Did you know that 75% of healthcare costs are incurred by preventable diseases? Cardiovascular disease, cancer, and diabetes are the three major causes of rising health care plans and are all preventable.   
Jack and his team have spent decades learning how to increase productivity, reduce absenteeism, and increase employee engagement, all leading to lowering healthcare costs. Together, they have developed a system created to target the masses all while addressing individual needs. Their corporate training challenges helps to engrain positive habits through a carefully curated accountability and reward system.   
  
How it works:  
Step 1 – evaluate the needs of your business;  
Step 2 – set up individualized workshops based on highest needs;   
Step 3 – create a customized corporate training challenge.  
  
Why Jack?  
Jack excels at motivational speaking. He is an author, a nutritionist and a professional athlete with a master’s degree in clinical nutrition. He is a teacher of corporate wellness at Utica College and a health coach. Jack has been featured in national magazines, podcasts, and popular fitness websites. Jack’s own health issues put him on a quest to heal himself and others. With twenty-five years of experience and a passion for wellness, he can provide your company with an unforgettable experience.