is why 80% of individuals will regain the weight they lose from traditional diets.

Healthy mitochondria use fats for energy during rest, fasting, or low-intensity aerobic exercise, and quickly shift to carb burn after eating or when you need an energy boost. This efficient energy production supports overall health, weight management, and well-being. Lumen is designed to address lifestyle factors that promote mitochondrial health and metabolic flexibility, making it easier to sustain weight loss over time.

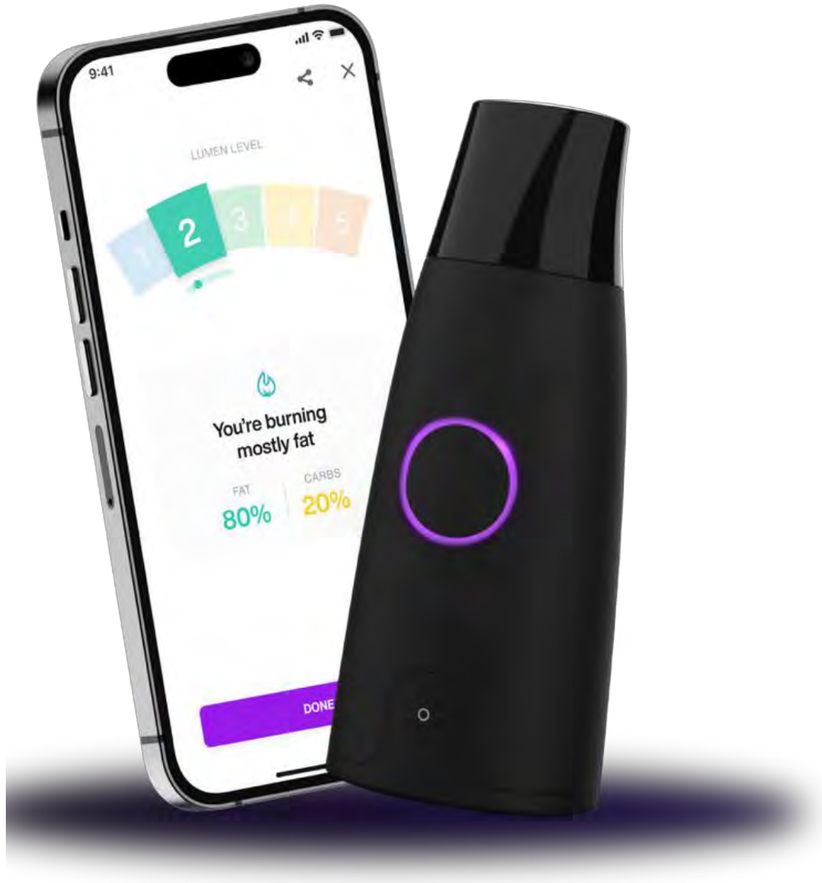
How it works

Breath Analysis:
You breathe into the Lumen device, which measures the CO2 levels in your breath.

Metabolic Score:
The device app calculates a metabolic score, indicating whether you're primarily burning fat or carbohydrates.

Personalized Recommendations:
Based on your score, the app offers personalized diet, exercise, and sleep recommendations to improve metabolic flexibility.

Tracking and Progress:
The Lumen app tracks your progress over time, allowing you to monitor your metabolic flexibility and adjust your lifestyle accordingly.



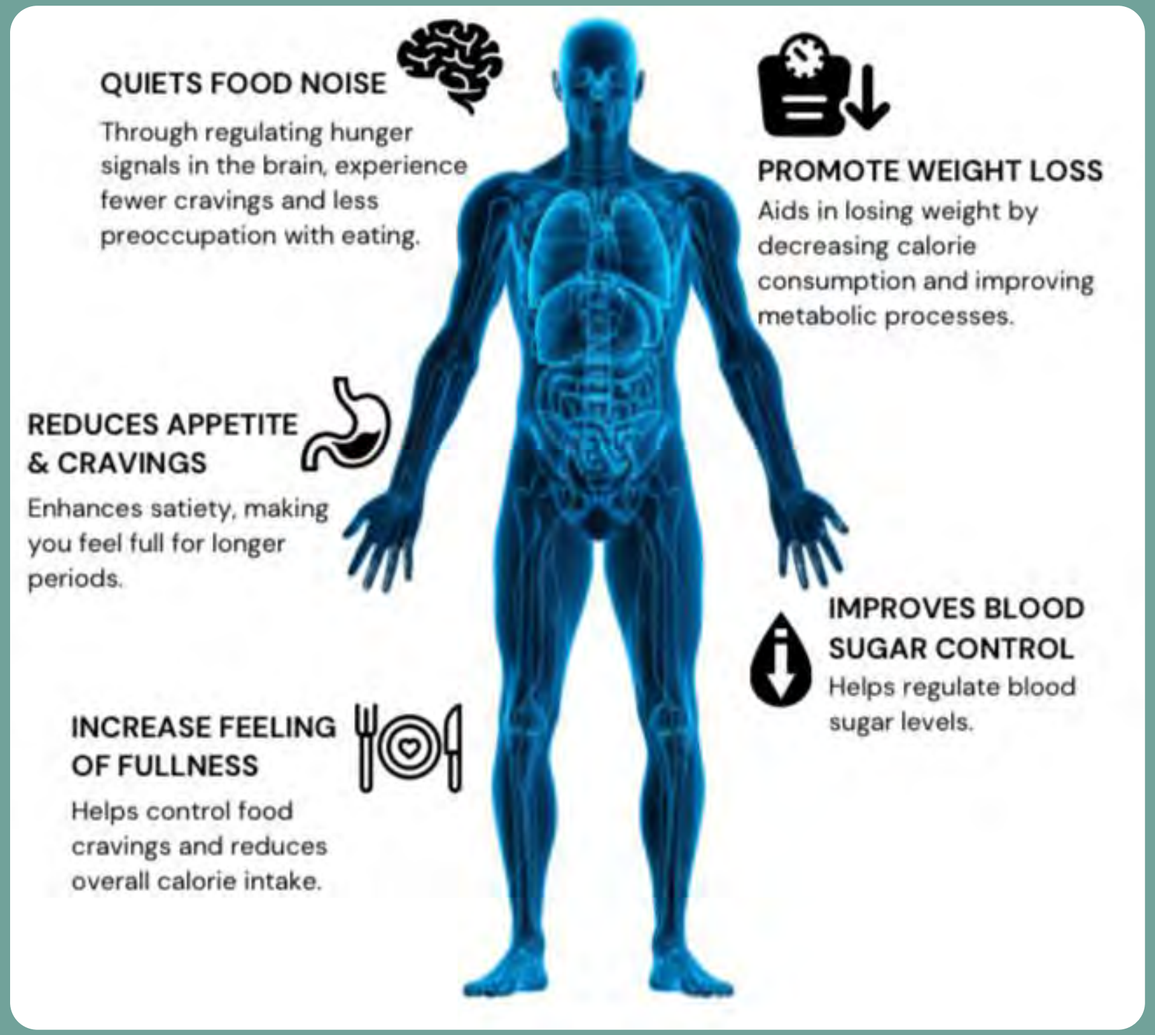
CAN A LUMEN BE COMBINED WITH GLP-1'S?

Lumen’s personalized nutrition plans, tailored for GLP1 patients, include high-quality carbohydrates and increased protein intake, in accordance with ADA recommendations.

Combining Lumen’s meal plans, macro tracking, and metabolic coaching with GLP-1 treatment allows you to make lifestyle changes that address weight issues, so you can get more out of GLP-1's.

It’s a synergistic effect, as Lumen is the ideal companion to improve your metabolism. Even after coming off GLP-1 medication, Lumen can help you continue to progress in a healthy and sustainable way.

ADDITIONAL SERVICES



WHAT IS A GLP-1?

GLP-1 is a hormone naturally produced in the intestines in response to food intake.

It plays a crucial role in regulating blood sugar levels and appetite. GLP-1 helps stimulate insulin release when blood sugar is high, slows down stomach emptying to promote fullness, and reduces hunger.

These combined effects help with weight management and improve overall metabolic health.

HOW SEMAGLUTIDE WORKS

Semaglutide works by mimicking a natural hormone in your body called GLP-1 (glucagon-like peptide 1), which plays key role in regulating your appetite and blood sugar levels. When you take a Semaglutide, it helps your body feel fuller for longer, which can reduce hunger and make it easier to stick to healthier eating habits.

It also slows down the emptying of your stomach, which helps you feel satisfied after eating smaller amounts of food.

By targeting both appetite and glucose control, Semaglutide helps create a balanced environment in your body, supporting weight loss over time.

GET STARTED!

USE CODE: EVPEAK150

FOR YOUR $150 DISCOUNT

joinweightcare.com/pages/peakfit

HOW TIRZEPATIDE WORKS

Tirzepatide works similarly to Semaglutide by mimicking your natural GLP-1 hormone, which helps regulate appetite and blood sugar. However, Tirzepatide also targets another hormone, GIP (gastric inhibitory polypeptide) which further enhances it’s effect on appetite control and insulin sensitivity.

Like Semaglutide, Tirzepatide helps reduce hunger, increase feelings of fullness, and supported weight loss when combined with a healthier lifestyle.

Both Semaglutide and Tirzepatide are powerful medications that have been shown to reduce weight when combined with healthy lifestyle changes like improved diet and regular exercise. This combination supports sustainable weight management and helps you make lasting progress toward your goals.

EVOLT

The Evolt 360 body composition scanner is a simple-to-use 60-second scan that provides detailed data about a body through more than 40 measurements. It works simply by passing a safe electrical current through the feet and hands.

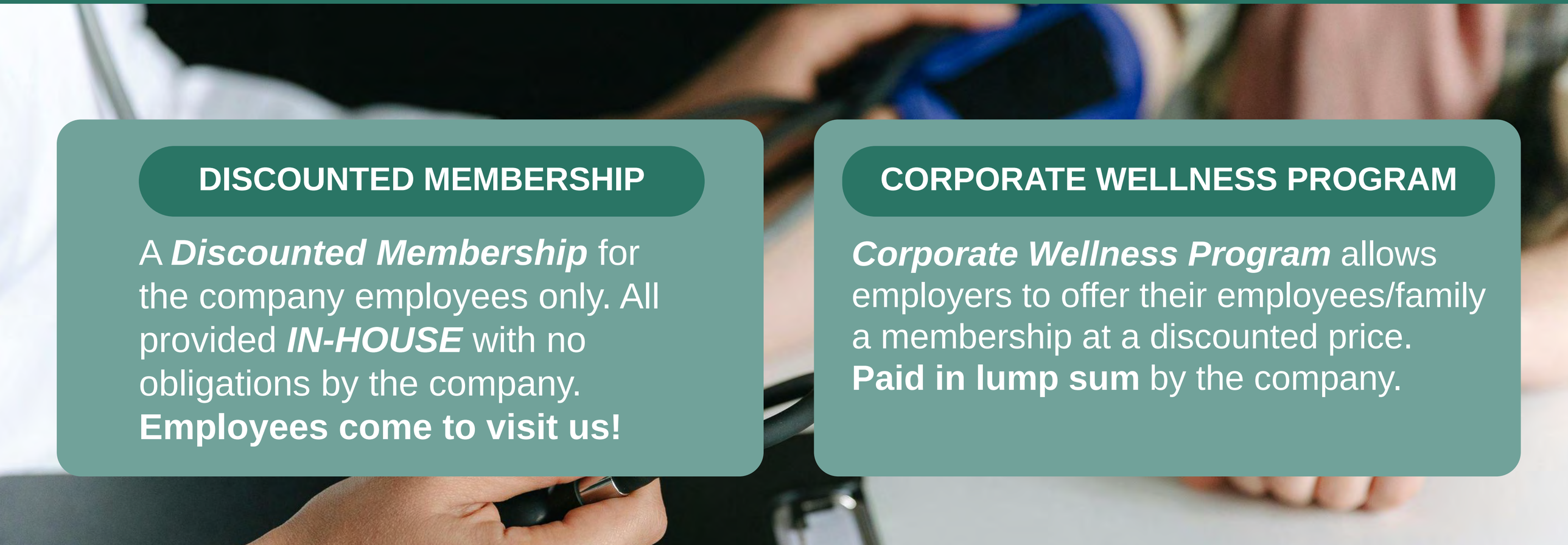
- measures muscle mass
- measures fat mass
- water and mineral in a way that is specific to the individual

This allows trainers to better design a health and wellness program tailored to each person.

YOUR TRIO FOR SUCCESS:

- Peak Fitness
- GLP-1 Medications
- EVOLT360 Body Scanner

PEAK FITNESS CORPORATE PROGRAMS



DISCOUNTED MEMBERSHIP

A ***Discounted Membership*** for the company employees only. All provided ***IN-HOUSE*** with no obligations by the company.
Employees come to visit us!

CORPORATE WELLNESS PROGRAM

Corporate Wellness Program allows employers to offer their employees/family a membership at a discounted price.
Paid in lump sum by the company.

PEAK FITNESS

SPORTS PERFORMANCE TRAINING

THANK YOU FOR YOUR TIME

We can provide an ***all in one*** or an ***Al-a-carte*** corporate membership based on your company's needs.

To inquire more information:

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