



*Time is precious. So is your health.*

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## **As Push for Comprehensive Health-Care Reform in Nation Heightens, Atlanta-based Company Suggests Cure: Fitness in the Workplace**

**ATLANTA (July 20, 2009)** — Curing the nation’s highly criticized health-care system increasingly is a top priority, with President Barack Obama looking to see health-care legislation pass through the House and Senate this year. Skyrocketing health-care costs drive much of the debate. Findings from the Centers for Medicare and Medicaid Services show that health-care spending reached \$2.4 trillion in 2008, and is projected to jump 5.5 percent in 2009.

“The status quo on health care is no longer an option for the United States of America,” says President Obama. “This is no longer a problem we can wait to fix. Health-care reform is about every family’s health, but it’s also about the health of the economy.”

The United States reportedly spends more on health care on a per capita basis than any other country.

One solution for controlling health-care costs has gained in popularity in recent years. Workplace wellness or worksite wellness programs encourage employees to take steps to adopt a healthy lifestyle, to prevent the onset or worsening of a health condition and to rid their lives of unhealthy behaviors and habits.

Since 2005, Atlanta-based Quick Fitness Solutions (QFS) has specialized in bringing fitness to the corporate setting. “Research has shown that companies have enjoyed returns of \$3 to \$6 for every \$1 invested in a worksite wellness program,” says Akil Sherman, president of QFS.

Designed to take place on the job — where Americans spend more time than anywhere else —

**(more)**

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workplace wellness programs have proved a win-win for employer and employee alike. Employers witness a return on investment (ROI) through increased worker productivity and reduced absenteeism and turnover, among other benefits. Employees enjoy healthier lifestyles, greater job satisfaction and a boost to morale.

“Workplace wellness programs just may be the cure our nation needs,” says Marc Comar, CEO of QFS. “By implementing worksite wellness programs and encouraging employees to embrace consistent healthy lifestyle choices, we can help reduce and eliminate preventable illnesses. These include high blood pressure, hypertension and diabetes — which all help to drive up health insurance claims in our nation. Ongoing physical activity at the workplace will help companies cut costs and save on the bottom line.”

The scope of QFS’ on-site services — tax-deductible to businesses — includes small-group personal training, chiropractic care, massage therapy, nutritional counseling and chef services, available as one complete package, by combining two or more services, or a la carte. Featuring weigh-ins, body fat assessments and monthly giveaways, among other offerings, small-group personal training also provides a buddy system of sorts. Trainers make follow-up calls to check on and encourage participants. A highlight of nutritional counseling is the lunch-and-learn session, in which participants may sample healthy snacks, while QFS’ chef services also feature organic and healthy choices. Under chiropractic care and massage therapy, participants may receive lower back and other adjustments, and a wide range of massage styles, including Swedish and deep-tissue, respectively. QFS also offers Fit Break, a one-and-a-half-hour session focused on encouraging participants to develop healthier habits through low-impact exercise. “As Americans become busier and spend more time at work,” says Comar, “it makes sense to bring a quality wellness program to the workplace.”

QFS clients include **Hartsfield-Jackson Atlanta International Airport, InterContinental Hotels Group**, the **Atlanta Hawks dance team** and the **Atlanta Falcons cheerleaders**.

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*Quick Fitness Solutions helps companies save money on the bottom line by bringing its system of fitness and nutrition to the corporate location. [www.QFSUSA.com](http://www.QFSUSA.com)*