

FOR FURTHER INFORMATION CONTACT:

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FOR IMMEDIATE RELEASE

www.briasekula.com

Corporate Fitness makes cents!

Press Release

How 2 Companies saved more than \$40,000 in one year!

SW Houston, Fort Bend County, TX President and CEO of Brian Sekula Fitness Center, Dr. Brian Sekula reveals how their Corporate Fitness Programs **saved thousands of dollars for two local businesses.**

"We worked with two small businesses, 37 employees total – a small stock-broker firm and a software company. The common theme for both was a lot of computer time, more than 6 hours per day on average," says Dr. Sekula.

"Low-back pain is the number one complaint for heavy computer users. Both companies were experiencing significant direct and indirect costs as a result, with worker productivity and absenteeism the main issues. A thorough analysis, including employee and management interviews and worksite evaluations identified the main issues and facilitated the development of a workable solution."

"Our solution was to deliver a series of weekly, on-site seminars over several topics including: function and structure of the lumbar spine, major causes of low-back pain and preventing low-back pain. Each seminar was one hour, lively and interactive." Additionally, agreements between both companies included memberships to our fitness center so we also delivered seminars on fitness and nutrition: Exercise programming, Why most programs fail, Goal setting and more."

*"Quarterly analysis showed excellent results that any small business can realize. Regarding low-back pain, 98% reported significant improvements in both severity and frequency of occurrence. Additionally, 8% reported complete remission of their low-back pain. Finally, **all employees** reported significant increases in their ability to manage low-back pain should it recur."*

*"The investment paid for itself as the reduction in back pain **improved the bottom line of each company.** Significant improvements and worker productivity led to each company realizing **a savings of approximately \$100 per month per participant.** The initial investment was recovered by the third month. This translates to **a significant savings of \$44,400!**"*

"The take home message for employers is that *proactively* investing in the health of their employees significantly improves their bottom line. Obviously we have programs for back pain but we can also help with other sources of direct and indirect costs to employers. For example, we have programs for obesity, physical activity, diabetes and other cardiovascular diseases. In other words, we can help companies improve their bottom line with our programs."

Contacting Dr. Sekula. Anyone interested in how Dr. Sekula can help their business realize results like these is encouraged to contact him. He will come to your office and discuss your needs to help find a solution that will work for your company. Contact him by phone directly at: 281-933-8822 or via email: bsekula@briasekula.com.

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Note: Dr. Sekula is available for interviews on corporate fitness and other fitness and health related topics.