

"THE EDGE"-A 24 Hour Fitness and Health Place

"The Edge" will serve Monticello area businesses, helping them to become more productive, while lowering their overall costs.

Business Is Based On Simple Facts:

Healthy employees are more productive than chronically ill employees.

It costs less to prevent injuries or illnesses than to treat them after they occur.

Some area businesses have chosen to allocate \$10.00 per month per employee toward their monthly membership.

"The Edge" would then give 10% toward the yearly membership

At "The Edge" Fitness and Health Place, we tie worker productivity directly to the health care issue. We believe that traditional approaches to the current health care crisis are misdirected. These traditional efforts are what we call reactive--that is, they wait until after the worker has been stricken with illness or injury, and then pay for the necessary treatments. Our approach, which emphasizes prevention and good health promotion, is much more proactive.

By helping employees change their behavior patterns and choose more healthy lifestyles, "The Edge" will lower companies' health care expenditures, while raising worker productivity. Health care expenditures will decrease due to reduced medical insurance premiums, reduced absenteeism, reduced turnover rates, reduced worker's compensation claims, reduced tardiness, shorter hospital stays, etc.

The state of America's health care crisis is in need of support and outreach from the fitness and health arena.

Objectives

Provide wellness strategies/programs to businesses and individuals in Monticello and surrounding areas

Create working relationships with local businesses

Expand "The Edge" Fitness and Health Place by the end of 2006

Our Mission Statement

"The Edge" Is A Health Place That Helps Businesses And Individual Workers Attain One Of The Greatest Gifts Of All--That Of Good Health. Personal Gains, Such As Improved Self-Esteem And Self-Motivation, Combined With Measurable Benefits Will Create Tremendous Advantages For Both the Employer And The Employee.

We look forward to hearing from you!

Sherry Tutee - Owner

Julie Hughes - Fitness Supervisor/Personal Trainer

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