



Welcome to Everactive

We specialize in helping employees improve and maintain their health and fitness so they can perform at their peak potential at work and in life.

Our Philosophy

At Everactive we strongly believe that *one-on-one interaction* with employees is the key to helping them unlock their peak potential. In business just as in sports, winning players create winning teams

Your Business

The Everactive experience within your company will:

- Inspire your employees to develop a daily “can do” attitude at work and in life
 - Invigorate your employees to go above and beyond their call of duty
 - Bring team spirit and camaraderie to your entire organization
 - Attract and retain high performance employees
 - Decrease the utilization of health care
 - Distinguish your business as pioneers in providing a unique work/life benefit
 - Allow your business to become a true champion!
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Today's the Day

Contact us @ 508.405.2219

Email: info@everactiveonline.com

Visit us online at: www.everactiveonline.com



The Ea Interaction programs

One-on-one health and fitness coaching programs

The Ea interaction experience

An Everactive specialist will work one-on-one with your employees; we evaluate their personal health risks, current lifestyle and goals, then we create a personalized fitness blueprint specifically for them. This blueprint will help them include health and fitness in their hectic schedules to improve their overall health, enabling them to perform at their peak potential at work and in life. Our dedicated specialists will also develop a unique relationship with your employees, unlike what any other health improvement program can offer.

The Ea interaction programs

Each program offers a different approach in communication and level of commitment.



Ea 365

Everactive specialist and employee work together over email and phone. This is a full year health and fitness coaching program.



Face time

Everactive specialist and employee meet face to face for a health and fitness consultation. This consultation is followed up with a coach initiated email or call.



Anytime on-line

Everactive specialist and employee meet via email/phone for a health and fitness consultation. This consultation is followed up with a coach initiated email or call.

Testimonial

"The Everactive Face Time Program motivated and inspired me to get active and stay active. My goal was to exercise more regularly; Everactive helped me accomplish this. Thanks to my coach I have developed a lifelong habit that I enjoy!"

*Maria Palasis
Boston Scientific Corporation*

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The Ea a la Carte programs

Group health and fitness programs

The Ea a la Carte experience

At Everactive we also understand the value of group intervention. To successfully reach all of your employees, other avenues of intervention need to be opened. The Ea a la Carte program allows us to add these group programs to diversify your program mix and to continue to bring about healthy change to your organization.

The Ea a la Carte programs



Ea kick-off day

Start your health improvement program off with a score! An Everactive coach along with your upper management team will introduce the Everactive program to your community.



Ea HRA program

What is the current state of employee health at your workforce? Bring our web-based health risk assessment program to your community and use the information to target all health risk populations and track progress form year to year.



Ea activity program

Becoming more active daily is the stepping stone to becoming healthier. Let us help you take that first step toward a healthier workforce with one of our proven activity programs.



Ea weight-loss program

This on-going incentive style weight-loss program will not only help slim your employees waist line but will slim your company's bottom line!



Ea lunch and learn seminar series

Bring us to your community and let us meet face to face with your employees in a GROUP setting for an educational and motivational interactive lunch and learn seminar series.

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