



# Kick Fit Athletics Corporate Fitness Program

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*Ray Khan's*  
**Fitness**  
**Workout**

'Ray Khan is  
one of the  
Top 100 Best Trainers  
in America'  
Men's Journal Magazine

# Ray's Message



- Kickfit Athletics believes that helping employees make healthy lifestyle choices that improve their overall quality of life is good for them and their companies. Our Corporate Wellness Program was established to assist corporations in developing programs that provide health and fitness education, resources, exercise, relaxation, and nutrition classes. We are committed to improving the health status of employees, their families, and their communities.
- This website provides an overview of the many programs and services Kickfit Health offers to companies and their employees in a supportive and non-competitive environment.
- Ray Khan
- CEO-Kickfit Athletics
- [info@kickfitcorporate.com](mailto:info@kickfitcorporate.com)

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# Kick Fit Athletics: Wellness Program

- To provide an individually tailored, complete, unique fitness system combining multiple physical and technological media. The fitness program includes
- Personal Health Analysis
- Health Screening services
- Weight management
- A series of 60 minute fitness sessions, specifically designed for varying athletic abilities and fitness levels
- Fitness Workout Downloads

# Overview



- Ray Khan's Kickfit Program is a Corporate wellness program that enhances productivity, decreases insurance claims and reduces absenteeism
- The Kickfit Corporate wellness professionals work with you to create a comprehensive strategy that matches workforce needs and corporate objectives

# The Wellness Program



- Behavior modification programs
- Data collection analysis
- A series of 60 minute group sessions covering health awareness lifestyle, habits and addressing dietary concerns
- Health risk assessment
- Quarterly checkups measuring weight, body fat and flexibility.
- Kick-Fit Athletics is willing to work with analytics from the company's Health Care Provider's annual blood test and implement ongoing seminars on diet and exercise to improve results.

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# Kickfit Wellness Program



- Kickfit Athletics offers
  - Mental
    - Personal Growth
    - Stress Reduction
    - Increased concentration
  - Physical
    - Cardiovascular Endurance, increased metabolism
    - Flexibility, Strength, Stamina

# Kickfit: A Holistic, Whole-Life Fitness and Wellness Program

- Kick Fit combines the concepts and movements of Martial Arts with modern training and personal fitness techniques including:
  - Strength training
  - Kickboxing
  - Yoga-Tai-Chi
  - Plyometrics
  - Fencing
  - Rope work
  - Biking
- The Kick-Fit Program has demonstrated benefits to cardiovascular health, strength, and toning ( Liberty Media and Liberty Global 3 month Study on Program effectiveness)

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# Kick Fit: A Comprehensive Wellness Program

The Kick Fit Program combines on-site and online services to support participants according to their individual needs:

- On-site Services

- Group Fitness classes 5 times per week
  - A series of 60 minute “Boot Camp” style fitness sessions with multiple stations specifically designed for varying athletic abilities and fitness levels
- Group Wellness Classes twice per week
  - Nutrition and lifestyle support through on-site “wellness” sessions which complement the fitness components of the program

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# Kick Fit: A Comprehensive Wellness Program

- On-site Services Continued
  - Quarterly Progress Assessment and Feedback
    - Lean body mass index
    - Cardiovascular endurance
    - Weight loss/gain
    - Flexibility
  - Online Support
    - Free downloadable workouts and suggested diets
    - Opportunities for individual counseling with your online Kickfit Personal Trainer through correspondence regarding training, diet and nutrition

# Kick Fit Boot Camp

- Class Schedule
  - Monday, Wednesday, : 5.15 noon-6.15 pm
  - Tuesday Thursday & Friday 11.45-12.45 am
- The circuit program can accommodate 50 participants per class
- Circuit Stations:
  - Jogging/Spin/Jump rope
  - Boxing/Kickboxing/Plyometrics
  - Weights /Bands/Exercise Balls/Bosu Balls
- Location:

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# Benefits of a Corporate Wellness Program

- The program is complete and ready to deliver results
- Potential corporate benefits include :
  - Reduced Insurance Claims
  - Decreased absenteeism
  - Increased motivation at work
  - An engaged and alert workforce

# Why is Kick Fit the Best Wellness Program for You?

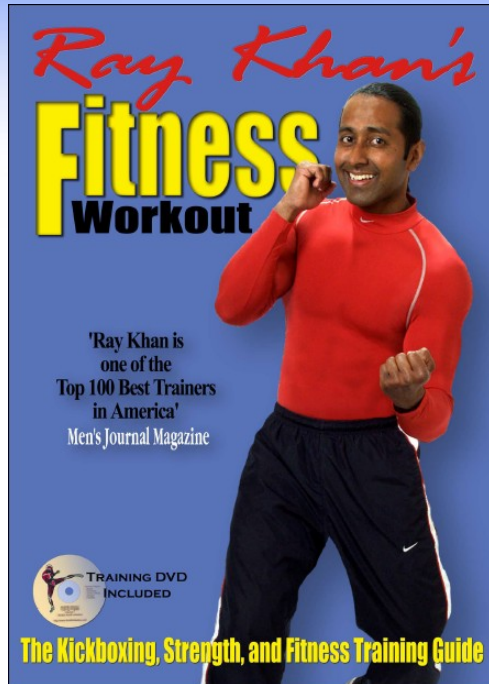
- The Kick Fit program is a well documented, results oriented program that is easily tailored to fit individual needs, goals, and physical limitations
- Kick Fit is a new, fresh, and approachable method to fitness that incorporates modern, popular training techniques
- The combination of martial arts and strength and cardiovascular training modalities is well documented by the rise in popularity of Kickboxing and combination training programs in Fitness Clubs Nationwide.
- Top CEOs already know the value of Ray's Fitness Program for their own health and a three month study conducted by Liberty Media and Liberty Global showed a 95% rating on employee satisfaction with the program for attaining fitness and weight loss goals.

# Why an Employee Fitness Program



- The Today Show had a segment on Companies saving money on Health Care and employees getting healthier as the nation climbs to a 75% obesity rate for the population .
- The timing of the Kick-Fit Wellness program is perfect in today's economy for boosting employee morale and well being

# Products



Books



Videos



DVD, jump rope,  
Resistance band,  
Exercise ball

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