

CROSSFIT

Uncommon.

CORPORATE WELLNESS

FUNCTIONAL TRAINING FOR A HEALTHIER WORKPLACE.

TRAIN. DIFFERENT



**LIFE CAN BE STRESSFUL &
OVERWHELMING.**

WE ARE BUSIER THAN EVER AND IT IS HAVING A DETRIMENTAL
EFFECT ON OUR FOCUS, TOLERANCE, PERFORMANCE, AND
PRODUCTIVITY.

PERSONALLY AND PROFESSIONALLY.

EMPLOYEE WELL-BEING IS BECOMING MORE IMPORTANT FOR EMPLOYERS.

WELL-BEING AT WORK IS ALL ABOUT HOW OUR OVERALL PHYSICAL AND MENTAL HEALTH AFFECTS OUR DUTIES AND ABILITY TO DO OUR JOB.

HOW YOUR COLLEAGUES FEEL PHYSICALLY AND MENTALLY HAS A HUGE IMPACT ON HOW THEY PERFORM, REACT, AND DELIVER IN THE WORKPLACE AND THEIR JOB.

STAFF MEMBERS THAT DO NOT LOOK AFTER THEIR PHYSICAL AND MENTAL HEALTH ARE MORE LIKELY TO MAKE MISTAKES, BE DISSATISFIED, AND TAKE SICK DAYS COSTING EMPLOYERS TIME, MONEY, AND RESOURCES.

INTRODUCING HEALTH & WELLBEING INITIATIVES INTO THE WORKING ENVIRONMENT BENEFITS BOTH THE EMPLOYEE AND THE EMPLOYER.

HOW IS ILL *PHYSICAL* HEALTH AFFECTING YOUR BUSINESS?

12

THE NUMBER OF DAYS OFF WORK IN 2020, AN INCREASE FROM 8 DAYS IN 2019.

\$575B

EMPLOYEES COST BUSINESSES A WHOPPING \$575 BILLION IN 2019 DUE TO SICK-DAYS

1.5B

2019 COMPANIES LOST 1.5 BILLION DAYS OF PRODUCTIVITY DUE TO EMPLOYEE SICKNESS

\$14K

COMPANIES IN THE USA SPEND ABOUT \$14,000 PER EMPLOYEE ON MEDICALLY RELATED PRODUCTIVITY COSTS ANNUALLY.

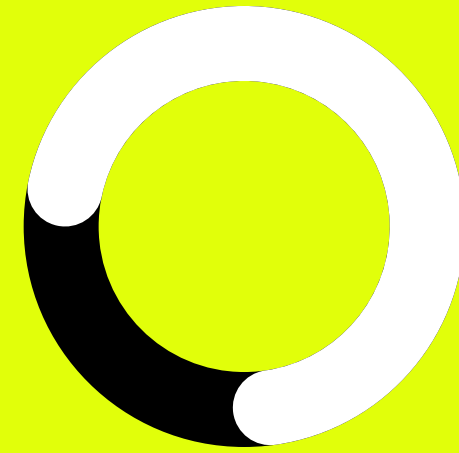
*DATA SOURCES: IBI 2019 data of 147 million workers from the U.S. Bureau of Labor Statistics (BLS) and its own Benchmarking Data of 66,000 U.S. employers. BLS November 2021



50% OF PEOPLE IN FULL-TIME EMPLOYMENT IN THE U.S HAS LEFT A ROLE IN PART FOR MENTAL HEALTH REASONS.



36% OF EMPLOYEES EXPERIENCED MENTAL HEALTH ISSUES FOR 5 MONTHS - 1 YEAR.



76% OF WORKERS REPORTED EXPERIENCING AT LEAST ONE SYMPTOM OF A MENTAL HEALTH ISSUE IN THE PAST YEAR (2021 STUDY)



84% OF EMPLOYEES REPORTED AT LEAST ONE FACTOR THAT NEGATIVELY IMPACTED THEIR MENTAL HEALTH AT WORK.

**25.8
DAYS**

A 2019 REPORT CITED THAT EMPLOYEES' AVERAGE TIME OFF WORK WITH DEPRESSION AND OTHER MENTAL ILLNESSES IS AROUND 25.8 DAYS PER YEAR.

HOW IS ILL MENTAL HEALTH AFFECTING YOUR BUSINESS?

*DATA SOURCES: MINDSHARE PARTNERS THE STATE OF THE WORKPLACE MENTAL HEALTH IN THE U.S 2021

BUT THIS CAN BE MANAGED & REDUCED...

WHEN WE ACHIEVE POSITIVE WELL-BEING AT WORK, IT CAN HELP US REACH OUR POTENTIAL, BE MORE PRODUCTIVE, MAKE BETTER DECISIONS, BUILD STRONGER RELATIONSHIPS WITH OUR COLLEAGUES AND COPE BETTER WITH STRESS.

INTRODUCING HEALTH & WELLBEING INITIATIVES INTO THE WORKING ENVIRONMENT BENEFITS BOTH THE EMPLOYEE AND THE EMPLOYER.

WHEN WE *FEEL AND THINK BETTER*, WE DO BETTER.

WHAT WE DO...

FUNCTIONAL TRAINING IS A PURPOSEFUL EXERCISE THAT TRANSLATES TO ACTIVITIES AND EVERYDAY MOVEMENTS OUTSIDE OF THE GYM. IT HELPS YOUR BODY'S ABILITY TO MOVE EFFICIENTLY AS ONE UNIT.

FUNCTIONAL TRAINING USES COMPOUND MULTIPOINT MOVEMENTS THAT ENGAGE THE WHOLE BODY; SQUATS, LUNGES, DEADLIFTS ETC. EQUIP YOU FOR DAILY ACTIVITIES SUCH AS BENDING, TWISTING, LIFTING, LOADING, PUSHING AND PULLING.

CORPORATE GROUP CLASSES CAN BE A GREAT WAY TO INTRODUCE YOUR EMPLOYEES TO EXERCISE, OR NEW TYPES OF EXERCISE. A PRIVATE TEAM SESSION ALLOWS ALL PARTICIPANTS TO FEEL COMFORTABLE IN A NEW SETTING TO HAVE FUN AND FEEL THE BENEFITS OF MOVING.



PRIVATE CORPORATE GROUP CLASSES.

We offer private corporate classes for your employees to get fit and spend time outside of the office together at a time that is convenient for you and your working day.

Working out with people you know can boost camaraderie, morale, and trust within the team as well as boosting productivity and teamwork.

These can be regular sessions, intermittent, or one-off. We can discuss your team's needs, the objectives your company has for corporate wellness and create a plan for you and your staff to ensure we meet these needs making everything inclusive, assessable, and beneficial to your company and your all employees taking part.

COACHES THAT MOTIVATE, EDUCATE, AND INSPIRE.

Our team come from a wide range of backgrounds and experiences from professional, collegiate, and competitive sport, dance, physical therapy and weightlifting but all share the same passion; to help people become the best version of themselves through CrossFit.



MARK OFFERDAHL

Owner / Coach



JENNA OFFERDAHL

Owner / Coach



RACHEL ROBINSON

Coach



DR. SEAN MCEACHERN

PT / Coach



TAREK EL S

Coach



COLE MILLER

Coach



DR. CHASE DAVIDSON

Chiropractor / Coach



KENNETH SHANNON

Coach

Share



**BETTER HEALTH
CREATES BETTER
BUSINESS.**

INCREASED PRODUCTIVITY IS NOTICEABLE WITHIN WEEKS OF IMPLEMENTING AN EXERCISE REGIME.

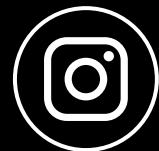
WHEN YOU FEEL HAPPIER AND ENERGIZED YOU'RE MORE EFFICIENT AND EFFECTIVE AT ALL TASKS IN LIFE.

MARK IS FANTASTIC TO WORK WITH AND AN INCREDIBLE COACH! HIS CORPORATE CLASSES HAVE HAD AN AMAZING IMPACT ON OUR TEAM AND I COULDN'T HAVE RECEIVED MORE POSITIVE FEEDBACK FROM OUR EMPLOYEES. THEY ABSOLUTELY LOVED IT. -J.TRAVIS - CEO

WE STARTED CORPORATE SESSIONS AS A WAY TO DO SOMETHING PRODUCTIVE AS A TEAM. MARK WAS EXTREMELY ACCOMMODATING, AND KNOWLEDGEABLE AND PROVIDED TAILORED SUPPORT TO EACH PERSON, SOME ENJOYED IT SO MUCH THEY HAVE BECOME MEMBERS! - M. STANTON - VP OF CORPORATE

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