

Corporate Fitness Challenge

ROI on your greatest asset.

The Corporate Fitness Challenge is a great way to invest in your greatest asset: your team! A healthier team means a decrease may occur in sick days used and the amount of money you spend in health claims.

All of your employees can participate since our program supports all fitness levels. Employees will win various incentives based on their improvement and participation throughout the program.



We are ready to support the health and fitness goals of your team. For more information about this complimentary program and MercyOne Health & Fitness Center, please call (515) 226-9622.

DAY 1

- Initial fitness assessment
- Schedule a FREE personal training session
- Receive 30 days of FREE access to the center

2-9

- Participate in FREE personal training session

DAY 10

- Participate in first group training session

DAY 20

- Participate in second group training session

DAY 30

- Final assessment to track progress
- Participant with highest improvement percentage wins Fitness Challenge
- Celebration hosted at the center for all participants