



CONSULTING

When you're serious about wellness as a people strategy that measures success and demonstrates results

Our statistical methods make wellness an objective and quantifiable people strategy. Whether building a long-range wellness plan, analyzing program data, turning analytics into user programs or managing outcomes administration, our systems generate a stronger culture, health improvement, productivity output and economic value.

360° Wellness Plan™
Diagnostic Audit
Plan Implementation
Data Reporting & Analytics
Outcomes Administration
Fitness Center Management
Onsite Clinic Evaluation

LEADERS

Engaging business leaders to lead by example and influence health

Successful wellness programs start with leaders willing to commit to change. Cooper Wellness Strategies' leader training programs teach the link between fitness and performance and inspire a lead by example mentality. We help guide driven companies to leverage the influence of leaders and managers to support health in one another, the people they serve and communities in which they engage.

Leading a Fit Business™ Seminar

WellAligned Leader™ Workshop

Leading Healthy Change™ Session

Executive Preventive Exams

LIFESTYLE

Because empowering individuals to live a longer, more productive life is good business

Real behavior change requires science-based information, personalized goal-setting and focus. Cooper Wellness Strategies' lifestyle education programs engage participants with best-in-class communication tools: in-class, online and mobile systems to make change convenient and enjoyable. At Cooper, we improve individuals' health for life.

Leading a Fit Life™

Fit Mobile™

Healthy Living Program

Healthy Lifestyle Seminars