



If you are a Human Resource or Senior Management Executive and interested in finding out about our corporate membership options at our martial arts school then you re in the right place.

Steelcase Corporation Case Study Proof Shows Medical Costs Can Be Cut By 50%

According to the American Medical Association, over 93% of employers have programs in place that promote employee health. In terms of medical claims, the American Journal of Health Promotion found that physically active employees are on average 391% less expensive than inactive workers each year. In addition, studies by the International Fitness Club Network point out that the results of employee wellness and fitness programs commonly show 100% to 300% return on investment in just five years. Other benefits of employees who are frequent exercisers include reduced employee turnover and higher job-satisfaction scores.

Martial arts memberships are a great way to provide your employees an outlet to relieve their day-to-day stress levels in today s fast paced world. It also shows that you truly care about the health and safety of your employees and their families. Contact us today and see how martial arts class can improve your employee s health and save your company money.

Great For Employees

- Feel better and have more energy
- A great addition to your health benefits
- No enrollment fees for immediate family
- Discounted monthly dues
- Year round open enrollment

NO Enrollment Fees!

Great For Employers

- Happier and healthier employees
- Improved productivity and morale
- Reduced absenteeism and turnover
- Annual fee based on employee population
- We come to you and provide all materials

Low Monthly Dues! Family Discounts!



Local Corporate Directors

Our Corporate Wellness programs can help improve your bottom line. To find out more or become our partner in health and safety contact:

Ph: 352 536-1122

Ready to purchase your corporate membership? To find out if your company is currently participating or to recommend your company for this program call today!

**American Dragon Martial Arts Academy
121 E. Division St. Suite E Clermont FL 34711
Ph: 352 536-1122**