

Worksite Wellness

Put Health On Your Calendar!



Why join our wellness team?

Because our programs are convenient, challenging, varied, fun, personal, and supportive

We all want to be healthy and happy. Oftentimes, however, obstacles come in our way, be it our family commitments, lack of time, or stressful lifestyle. Joining our Worksite Team Fitness helps you jumpstart a healthy lifestyle right where you spend most days and need the most support - at your workplace!

1

EAT RIGHT

Learn cutting edge nutrition and play up your skills in competitive health challenges.

2

MOVE OFTEN

Engage in barre, yoga, strength-training, or high-efficiency cardio to boost well-rounded fitness.

3

BE MINDFUL

Destress and renew with guided relaxation, mindful meditation, and decadent aromatherapy.



Science-Proof Nutrition

Learn and apply your knowledge in real life.



Boutique Fitness

Build lean muscle and a strong heart, while keeping limber and long.



Mind-Body Destress

Indulge your senses while letting go of tension and cultivating positivity.



An Integrative Way

We approach health and wellness in a holistic manner - through neatly blending nutrition, exercise, and mindfulness.

Our Worksite Wellness Program includes:

- ▶ Group Fitness Training
- ▶ Group Nutrition Seminars
- ▶ Practical Wellness Challenges
- ▶ Basic in-person, phone, or online nutrition and wellness support

"My mid-day workout is when I shed stress and burn my job frustrations." ~ Lucy J.



WHO TAKES CARE OF YOUR WORKSITE WELLNESS?

Dr. Rosa Angelova strives to shower each client with compassionate attention and professional care rooted in solid science and innovation.

She is a nutrition, fitness, and wellness expert, and the owner of BoddhiWell, LLC. Holding a Doctoral degree in human nutrition from Cornell University, and a Master's and Bachelor's degrees in Environmental Science from Sofia University, Dr. Rosa is also a Certified Personal Trainer, a Behavioral Change Specialist, a Corrective Exercise specialist, an Advanced Registered Yoga Teacher, and a Registered Prenatal Yoga Teacher.

