THE PROBLEM

60% of deaths worldwide are the result chronic disease. Heart disease, cancer, diabetes, mental illness and, respiratory diseases (the most common chronic diseases) could have a global cost of $247 trillion by 2030 (Reuters).

THE FIX

Nutrition and exercise - offered through corporate wellness programs - can prevent chronic disease, reverse its progression, and reduce costs to the employer.

SERVICES

Programs are personalized to meet the needs of your company culture and maximize employee engagement.

Different offerings include:
- Customized nutrition challenges,
- Inclusive fitness challenges,
- Educational seminars or programs, and
- Kitchen overhauls.

Let OptimizeMe Nutrition find a solution that is inclusive and fun. Empower employees to take steps towards a healthier life all while improving culture and productivity.

RESULTS

Over 200 employees signed up, and 78% of respondents reported increased energy throughout the day.

“The nutrition challenge was awesome for our company. It allowed us to have a few huge benefits. One was that it was 100% taken care of by OptimizeMe Nutrition, where we did not have to manage the process or content. It also allowed our community to learn about food in a way that is not typical for nutrition challenges: it taught them food quality, not food restriction. As a byproduct, it allowed them to develop a healthier relationship with food.”

-Austin Malleolo
GM of Gym & Wellness Offerings

EC Synkowski runs OptimizeMe Nutrition, a company offering B2B/B2C educational products, mobile app-based challenges, and corporate wellness programs. She holds an MS in Nutrition & Functional Medicine and is a Certified Level 4 CrossFit Coach.

CONTACT FOR PRICING: info@optimizemenutrition.com | 970-716-0862