

equinox corporate wellness program

Equinox Corporate Wellness Program: Investing in Your Employees' Well-being

Feeling overwhelmed by the demands of running a successful business? Are you looking for ways to boost employee morale, productivity, and retention? Then look no further. This comprehensive guide dives deep into the Equinox Corporate Wellness Program, exploring its benefits, features, customization options, and how it can revolutionize your company's approach to employee well-being. We'll cover everything you need to know to determine if Equinox is the right fit for your organization and its employees. Let's get started!

Understanding the Equinox Corporate Wellness Program: More Than Just a Gym Membership

The Equinox Corporate Wellness Program isn't your typical gym membership offering. It's a holistic approach to employee well-being, designed to empower your team to live healthier, happier, and more productive lives. Forget the generic, one-size-fits-all wellness programs; Equinox provides a truly personalized experience, catering to individual needs and preferences. This comprehensive program goes beyond physical fitness, incorporating mental and emotional well-being into its core offerings.

Key Features of the Equinox Corporate Wellness Program: A Holistic Approach

Equinox offers a diverse range of services designed to address various aspects of well-being. Here's a breakdown of what you can expect:

1. Access to State-of-the-Art Fitness Facilities: Employees gain access to Equinox's luxurious and meticulously equipped fitness centers. This includes a wide variety of classes – from high-intensity interval training (HIIT) and yoga to spin and Pilates – catering to different fitness levels and preferences.
1. Personalized Fitness Consultations: Individualized fitness plans are developed by certified personal trainers, ensuring employees receive tailored guidance and support. This personalized approach maximizes results and helps prevent injuries.
1. Expert-Led Fitness Classes: Equinox's instructors are highly qualified and passionate

about fitness. Their classes offer a dynamic and motivating environment, making exercise more engaging and less of a chore.

1. **Mental Wellness Programs:** Recognizing the crucial role of mental health, the program often includes access to mindfulness classes, meditation sessions, stress management workshops, and potentially even access to mental health professionals. This integrated approach addresses the whole person.
1. **Nutritional Guidance and Workshops:** Equinox often incorporates nutrition counseling and workshops. This could include personalized dietary plans, healthy eating workshops, and advice on improving overall nutrition.
1. **Employee Engagement and Community Building:** Many corporate programs integrate team-building activities, wellness challenges, and social events designed to foster a sense of community and camaraderie amongst employees. This can significantly improve workplace morale and create a positive work environment.
1. **Technology Integration:** Equinox often leverages technology to track progress, provide feedback, and encourage participation. This might include mobile apps for class booking, progress tracking, and communication with trainers.

Customizing the Equinox Corporate Wellness Program: Tailoring it to Your Needs

One of the most significant advantages of the Equinox Corporate Wellness Program is its flexibility. It isn't a one-size-fits-all solution. Equinox works closely with businesses to design a program tailored to their specific needs and budget. This customization might include:

Selecting specific fitness centers: Based on employee locations and preferences.

Choosing the range of services offered: Prioritizing certain aspects of wellness based on employee feedback and company goals.

Negotiating membership options: Equinox can offer various membership tiers to accommodate different budgets and employee needs.

Integrating wellness initiatives with existing company programs: Seamlessly incorporating Equinox's offerings into existing employee benefits packages.

Measuring the ROI of Your Investment: The Business Case for Wellness

Implementing a corporate wellness program is an investment, but the return can be substantial. The Equinox program can lead to:

Improved Employee Health and Well-being: Leading to reduced healthcare costs and absenteeism.

Increased Productivity and Engagement: Healthier, happier employees are more productive and engaged.

Reduced Stress and Burnout: Wellness programs can help mitigate the negative effects of workplace stress.

Improved Employee Retention: Offering a comprehensive wellness program can be a significant factor in attracting and retaining top talent.

Enhanced Company Reputation and Brand Image: Demonstrating a commitment to employee well-being enhances your company's reputation and brand.

Getting Started with the Equinox Corporate Wellness Program: Your First Steps

Ready to explore how Equinox can transform your company's approach to employee well-being? The first step is to contact Equinox directly. Their corporate wellness team will work with you to understand your specific needs, budget, and goals. They'll then develop a customized proposal that aligns perfectly with your organization's objectives.

Conclusion

Investing in your employees' well-being is an investment in your company's success. The Equinox Corporate Wellness Program offers a comprehensive, customizable solution that can significantly improve employee health, productivity, and retention. By fostering a culture of wellness, you're not only improving the lives of your employees but also boosting the bottom line of your business. Contact Equinox today and take the first step towards a healthier, happier, and more productive workforce.

FAQs

1. What is the cost of the Equinox Corporate Wellness Program? The cost varies significantly depending on the size of your company, the services selected, and the chosen membership tier. Contact Equinox for a personalized quote.
1. Does Equinox offer any discounts for larger companies? Yes, Equinox often offers volume discounts for larger organizations. This is something that can be negotiated during the initial consultation.

1. What if my employees are located in different cities or states? Equinox has locations across the country, and the program can be tailored to accommodate employees in various locations.

1. What kind of support does Equinox provide to companies implementing the program? Equinox provides dedicated account managers to assist with program implementation, ongoing support, and employee engagement.

1. How can I measure the success of the Equinox Corporate Wellness Program within my company? Equinox can help you establish key performance indicators (KPIs) and track metrics such as employee participation rates, health improvements, and productivity gains. They will also work with you to develop reporting mechanisms to track progress and measure the ROI of your investment.

equinox corporate wellness program: Managing Sport Organizations Daniel Covell, Sharianne Walker, 2013 Now in a fully revised and updated third edition, this book is a student-focused introduction to sport management. Bridging the gap between theory and practice, the book explores every key topic, issue and concept in contemporary sport management.

equinox corporate wellness program: The Patient Will See You Now Eric Topol, 2016-10-25 The essential guide by one of America's leading doctors to how digital technology enables all of us to take charge of our health A trip to the doctor is almost a guarantee of misery. You'll make an appointment months in advance. You'll probably wait for several hours until you hear the doctor will see you now-but only for fifteen minutes! Then you'll wait even longer for lab tests, the results of which you'll likely never see, unless they indicate further (and more invasive) tests, most of which will probably prove unnecessary (much like physicals themselves). And your bill will be astronomical. In The Patient Will See You Now, Eric Topol, one of the nation's top physicians, shows why medicine does not have to be that way. Instead, you could use your smartphone to get rapid test results from one drop of blood, monitor your vital signs both day and night, and use an artificially intelligent algorithm to receive a diagnosis without having to see a doctor, all at a small fraction of the cost imposed by our modern healthcare system. The change is powered by what Topol calls medicine's Gutenberg moment. Much as the printing press took learning out of the hands of a priestly class, the mobile internet is doing the same for medicine, giving us unprecedented control over our healthcare. With smartphones in hand, we are no longer beholden to an impersonal and paternalistic system in which doctor knows best. Medicine has been digitized, Topol argues; now it will be democratized. Computers will replace physicians for many diagnostic tasks, citizen science will give rise to citizen medicine, and enormous data sets will give us new means to attack conditions that have long been incurable. Massive, open, online medicine, where diagnostics are done by Facebook-like comparisons of medical profiles, will enable real-time, real-world research on massive populations. There's no doubt the path forward will be complicated: the medical establishment will resist these changes, and digitized medicine inevitably raises serious issues

surrounding privacy. Nevertheless, the result-better, cheaper, and more human health care-will be worth it. Provocative and engrossing, *The Patient Will See You Now* is essential reading for anyone who thinks they deserve better health care. That is, for all of us.

equinox corporate wellness program: Roll Model Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life “by the balls” and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller’s groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body’s resilience from head to toe so that you have more energy, less stress, and greater performance Whether you’re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

equinox corporate wellness program: Sweat Equity Jason Kelly, 2016-03-29 Go inside the trend that spawned a multi-billion dollar industry for the top five percent Sweat Equity goes inside the multibillion dollar trend toward endurance sports and fitness to discover who's driving it, who's paying for it, and who's profiting. Bloomberg's Jason Kelly, author of *The New Tycoons*, profiles the participants, entrepreneurs, and investors at the center of this movement, exploring this phenomenon in which a surge of people—led by the most affluent—are becoming increasingly obsessed with looking and feeling better. Through in-depth looks inside companies and events from New York Road Runners to Tough Mudder and Ironman, Kelly profiles the companies and people aiming to meet the demands of these consumers, and the traits and strategies that made them so successful. In a modern world filled with anxiety, pressure, and competition, people are spending more time and money than ever before to soothe their minds and tone their bodies, sometimes pushing themselves to the most extreme limits. Even as obesity rates hit an all-time high, the most financially successful among us are collectively spending billions each year on apparel, gear, and entry fees. Sweat Equity charts the rise of the movement, through the eyes of competitors and the companies that serve them. Through conversations with businesspeople, many driven by their own fitness obsessions, and first-hand accounts of the sports themselves, Kelly delves into how the movement is taking shape. Understand the social science, physics, and economics of our desire to pursue activities like endurance sports and yoga Get to know the endurance business's target demographics Learn how distance running—once a fringe hobby—became a multibillion dollar enterprise fueled by private equity Understand how different generations pursue fitness and how fast-growing companies sell to them The opportunity to run, swim, and crawl in the mud is resonating with more and more of us, as sports once considered extreme become mainstream. As Baby Boomers seek to stay fit and Millennials search for meaning in a hyperconnected world, the demand for the race bib is outstripping supply, even as the cost to participate escalates. Sweat Equity, through the stories of men and women inside the most influential races and companies, goes to the heart of the movement where mind, body, and big money collide.

equinox corporate wellness program: The Slimnastics Workout Nicole Glor, 2012 The NikkiFitness Slimnastics workout is boot camp meets yoga - but keep your sneakers on, you are going to need them! The Slimnastics Workout combines cheerleading and gymnastics-style balancing, strength and cardio moves with yoga-based toning that requires no equipment other than your body weight. Plyometric cardio intervals cut workout time and boost metabolism. There is also

a Slimnastics DVD you can buy if you'd like a workout buddy at www.slimnasticsworkout.com. NikkiFitness recreated the intense workout she achieved doing cardio jumping routines and the toning from pyramids and partner stunting in college cheerleading, with what she learned as a Yogi, boot camp trainer and group fitness instructor in Manhattan - the fitness mecca. Slimnastics starts with an inspirational story that convinces people to work out because they can, and that their new fitness life starts today. Nikki provides personal fitness struggles and tips on how to get Slimnastics-ready, through push-up practice, cardio intervals, and multitasking. Next she leads the reader/viewer into a workout for warriors with moon and sun salutations, then standing balance poses, plyometric gymnastic-inspired cardio intervals, and arm balance poses that build upper body strength. Slimnastics slims and sculpts you into a chiseled and healthy body. The mind will love that it only takes 30 minutes to do. Each chapter is broken down into 2-3 toning moves with a one-minute cardio interval, with photos of each move. Nikki even reveals one magic combo move that does it all: cardio and total-body toning. If you only have time or memory for one move all day, wherever you are, this does it all. The final chapter on Exercising Your Soul completes workout for the mind, body and spirit. www.nikkifitness.com

equinox corporate wellness program: Total Hotel Mogel Adam Mogelonsky, Larry Mogelonsky, 2024-09-10 The future of upscale and luxury hotels is total revenues. No longer simply a matter of driving occupancy, properties in these categories must find ways to encourage guests of all segments to spend across a variety of ancillary revenue streams such as dining, wellness, golf and activities. For the brand and owner's side, this optimizes profitability, while for the guest this augments the experience to maximize satisfaction - a true win-win. Broken down by sections corresponding to each major hotel operation, this book gives hoteliers the tools and inspiration to execute a total revenue-focused commercialization strategy.

equinox corporate wellness program: The TB12 Method Tom Brady, 2017-09-19 The #1 New York Times bestseller by the 6-time Super Bowl champion The first book by New England Patriots quarterback Tom Brady--the 6-time Super Bowl champion who is still reaching unimaginable heights of excellence at 42 years old--a gorgeously illustrated and deeply practical athlete's bible that reveals Brady's revolutionary approach to sustained peak performance for athletes of all kinds and all ages. In modern sports, some athletes have managed to transcend their competition in a way that no one will ever forget: Jordan. Jeter. Ali. Williams. These elite legends have changed the game, achieved the unthinkable, and pushed their bodies to unbelievable limits. Joining their exclusive ranks is Tom Brady. Brady is the healthiest great champion the NFL has ever had, both physically and mentally (Sally Jenkins, The Washington Post). The longtime New England Patriots quarterback, who in 2017 achieved his fifth Super Bowl win and fourth Super Bowl MVP award, is widely regarded as an athlete whose training and determination pushed him from a mediocre draft position to the most-revered and respected professional football player of his generation. In The TB12 Method, Tom Brady explains how he developed his groundbreaking approach to long-term fitness, presenting a comprehensive, step-by-step guide to his personal practice. Brady offers the principles behind pliability, which is at the heart of a new paradigm shift and movement toward a more natural, healthier way of exercising, training, and living--and one that challenges some commonly held assumptions around health and wellness. Filled with lessons learned from Brady's own peak performance training, and step-by-step action steps to help readers develop and maintain their own peak performance, The TB12 Method also advocates for more effective approaches to strength training, hydration, nutrition, supplementation, cognitive fitness, recovery, and other lifestyle choices that dramatically decrease the risk of injury while amplifying and extending performance, as well as quality of life. After using his methods for over a decade, Brady believes that the TB12 approach has made him--and can make any athlete, male or female, in any sport and at any level--achieve their own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, as well as personal anecdotes and experiences from on and off the field, The TB12 Method is the only book an athlete will ever need, a playbook from Brady himself that will change the game.

equinox corporate wellness program: New York Magazine , 1996-05-06 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

equinox corporate wellness program: New York , 1996-05

equinox corporate wellness program: Yoga Journal , 2005-01 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

equinox corporate wellness program: Methods of Group Exercise Instruction Mary M. Yoke, Carol Armbruster, Carol Kennedy Armbruster, 2019-06-02 Methods of Group Exercise Instruction highlights a variety of group exercise formats and offers expert guidance in group exercise training principles, correction and progression techniques, cueing, and safety tips.

equinox corporate wellness program: Paleoista Nell Stephenson, 2012-05-01 Building on the huge success of books like The Paleo Diet, Nell Stephenson's Paleoista offers a fun, female-friendly way for women to enjoy the health benefits of what has been called the "Caveman Diet," including more than fifty simple, delicious Paleo recipes! A Paleoista has radiant skin, boundless energy, eats decadent food at every meal, and never feels deprived. As the ultimate Paleoista, Nell Stephenson knows exactly how to incorporate the Paleo diet into one's day-to-day life with ease, efficiency, and style. Paleoista is an easy-to-follow guide for any woman interested in reaching her healthiest potential and includes: -A Kitchen Makeover Guide, to get started on the right foot. -A Healthy Grocery Store Field Trip, to stock a Paleo-friendly kitchen. -Two Weekly "Hours in the Kitchen," to prep a week's worth of meals ahead of time. -A Move-to-Lose Plan, to show you what to do with all your extra energy! -Sticking with It Socially, to prepare for ordering at restaurants, traveling, keeping your kids Paleo, and getting together with friends without compromising your Paleo eating plan. -More than fifty simple, delicious Paleo recipes!

equinox corporate wellness program: Encyclopedia of Sport Management Pedersen, Paul M., 2021-12-14 Bringing together preeminent international researchers, emerging scholars and practitioners, Paul M. Pedersen presents the comprehensive Encyclopedia of Sport Management, offering detailed entries for the critical concepts and topics in the field.

equinox corporate wellness program: Human Resources Report , 2004

equinox corporate wellness program: The Witches' Almanac 2025-2026 Standard Edition Issue 44 Andrew Theitic, 2024-09-27 Founded in 1971 by Elizabeth Pepper, the art director of Gourmet magazine for many years, The Witches' Almanac is a witty, literate, and sophisticated publication that will appeal to general readers as well as hard-core Wiccans. At one level, it is a pop reference that will fascinate anyone interested in folklore, mythology, and culture; at another, it is the most sophisticated and wide-ranging annual guide available today for the mystic enthusiast. Modeled after the Old Farmers' Almanac, it includes information related to the annual moon calendar (weather forecasts and horoscopes), as well as legends, rituals, herbal secrets, mystic incantations, interviews, and many a curious tale of good and evil. Although it is an annual publication, much of the content is both current and timeless, not specific to the date range of each issue. The theme of Issue 44 (Spring 2025–Spring 2026) is Air: Breath of the Cosmos. Also included are articles on: Geomancy, the Lunar Nodes, Native American Spirit Totems, Kitchen Magic—Soul Cakes, Gods of the Sky, the Orisha Yemoja, and much more.

equinox corporate wellness program: Yoga Journal , 2003-12 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful

editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

equinox corporate wellness program: *Sport Finance* Gil Fried, Timothy D. DeSchraver, Michael Mondello, 2024-03-26 The burgeoning global sport industry is a \$500 billion business with no signs of slowing down. For the upper-undergraduate and graduate sport management student exhibiting a penchant for finances and a passion for sports, the field of sport finance presents tremendous career opportunities. No other textbook connects financial principles with real-world sport finance strategies as effectively as *Sport Finance, Fifth Edition With HKPropel Access*. Emphasizing a more practical approach, the fifth edition goes beyond the what and how of sport finance and dives deeper into the why—the reasoning behind the principles of sport finance—providing students with an even more comprehensive perspective on what drives the financial success or failure of any sport entity. The text is organized into five areas, focused on the hard skills tomorrow's sport financiers must master to perform their role: increasing revenues and decreasing expenses, developing budgets, understanding financial statements and ratios, obtaining funding and managing cash, and building a financial strategy. Each section features an insightful introduction by a renowned industry professional, providing a real-world perspective that's sure to pique readers' interest. Chapters addressing revenues and expenses include budgets from the sporting goods industry, intercollegiate athletics, and professional sports. The sport industry landscape has changed significantly since the previous edition was published, and the fifth edition reflects the new realities affecting today's sport organizations. Addressed are name, image, and likeness (NIL) rule changes; esports; cryptocurrencies; non-fungible tokens (NFTs); sport gambling; the proliferation of broadcasting rights and the sneaker market; and the impacts of COVID-19 on the sport industry. The fifth edition's practical takeaways are especially prominent with the addition of related online resources available to students and assignable by instructors via HKPropel. One highlight is "Two-Dollar Team," an Excel-based simulation that introduces students to assets and liabilities, revenue and expenses, budgeting, cash management, and borrowing and reveals how these specialties work together in developing financial strategies. Three other assignable class projects involve personal budgeting, expenditures, and a stock market game. Other new features include five brand-new case studies and a profile of a typical health club, "Mike's Gym," in which students are challenged to put their learning to the test by reading and understanding financial statements, setting budgets, and identifying strengths, weaknesses, and growth opportunities for the fictional facility. *Sport Finance* provides students with a thorough understanding of the financial and economic aspects of the sport industry. By analyzing sport business entities and structures, financial statements, and funding sources, students will acquire the skills to make more informed and effective financial decisions, better manage the risks, and recognize opportunities in the world of sport. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

equinox corporate wellness program: *New York Magazine*, 1996-05-06 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

equinox corporate wellness program: *F & S Index United States Annual*, 2007

equinox corporate wellness program: *Beyond Sugar Shock* Connie Bennett, C.H.H.C., C.P.C., A.C.C., 2012-06-01 From the bestselling author of *Sugar Shock!*—the book that Mehmet Oz said spills the beans on the shocking impact of sugar and simple carbohydrates—comes *Beyond Sugar Shock*, the first book to provide a simple, practical, mind-body-spirit plan to help readers break free of their sugar or carb addiction. For the millions of people who suffer with problems such as low libido, excess weight, overpowering fatigue, and many other unexplained ailments, *Beyond Sugar Shock* provides a step-by-step, six-week program to gently guide readers to a healthier life. In this friendly, compassionate book, they'll find: • A playful, but serious Sugar Shock Quiz to help readers

learn about their personal sugar addiction. • Easy, tried-and-true techniques that Connie used—and that her clients and Sugar Freedom Now participants now use—to successfully quit her sugar habits. • Dozens of easy tips and tactics to stomp out carb cravings. • Simple meal plans, tasty recipes, and a food/lifestyle pyramid that shows readers how to let go of quickie carbs and nonfoods (the Standard American Diet or SAD) and instead enjoy real, wholesome, health-giving nutrition. • Entertaining, interactive adventurcises (adventurous exercises) such as Do Sugary Soul Searching, Party with the Produce, and Snatch the E-Z Vitamins. • Affirmations to refresh, rejuvenate, and renew the mind, body, and spirit. • Remarkable success stories with before-and-after photos. In *Beyond Sugar Shock*, readers will find out that letting go of their sugar or carb addiction is much simpler than it seems—and it can even be fun! And once they've addressed their addiction, readers will not only look and feel better, but will also experience an overpowering sensation of joyous freedom and a sweeter, balanced life.

equinox corporate wellness program: Self-Care in the City: 100 Ways to Optimize Your Nutrition, Fitness & Wellness in an Urban Environment Michelle Cady, 2018-04-12 If there's one thing Carrie Bradshaw didn't master in her beautiful Manhattan life it's self-care. Like most of us, she rushed around from thing to thing, drank a few too many cocktails, smoked cigarettes, and dealt with the stress that came along with a career she loved and social calendar she loved more. Little did she know that a few simple changes to her daily habits could drastically improve everything from her mood to her sleep to her ability to manage ups and downs of life - from lost jobs to lost relationships. Thanks to *Self-Care in the City*, the busiest of urban people now have their very own handbook for learning how to bring a healthy dose of self-care into their busy, fast-paced lives. No longer will you need to play the guessing-game of . . . how to squeeze a workout into a busy week or what dish to choose at a business dinner or how to relieve stress without reaching for a glass of wine. Instead you have over 100 ways to address the common dilemmas of their everyday life, including: - Way #1 Rethink Brunch: How to approach a fabulous weekend meal without overdoing it. - Way #7 Tier Your Seamless: Method for making healthy-ish options your go-to when you're exhausted. - Way #16 Drinking on Dates: Tips to navigate every blind date without drowning yourself in cocktails. - Way #66 Quick Workouts for Biz Trips: How to keep up your workout routine no matter where you travel. - Way #81 Noise at Night: Solutions for reducing stimulation and getting a great night's sleep. - Way #82 Surviving the Subway: Insider secrets to stress-less on your daily commute. No matter what you need help navigating, there's a tip or resource within immediate reach. As you begin embracing these practices, you'll find that you have the power rise above the routines that diminish your beauty and focus, and fall in love with the wellness strategies that will not only make you feel unstoppable, but will also give you an edge. **NUTRITION** Efficient ways to upgrade your grocery shopping, order healthier takeout, sneak in more veggies, navigate social functions, order like a boss and fuel your continued success at home, at work and when you're on-the-go. **FITNESS** Smart strategies to optimize your workouts, join the right gym, pick boutique fitness studios, exercise on business trips, fit in more activity, lose body fat and elevate your body to the next level. **WELLNESS** You're doing it all right - eating well and working out - and you're still not seeing results. This book empowers you to improve your sleep, manage your stress, create your own silence, and personalize your self-care, while still having a fabulous social life! **Why I Wrote It:** *Self-Care in the City* is a reflection of the health and wellness tricks I was able to discover during my experience living in New York City as a finance executive. That blended together with my professional expertise, work with countless clients and education in nutrition and exercise science and stress management makes this a book that every busy urban person needs on their night stand or nestled into their work bag. **About the Author:** Michelle Cady is a former finance executive turned wellness author and highly sought after integrative nutrition health coach. Michelle's personal experience of recovering from adrenal fatigue and burnout influences her coaching and focus on nutrition, fitness, and stress management. Michelle's writing has been featured in mindbodygreen, Well+Good, Elite Daily, Women's Health, Redbook and Thrive Global, among others. She is the Founder of the wellness platform, FitVista, and *Self-Care in the City* is Michelle's first book. Michelle

graduated from Middlebury College in 2008 with a BA in English and currently lives in New York City. You can find more about Michelle's story, blog and resources over at www.FitVista.com.

equinox corporate wellness program: Peak Performance Fitness Jennifer Rhodes, 2000 A comprehensive guide to achieving overall fitness instructs readers in how to use simple exercises to prevent or heal a wide variety of ailments and improve one's overall health and well-being, offering a step-by-step approach for developing one's cardiovascular capacity, strength, and flexibility.

equinox corporate wellness program: Spa , 2006

equinox corporate wellness program: ACSM's Resources for the Personal Trainer American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

equinox corporate wellness program: The MELT Method Sue Hitzmann, 2015-01-20 The New York Times–bestselling guide to at-home exercises you can do to live a life free of pain, stress and tension. In this enhanced digital edition of The MELT Method, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

equinox corporate wellness program: Mama Glow Latham Thomas, 2012-11-06 In Mama Glow, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your bun. Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost fertility
- A simple formula for deconstructing those crazy cravings
- Yoga sequences designed for prepregnancy, each trimester, and postpartum
- Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag
- Glow foods to help you snap back to your fab prebaby body

As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

equinox corporate wellness program: Sleep for Success! Everything You Must Know About Sleep but Are Too Tired to Ask Dr. James B. Maas, Rebecca S. Robbins, 2011-01-28 Given the present, stress-inducing state of the economy and the world, there has never been a better time to provide a wake-up call on how to relax, get centered, get 8 hours of sleep and be happier and more successful. Recent research has shown us that when we get enough sleep, we are able to accomplish more in less time and with less stress and greater health. We don't need a 26-hour day. With more efficient and effective sleep habits, in our book, 24 hours is more than adequate. Our proposition is simple and compelling. Do you want to be healthier, more productive, energetic, creative, organized, efficient, and constantly expanding your potential? Do you want to be less

stressed, happier, have a better relationship with yourself and others, and a deeper sense of well-being? What if you could take a few small steps every day that would enable you to eventually achieve all these things? You can. In fact, it's easy. *Sleep for Success!*, a convincing, psychological approach to changing attitudes and behaviors, is written for anyone who wants to get a great night's sleep, feel wide-awake and be a peak performer all day. It pertains to executives, students, parents, athletes, children and senior citizens. If you're human, chances are that you are at least somewhat sleep deprived. *Sleep for Success!* can change your life literally overnight.

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2011-08-01 The fitness industry has become an unregulated misinformation machine. It is commonplace for well-built gurus, who lack any formal education, to be given a platform to promote a supplement, product, idea or TV show. Often the results they promise are physiologically impossible - costing you time and money, and ultimately robbing you of precious motivation. However, there is great information out there. Getting and staying fit is a science that has been developing for decades. Research is progressing faster than ever, and there are credentialed professionals working hard to make this information available to you. Not just pretty bodies interested in your wallet, but professionals interested in your well-being. This book contains no gimmicks, fads, myths or misinformation. Instead, more than 600 references are used to bust dozens of myths, and provide dozens more practical suggestions for better results. The book is written in fun, easy-to-understand, plain English so everyone from the novice exerciser to the fitness professional can enjoy. Some of the topics covered: * Dieting Made Simple: You don't have to cut carbohydrates (carbs), or fat, or eat weird combinations of food to lose weight. * The Truth About Supplements: It's time to stop wasting your money on the ones that don't work. * The Myth About Toning-up: You cannot tone, but you can choose exercise that will burn more calories and lead to a leaner, more defined physique. * The Truth About 6-pack Abs: How do you get them, and are they worth the effort. * Muscle Myths: How to get more out of your weight training routine by avoiding the pseudo-science. * Tackling Cardio Confusion: What is the best cardio? * Motivation is not ordained, it's developed: Build a plan toward your goals with help from the latest research. If you keep doing the same things, you will keep looking the same way. It's time to make a change. With the information in this book, you can leave the gimmicks behind and create a personalized fitness program that works. No more misleading diet plans and products that promise unattainable results. You can be your own personal trainer and critically evaluate your options. Stop fighting your body and start working with your body. As an educator for the largest health club chains on the East Coast, I have trained thousands of individuals just like you to not only get fit, but to become personal trainers themselves. I understand how to make the science and research of fitness easy to understand, easy to apply and relevant to you. I know what fitness trends work and which ones don't. Special Thanks: This book is my attempt to fill a void in fitness. It is a means of bridging the gap between the brightest minds in health and wellness and those pursuing a healthy lifestyle - an attempt to explain health science in simple English without the bias of sponsorship, product placement and profits. Ultimately, I want to help you avoid the nonsense and bring you closer to your goals. I appreciate your support in filling this gap, setting an example and hopefully raising the bar in this unregulated industry.

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schedule your week of workouts, and more. This is your complete, user-friendly reference for building wellness with weight training.

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