



CORPORATE WELLNESS OFFERINGS



WHY HOLISTIC WELLNESS

Poor diet and unhealthy lifestyle choices cause chronic illnesses that are crippling to individuals but also costly to employers. In fact, healthcare coverage is the largest employee related expense for employers, not to mention sick days, decreased productivity and leave. With the rising costs (physical and monetary) of healthcare, strategically investing in your team's wellness can save money, increase engagement, productivity and retention, which gives your company a competitive advantage in the marketplace.

Encouraging a healthy lifestyle for your employees provides a tangible financial return: decreased sick days and absenteeism, better work output and a healthier, happier and more creative and engaged team. All translating to increased profits for your company and the confidence that you took care of your most valuable asset: your employees.

Holistic Wellness means more than just a meal plan. We dive deeply into the whole you, from nutrition to stress reduction, increased energy, improved sleep quality and MORE! Our offerings, both Virtual and Live, are tailored to the needs of your workplace.

**Let's customize a Wellness Program, Workshop or Event that will help you and your team
EMBODY Wellness!**

Working From Home? We've gone Virtual!

Now more than ever, holistic wellness including physical, mental and emotional health need to be addressed and bolstered. EMBODY's virtual offerings are engaging, actionable and relevant, bringing wellness and healthy habits into your homes and workplaces. Quarantine and the COVID-19 pandemic have caused spikes in stress and anxiety, less healthy eating habits, decreased movement and exercise, increased sleep issues, actual illness, weight gain and more. Working from home can create feelings of isolation and disconnection. We are here to help. Bring your team together with the gift of a virtual group workshop. Show your team you care about their health and wellbeing. Reach out today if your company is interested in our customizable offerings that include VIRTUAL Wellness Workshops, Town Halls, Learning Series, Live or Recorded Talks, Meal Prep and Cooking Demos and Articles or Handouts on any wellness topic that helps your company EMBODY Wellness! See "Offerings" section below for more details.

WHO WE ARE

We are AADP Board Certified Holistic Health and Lifestyle Coaches located in NYC, The Hamptons and CT. As former business executives at major financial institutions, consulting and healthcare companies, we truly understand the lifestyles and demands of your employees. As a wellness and lifestyle concierge, we customize holistic wellness and nutrition programs to accomplish health related goals in a lasting and sustainable way.

We specialize in holistic weight loss, detoxes, stress-reduction, sleep improvement, mindfulness and improved functionality. We teach practical tips to seamlessly upgrade your habits, transforming your workplace and employees' lifestyles. Our client plans encompass all of these elements, creating a comprehensive approach to wellness.

MEET US

Christine Beal Dunst and Stephanie Rapp, co-founders of Embody Wellness Company, worked at leading financial, consulting and medical companies such as Goldman Sachs, Accenture and Pfizer. Stephanie worked in Fixed Income Sales and Trading and Christine in Healthcare Strategy Consulting and Marketing for 23 years collectively before going back to nutrition school and becoming certified as Health Coaches. We founded Embody Wellness Company in 2014 because we wanted to offer busy professionals a one-stop shop for their wellness needs with a high-touch, concierge and personalized approach.

We understand the challenges of trying to be holistically healthy while juggling a busy career and other demands. Our corporate backgrounds coupled with our passion and experience working in health and wellness delivers a unique, professional, results oriented product to your company.

Our resume includes:

- Features on: News12, WTNH Channel 9, Cosmopolitan Magazine, Epoch Times Newspaper, Beyond Mom Blog, Career Contessa, Sweaty Betty, GoRaw, Westport Coastal Neighbors Magazine, Westport and Greenwich CT Magazine, and several prominent Podcasts.
- Partnerships with leading national brands such as: GoRaw, DanceBody, Mommybites, Pure Barre, Sweaty Betty, Red Flower, Further Food, KNOW Better Foods, Health-Ade Kombucha and Juice Press.
- Co-hosting dozens of successful workshops with premier wellness partners including: Sweaty Betty, Silich Core + Strength, Further Foods, Intelligent Nutrients, Exhale Core Fusion, Red Flower, Splendid Spoon, Lulitonix, Stylish Spoon, Dr. Norman Rowe, Gotham Wellness, Everyday Ballet, Salthouse, Barre Tribeca, Organaches Farm to Skin, The Functional Pelvis, Inner-Light and more!
- Working with leading media, finance, wellness and fitness companies such as: Google NYC, Morgan Stanley, Meredith Corporation, Ipsos, PageGroup, Leading Hedge Funds, Erika Bloom Pilates, Zumi Resorts and more on designing bespoke corporate wellness offerings for their employees and clients.
- Importantly we walk the talk. We live the lifestyle we teach. We work hard and deliver with excellence. We practice yoga and meditation and self-care. We shop local and eat organic and also go out to dinners with friends. We love to cook and teach others how to make simple, delicious meals. We try every new workout, but also enjoy a simple walk around the block. We love to travel, taste, explore, and get our kids involved in the process. We love what we do: sharing our passion for wellness with as many people as possible!



We have seen countless clients transform their health and get RESULTS by working with us. Our testimonials speak for themselves:

“Over the course of my 6 month program with EMBODY Wellness I lost 30 lbs, 12 inches around my waist, and my body fat dropped from 26% to 16%. Not to mention my blood pressure lowered 20 points and my liver enzymes fell to normal range for the first time in years. I felt decreased stress and increased energy. My chronic psoriasis and digestive issues have improved and I have dramatically increased agility and flexibility. I look and feel the best I have since college.”

– Adam, Finance Executive

CUSTOMERS

We work with companies of all sizes from small start-ups to large corporations and institutions, offering company-wide programming or team specific offerings. The majority of our private 1:1 clients come from the finance, real estate, media and the wellness industry. We also specialize in partnering with working and retired moms, those trying to conceive, families and professional executive clients.

VIRTUAL AND LIVE OFFERINGS:

We are your corporate holistic wellness and lifestyle concierge. That means we customize all of our offerings and programs to your company's specific needs, goals and budget. All of our offerings include relevant materials, handouts, giveaways and other bonuses.

All of our offerings are available in a Virtual Format, to meet your team wherever they may be in a safe yet effective way. We bring EMBODY Wellness Company directly into the homes, offices, regions and devices of your employees, so you can EMBODY Your Best Self around the world and around the clock!

1. Targeted Talks and Workshops

We curate customized wellness workshops and experiences for your employees that are effective for any sized group, and can be offered as a one-time workshop or a series of classes, creating a comprehensive education. Again, our workshops are available VIRTUALLY to safely deliver actionable and relevant content in an interactive and inclusive format.

Popular topics include:

- YOUR Questions Answered. We survey your employees prior to the presentation and spend the session addressing specific questions and concerns.

Nutrition

- Finding your healthiest body despite dining out, entertaining and socializing
- Healthy food and wellness tips for your home: How to snack and meal prep while you work from home.
- Healthy food and wellness tips for the office: How to be prepared, eat well and stay fit at work and on the road.

- Demystifying Diets & Fads: What are the differences and which one is for me?
- Immunity Boosting Tips
- Pantry and Fridge Stocking: Upgrade your Essentials for Tasty, Healthy Meals and Snacks in Minutes
- Quick and Easy Meal Prep + Cooking Demos and Recipes
- Detox Daily through whole foods to boost your energy and keep your body running optimally

Stress Reduction / Sleep / Lifestyle:

- Working From Home - Tips to Bring Balance, Movement and Boundaries to EMBODY Wellness with the Constant Demands of Working from Home
- Self Care Tips and Tools to Help Decrease Stress, Increase Your Mindfulness and Productivity, and Help You Sleep Better
- Boost Your Energy While Working At Home
- Holding Yourself Accountable-How to Stick to your Wellness Goals Despite COVID-19
- Clean Home - Reducing Toxins in Your Home Boosting Immunity, Wellbeing, Sleep, and Metabolism
- Clean Body - Upgrading your beauty and body products to decrease exposure to harmful toxins

Pre/Post Natal Wellness:

- Nutrition for each Trimester
- Non-Toxic Baby and Mama
- Post Natal Nourishment for the entire family
- Transitioning back to work after baby - tips and tools to support your return
- And MORE!

EMBODY Approved Wellness Professionals:

- Acupressure for pain management, stress relief and sleep
- At your desk yoga
- Mindfulness and Meditation
- Fitness Classes with EMBODY approved Trainers
- And so many more!

OFFERINGS CONTINUED

2. Employee Group Wellness Challenges/Group Coaching Series for Sustainable Results

4, 6 or 8 week long group coaching series, creating a comprehensive education around healthy lifestyles. These can be done in person or remotely via video conference or phone.

- Virtual or Zoom weekly workshops including Kick-Off, goal setting and challenge parameters. Weekly topics build on successes for sustainable results and habit and lifestyle changes that last.
- 1:1 coaching sessions to kick-off and customize each person's journey to EMBODY Wellness
- Private internet group and/or emails sent to participants for motivation, accountability and support
- Giveaways, goodies, handouts and samples for participants to enhance their experience
- Our series progressively dives deeper and expands further into wellness and lifestyle changes to create new habits and achieve lasting results for your team. Including:
 - Holistic Nutrition and Intuitive Eating
 - Detoxing and Gut Health
 - Sleep
 - Exercise
 - Meal Planning and Batch Cooking
 - Simple Breakfast, Lunch, Dinner and Snacking Ideas and Recipes
 - Energy, Mental Clarity and Happiness
 - Stress-Management/Mind Body

3. Virtual Employee 1:1 Consultations For CUSTOMIZED Wellness

- EMBODY Wellness can be YOUR in-house wellness offering for your employees and team members. Combine the 1:1's with any of the above offerings or as a stand-alone benefit.
- EMBODY Health Coaches work 1:1 with employees via virtual or live holistic wellness consultations
- 20, 30, 45 or 60 minute sessions completely tailored to each individuals' wellness goals and questions
- Employees get customized advice and plans in a time frame that fits their schedule, plus follow-ups and support to further their success. Including access to our online proprietary nutrition and lifestyle journal.

4. Pantry Redesign

Upgrade your office pantry by swapping out the foods that lead to lethargy, fatigue and brain fog. Swap in healthier choices that will fuel your team, increase productivity and keep everyone satisfied while staying within your budget. Upgrade your offerings, we can help!

- Specific recommendations of what to swap out and in, including brands
- Fresh Direct or other delivery service ordering lists and suggestions
- Discounts and deals from our partners
- New product ideas and upgrades to your team's favorites

5. Cafe Menu Update and Restaurant Ordering Guides

Get your office looking and feeling their best while enjoying healthy and satisfying meals. We can help clean up your cafe, create new menu items or navigate the endless take-out options.

- Our restaurant ordering guides outline the healthiest, tastiest restaurants near the office or employees homes and what meals we suggest to order from each.
- Do you have a cafeteria or chef? We can help create healthy menu items, salad bar selections, snack offerings, juice and/or smoothie bars and more!
- Already satisfied with the options on hand? We can make a cafeteria guide or symbols to denote which options will help you EMBODY Wellness!

OFFERINGS CONTINUED

6. Virtual Wellness Strategy Consulting

Have a wellness goal/vision for your company but are not sure how to execute it? Let us help! We are obsessed with planning and have a deep passion to help you and your company EMBODY Wellness. Just ask!

We are experienced strategy and business consultants who have worked at leading firms such as Accenture and Goldman Sachs. We've led several multi-million dollar strategy and planning initiatives to promote transformational change and are looking forward to supporting your business:

- Marketing/Communications Strategy and Execution
- Strategic Planning
- Wellness Writing-including blog development, social media, etc.
- Menu Re-design
- Programming
- Event Curation
- Comprehensive Wellness Plans

7. Access to our vetted team of experts: pilates, massage, trainers, acupuncture, meditation and yoga.

Virtual Case Studies

Client: National Hedge Fund

Scope of Work: We curated a virtual and comprehensive Week of Wellness that included 5 daily company wide, targeted Wellness Workshops, Yoga, Meditation and Acupressure Workshops and a calendar of 1:1 Health Coaching Sessions for Employees across the country.

Our virtual workshop topics included: Self-Care Tools and Strategies, Clean-Eating Pantry Swaps, Easy Meal-Prep and Cooking Demos, Daily Detoxing Tools and Immunity Boosting Strategies. Enhancing these workshops, we layered in at-your-desk yoga, breathing and mediation and Acupressure for stress relief, mental focus and overall well-being for a holistic approach to health.

During our virtual wellness 1:1 consults with employees, we addressed top wellness goals and health related questions, creating action plans and strategies to help see results and EMBODY Wellness. As always, each session was followed-up with session notes and suggestions for accountability and support.

Client: One of the worlds leading and most innovative technology companies

Scope of Work: Customized pre-recorded virtual wellness video content for their employees. Working from home, many are finding they are eating more snacks, gaining weight and feeling lethargic. The client identified this as a pain-point for employees. Our curated video content reviewed EMBODY's tips for upgrading snacks to more nutrient dense options and how simple swaps make big impacts on our overall well being. We added in a segment on the immune boosting benefits of eating more local, seasonal fruits and vegetables. We got practical with specific brands we trust and where to find them. We also encouraged everyone to think outside of the box (and bag) and shop at farmers' markets and farms to support local communities, decrease carbon footprints and reap the increased nutrient density of their food.

TESTIMONIALS

“
Stephanie came to Google NYC and enlightened us with her actionable top wellness tips in a number of categories... from toxin reduction, healthy eating, and sleep improvement to stress management, exercise, and self care. She left each of one us in the room inspired and committed to make just one change that we'd be excited about following through on. Stephanie's down-to-earth communication style, intellectual curiosity, candor, and openness of her journey and career was a home run with our Google audience. Thank you, Stephanie, for the conversation and for provoking us to think about how we can continue to make strides to achieve and understand what wellness means for each of us!

– Karen B.
MD, Google NYC

“
We had Christine from EMBODY Wellness Company speak to our Women's Forum—a group of about 50 women from all age ranges and backgrounds and with unique wellness goals. Each of them was able to learn easy tips for improving wellness on a daily basis. Christine was realistic, helping to encourage each woman to do what works for them. We loved having Christine and appreciate her demystifying the vast—and often overwhelming—topic of wellness. We are feeling empowered in a new way.

– Kristen Kish
VP, Communications & Development, Synapse Group, Inc. (Meredith Corporation)

“
Embody Wellness was a wonderful addition to our World Health Day event this year! Maintaining consistent energy levels when working in sales is key in building lasting relationships with clients and candidates. The tips offered were informative and easily implementable for all of our employees. Christine Beal Dunst did a great job offering options across the board for meals, snacks, drinks and everything in between to allow employees to determine what could work best for them. The presentation felt personalized and relatable to our employees and we're looking forward to implementing these tips in our everyday life!

– Alyssa Williams
Associate Director and Head of HR Operation, PageGroup

“
Embody Wellness Company is an absolute pleasure to work with! I have partnered with Christine on several events held at ORGANACHS and I am always impressed with her depth of knowledge, her passion and her expertise in nutrition and living a balanced healthy lifestyle. My customers also leave each event, where EWC has participated, with inspiration, motivation and a feeling of ease because Christine makes everything "doable"! I highly recommend getting to know Christine and EWC as they are exemplary.

– Siobhan D. McKinley
Owner, Organachs Farm to Skin

“
Your workshop was incredible. It so exceeded even my high expectations. You went above and beyond. My team and I learned so much and you made it comfortable, engaging and fun!

– Erika Bloom
Owner, Erika Bloom Pilates

“
I have been fixated on your workshop talk about being kinder to your body and not putting it into a state of stress when you can control it and making your body softer. It has been such a game changer for me. I am less crazy about my workouts and really tuning into what I need not just what I think I need to do. It has changed my mind and my body for the better!

– Lauren Lorow
Marketing Manager, Sweaty Betty



CLIENT RESULTS

“ In 5 weeks I lost 5 lbs and 3 inches around my belly! I feel lighter and stronger at the same time. I look great! More importantly, I feel great! Before starting this program, I thought I ate healthy.

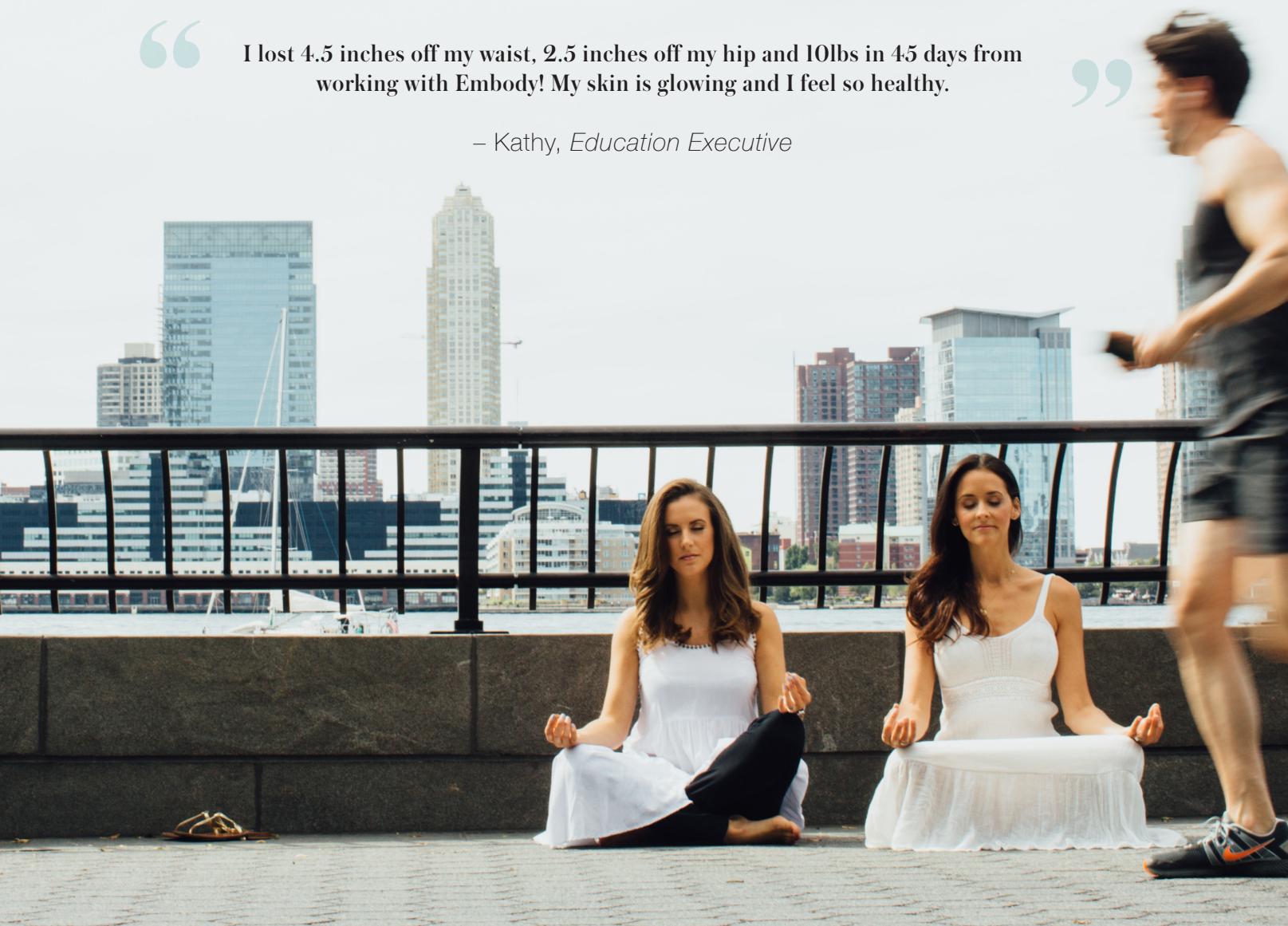
– Jackie, *Wellness Entrepreneur*

“ In just one month into my 6 month program with EMBODY Wellness and I've already lost 10lbs and 4% body fat! Not only am I accomplishing my weight-loss goals, but I am also getting into the habit of meditation, practicing yoga and trying new foods. I have more energy and endurance. This is not just a weight-loss plan. This is my new lifestyle!”

– Michael, *Real Estate Executive*

“ I lost 4.5 inches off my waist, 2.5 inches off my hip and 10lbs in 45 days from working with Embody! My skin is glowing and I feel so healthy.

– Kathy, *Education Executive*



Christine Beal Dunst

Christine received her undergraduate degree in Health Care Policy with minors in Business and Labor Relations from Penn State University and masters degree in Health Policy and Management from New York University. She worked at PricewaterhouseCoopers and Accenture as a Healthcare Strategy Manager, Manager of Market Strategy at Kaiser Permanente, an Integrated Delivery System, Marketing and Communications Director at a Healthcare Non-Profit and a Market Strategy Director at Pfizer before going back to nutrition school at the Institute of Integrated Nutrition and receiving an AADP Certification as a Holistic Health Coach. She has an advanced education in hormone health and has completed several other advanced courses in whole food detoxing and cleansing, intuitive eating, stress-reduction and behavior change. Christine has been a yogi and meditator for 20 years and certified as a Pilates Mat Instructor. When not helping others to EMBODY Wellness, Christine can be found in her kitchen with her kids, spending quality time with her family and friends, doing yoga, reading everything wellness, exploring the farmers' markets, in nature and practicing self-care. Christine's passion for wellness is evident in her lifestyle and how she EMBODIES wellness daily and holds space for her clients to do the same people as possible!



Stephanie Rapp

Stephanie began her career at Goldman Sachs after graduating Summa Cumme Laude from the University of Pennsylvania. As a VP at Goldman Sachs, she worked in the Fixed Income Division, first in Sales, covering institutional investors for credit products, and then in new business development, evolving the electronic trading capacities of FI markets internally as well as for the Street. At first as a passion, and then as a purpose, she enrolled in the Institute of Integrative Nutrition, becoming an AADP Certified Holistic Health Coach. Seeing the need for the concierge wellness services EMBODY Wellness was offering clients, and the demand for the simplified, supported results, Stephanie made the transition from Wall Street to Wellness. She has an advanced education in hormone health, and has completed several other courses in stress reduction, performance enhancement, fertility and whole food detoxes. She is also a KBIA certified Kettlebell Trainer. When not helping others to EMBODY Wellness, Stephanie can be found at the playground or in her kitchen with her kids, at a new restaurant or workout class or building sandcastles at the beach. A lover of travel and adventure, new experiences and dance parties, Stephanie's passion for wellness is her lifestyle and it translates into the energy she gives to her work.

CONTACT

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www.embodywellnesscompany.com

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E M B O D Y

WELLNESS C.O.



EMBODY Wellness. EMBODY Change. EMBODY Your Best Self.