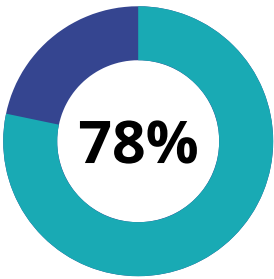
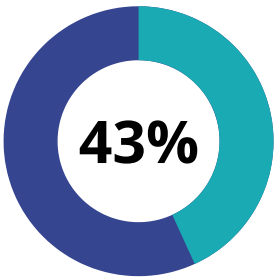


# Build a vibrant culture of wellness

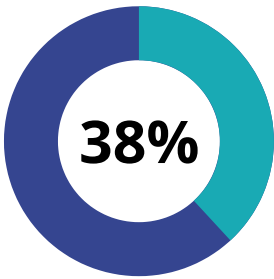
WITH SWEAT TO RESET



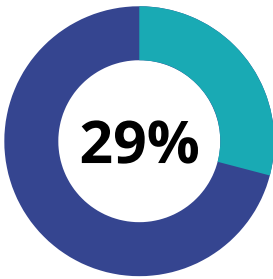
of exercisers said that mental health & emotional well-being were the #1 reason for exercise



of exercisers say that community is an important part of the wellness experience



of exercisers say they are focused on embracing a more natural and healthy lifestyle



of exercisers say they exercise because they want to live a long and healthy life



## COMMUNITY

STR helps transform your workplace from coworkers to community through team building movement sessions



## LONGEVITY

STR works with businesses to provide wellness benefits to keep employees engaged and, in-turn, support retention efforts



## SUPPORT

STR has a variety of sessions and resources to help employees build a culture of support and wellness

### GEN Z & MILLENNIALS

expect wellness to be part of their workplace and say **wellness perks are important** when choosing an employer

### MILLENNIAL MEN

engage their body in movement that prepares their **body for daily living** more than other populations of people

### WORKOUT RECOVERY

is a **top priority with 47%** of Americans saying practices like restorative yoga and stretching are important to them

#### References:

<https://www.mindbodyonline.com/business/education/blog/wi/5-wellness-trends-watch-2023>  
<https://www.clubindustry.com/fitness-studies/mental-health-top-reason-americans-exercise-mintel-report>

