

Healthy employees are good for business.

Nuvita improves your bottom line by improving the health of your employees.

As a business leader, you know that employees are your most valuable assets. Encouraging them to embrace fitness pays off. Fit employees are less likely to get sick; they exude more self-confidence, are less stressed and take on more leadership roles. Healthy employees also save you money in medical costs, absenteeism, workers' compensation claims and short term disability. Implementing a health improvement program at your worksite will increase staff retention, energy, creativity and productivity - showing employees that you care, while becoming more profitable.



Nuvita gets results through convenience, support and motivation.

Everyone begins a health and fitness program with the best of intentions. But what causes people to quit after only a couple of days or weeks?



Research shows that most health and fitness programs fail due to inconvenience, lack of accountability and motivation. We designed Nuvita to address these shortcomings by delivering the program at work, encouraging team participation and providing highly accessible health coaches with the latest technology – all to assist participants in learning vital health and fitness habits that promote lifelong wellness. The difference is Nuvita works with people every step of the way.



Nuvita Seamlessly works with your business.

Our certified personal health coaches offer professional on-site sessions to maximize convenience for you and your employees. With as little as 30 minutes per week, the coaches can follow participants' goals and progress without draining company time.



We will develop a program with your Human Resources department that is flexible to your organization's objectives and schedule. We put special care into planning and organizing the Nuvita program delivery to insure maximum employee participation and program success. Due to the program's flexibility, employees can find time to participate and succeed while maintaining regular work and family lives.

Nuvita is built on a wealth of experience.

The Nuvita team consists of preventive medicine physicians, exercise physiologists, nutritionists and psychologists. They are experts on the latest research in disease prevention, exercise physiology, nutrition and behavior modification. That knowledge combined with their years of experience providing health management programs for the nation's leading corporate, government, education and health care organizations constitutes every facet of the Nuvita program.



Cutting Edge Nuvita technology is the difference.

Proprietary Nuvita technology monitors and insures the success of each employee. The Nuvita technology includes: comprehensive, non-invasive health and fitness assessments administered at the worksite. Real time tracking and documentation of exercise sessions with the Cardio Monitor, and an interactive web portal where each employee can learn important health and fitness topics, track and monitor their success, and communicate with their teammates and coach.



Living younger is a goal that many of your employees would like to achieve. Now, through Nuvita, they can while ultimately achieving your business goals.

Call today for spring programs
(877)283-9730