

Health Fitness Connections

Since 2003, Health Fitness Connections, a fitness company, has specialized in the delivery of fitness, nutrition, and health programs to all types of businesses.

Serving clients in Bucks, Chester, Delaware, Montgomery, and Philadelphia counties, Delaware, and New Jersey onsite and nationally through virtual capabilities.

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Business certifications: Certified Minority Business (Eastern Minority Supplier Development Council (EMSDC))

Program/Service Name	Description	Onsite only, Virtual only, or Both?
<i>Be Active</i>		
Aerobic Fit	Back to the basics! Pull out your leg warmers and leotards with some good old fashioned choreographed aerobic and toning exercises! From grapevines to v-steps, turn-step, Charleston and more you will sweat and burn a bunch of calories with original aerobic class choreographed movements, and simple yet effective muscle toning exercises. All levels welcomed.	Both
All about the Core – Seminar	In this seminar we will dispel the myths about the core exercise phenomenon and go over the muscles that make up the core and how to truly develop them through various movements and exercises.	Both
Ball Conditioning	This class utilizes the stability ball and medicine ball to strengthen and condition all of the major muscle groups, particularly your core by challenging your balance and stability.	Both

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	Participants are responsible for bringing their own stability balls.	
Class Pass	Your employee can use a class pass to join a fitness class at a Health Fitness Connection studio or a location where our classes are held. Classes focus on strength and toning, core conditioning cardio, endurance, stability, and balance.	Onsite only
Core Conditioning: Abs and Lower Back exercise class	This class will help to improve core strength, posture and core flexibility through a variety of exercises. The majority of the exercises will be performed on the floor.	Both
Corporate Bootcamp	Our boot camp program incorporates cardiovascular exercises, strength training (upper and lower body), agility training, plyometrics, core conditioning (abdominals and lower back), and balance and stability exercises using dumbbells, resistance tubes, jump ropes, and/or other portable exercise equipment for a 60 minute calorie-blasting workout!	Both
Exercises Dos and Don'ts - Seminar	In this seminar, our fitness instructor will analyze various exercises that are performed with incorrect form, technique and application and seek to provide corrections in all three areas. Exercises will include body weight exercises and exercises with equipment such as dumbbells and resistance bands.	Both
Exercises for Arthritis	While research shows exercise is extremely helpful in managing arthritis, the physical movements can still be painful. During this seminar will we explore exercises, methods, fitness program strategies and techniques that are easier on the joints.	Both

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Fit Start Exercise Class for Beginners	This low intensity workout is great for beginners, novice, and those reentering the world of exercise who desire a non-intimidating workout experience. We will go through a basic exercises routine (seated and standing), which will target all major muscle groups using body weight exercises and light resistance.	Both
Fitness Equipment Review and Demonstration	During our Fitness Equipment Review and Demonstration, we will look at numerous pieces of portable equipment, explain its purpose, and demonstration the proper use. When appropriate, the Fitness Equipment Review and Demonstration may also be offered in an onsite fitness center or be delivery virtually from our own studio.	Both
Fitness Made Easy	In our 60-minute fully interactive "Fitness Made Easy" exercise demo participants will learn some great exercises for toning, increasing stamina, and improving muscular strength. Best of all, these exercises can be done at home, work, outside, or in the gym. Our fitness professional will demonstrate a total body workout using exercise tubes and a gym ball. They will also demonstrate great exercises to strengthen and tone the abdominals and lower back.	Both
Get Stretched Out	Get stretched out, is a one-on-one assisted passive stretching session, facilitated by our health fitness and wellness specialist. Our specialists will "stretch out" your staff by performing a full or partial body stretch. Your employees will have the opportunity to relax while our specialists stretches out various muscles groups such as hamstrings, quadriceps, hips, chest, shoulders, arms, and lower back.	Onsite only

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	Sessions typically last 10-15 minutes per employee. Research shows that stretching has improves mobility range of motion, reduce stiffness, muscular tension, and overall stress.	
H.I.I.T (High Intensity Interval Training)	Keep it short but intense. In this 30 minute H.I.I.T (high intensity interval training) workout, your heart will stay high and you will burn more fat calories in less time.	Both
Healthy Back Seminar	In our 60-minute fully interactive "Fitness Made Easy" exercise demo participants will learn some great exercises for toning, increasing stamina, and improving muscular strength. Best of all, these exercises can be done at home, work, outside, or in the gym. Our fitness professional will demonstrate a total body workout using exercise tubes and a gym ball. They will also demonstrate great exercises to strengthen and tone the abdominals and lower back.	Both
Kickboxing	By incorporating high intensity kicking routines with upper body drills, this class helps build stamina and coordination while learning martial arts techniques. Kickboxing includes agility/stamina drills.	Both
Know Your Fitness	Starting an exercise program presents many challenges for a major percentage of the population. You first have to determine what you want to do, how to do it, when the best time to do it is, where to do it, and how much to do. Here is a great solution!	Both
Living Strong - 55+	Our Living Strong exercise classes is designed for older adults (55+) who need improved muscular strength, stamina, and range of motion for the purposes of increasing their capacities to carry	Both

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	out activities of daily living, reduce injury and have a better quality of life.	
Men At Work	If your pants size is getting larger, climbing the stairs is becoming harder, you don't feel as strong as you use to, and/or the doctor recommended that you to lose weight; then you must attend Fit Essentials "Men At Work" exercise demonstration. Fellas' we are sicker, more overweight, and less active than we have ever been and it is time for a change! Let's Determine, Discuss, and Do. Determine your muscular strength using our grip strength device. Discuss exercise methods and training systems that will help you work towards your goals and needs. Do the exercises that will help you regain strength, endurance, power, and better health!	Both
Pilates (mat)	Pilates combines various exercises with mental concentration and breath-work. The result is a mind-body fitness program that enhances mental and emotional balance.	Both
ProFit	Train like the pros with explosive movements to build power and high intensity cardio exercises including jump-roping, plyometrics, agility training and jumping drills to super charge your stamina. Minimum equipment, maximum effort!	Both
Simply Fit	Use your own body resistance, hand weights, resistance bands and more to achieve the optimal muscular workout. Come join an abdominal-toning, buttocks-firming, arm-strengthening, fun-filled class! Classes are typically formatted as a circuit training/station based routine.	Both
Sit & Be Fit Exercise Class	Who says you need to stand up to get fit? Stay seated and follow us through a full body workout	Both

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	including upper body, lower body and even abdominal exercises!	
Strength & Tone Exercise Class	This exercise class will focus on high repetitions and light resistance. Exercises will include a combination of movements with resistance bands, dumbbells, and/or body weight exercises.	Both
Stretch & Ab Class	Let's work the abs and lower back followed by a full body stretch.	Both
Stretch Away Stress	This program is series of basic stretches that help to release contained energy and stress in the body; improve blood flow and circulation; and enhance flexibility. In our 45 minute Stretch Away Stress program, participants will learn user friendly stretches they can do at home, work (at the desk), in the gym, and outdoors. These stretches are also beneficial in challenging common physical problems such as lower back pain*, neck and upper back stiffness, carpal tunnel syndrome, and leg cramping & stiffness.	Both
Strong Women	Strong Muscles, Strong Bones, Strong Body, Strong Women! Learn exciting but simple exercises to regain your health, vitality, and energy through a calorie burning workout that will help boost your metabolism. Our Fit Essentials fitness instructor will help you target those problem areas (i.e. stomach, arms, hips, thighs, and butt) with effective exercises that will tone, tighten and define. Don't be scared. A New You is on the way!	Both
The No Equipment Exercise class	Without any equipment this workout will challenge your musculoskeletal and cardiovascular system. From planks to jump	Both

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	squats and everything in between. Remember people were fit before equipment and gyms!	
Workouts for Weight Loss - Seminar	Working out and working out for weight loss are two different things. In this seminar we will take a look at those differences and closely examine how the selection, arrangement, and configuration of exercises, as well as the frequency, intensity, and duration of an exercise program will determine an outcome specifically as it relates to weight loss.	Both
Yoga	A class designed to relieve tension and stress through breathing techniques, stretching, meditation and Yoga body postures.	Both
Zumba	Inspired by traditional cumbia, salsa, samba and merengue music; Zumba is a combination of Latin rhythms and red-hot international dance steps. Zumba is Spanish slang for "to move fast and have fun."	Both
Be Nourished		
Nutrition Made Easy	Knowing what to eat can be difficult to understand with so much information on the internet, social media, and television. In our 60 minute lunch n learn called Nutrition Made Easy our wellness professional will simplify nutrition, dispel myths, review trends and answer questions. Some of the topics covered included label reading, diet fads, organic vs inorganic foods, foods for energy, good and bad carbs, vegetarianism, and weight loss.	Both
Disease Management and Nutrition - Seminar	A healthy diet has the power to decelerate disease progression and management its behavior. In this seminar will we look at various foods, diets, eating patterns and dietary habits that can be used to help in the management of	Both

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	health conditions such as diabetes, high blood pressure, irritable bowel syndrome (IBS), heart disease and even some cancers.	
Eating Healthy on the Go	Eating out does not have to mean unhealthy eating. Our registered dietitian will identify healthy options at fast-food restaurants, healthy snacks and meals that can be conveniently consumed during travel.	Both
Food for the Family	Cooking, preparing meals, and shopping for the family can be challenging especially when time is tight and taste buds vary. The audience will learn some practical and real-life strategies to feed and nourish their family without additional stress.	Both
Healthy Eating on a Budget	Food can be expensive especially if you are feeding more than one mouth. Let's explore some budget friendly healthy food options so you can get the most for your dollar.	Both
Nutrition for Weight Loss - Seminar	Food and how we eat has the power to manipulate the behaviors of our body weight. We will review how to correctly and effectively use food and apply eating patterns and dietary behaviors to help prevent weight gain and assist in weight loss. We will also examine some diets and determine if they are appropriate weight loss solutions.	Both
Staying Hydrated: Benefits of Water Seminar	In this seminar our presenter will review the benefits of water; its impact on sleep, brain function, rest and recovery; energy levels; exercise; inflammation; stress management, weight loss; and overall general wellness.	Both
The Diet Review - Seminar	Let's remove all the guesswork, assumptions and misconceptions about fad and famous diets. Our wellness professional will review various diets,	Both

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	their origins, purpose, advantages, disadvantages and whether or not they are safe and effective.	
Workouts for Weight Loss - Seminar	Working out and working out for weight loss are two different things. In this seminar we will take a look at those differences and closely examine how the selection, arrangement, and configuration of exercises, as well as the frequency, intensity, and duration of an exercise program will determine an outcome specifically as it relates to weight loss.	Both
Be Energized		
Mindfulness	During our mindfulness workshop participants will learn to become more aware of their thoughts and feeling. Our facilitator will coach them through techniques to help them to manage their thoughts, feelings, and body sensations with the intention of reducing stress and being more mindful of the experiences that bring a sense of happiness.	Both
Chair Massage	chair massage	Onsite only
Stretch Away Stress	This program is series of basic stretches that help to release contained energy and stress in the body; improve blood flow and circulation; and enhance flexibility. In our 45 minute Stretch Away Stress program, participants will learn user friendly stretches they can do at home, work (at the desk), in the gym, and outdoors. These stretches are also beneficial in challenging common physical problems such as lower back pain*, neck and upper back stiffness, carpal tunnel syndrome, and leg cramping & stiffness.	Both
Work life Balance	In this presentation goal is to help the audience determine if their life is in a state of equilibrium,	Both

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	address the areas that need more attention as it relates to their goals and discuss strategies that help balance the numerous aspects of their life.	
Self-care	Self-care is about taking time for oneself to improve the health of your mind, body and soul. During this seminar, our wellness professional will help and encourage participants to examine the need to self-care and provide options and examples of self-care practices.	Both
Healthy Boundaries	In order to have healthy relationships at work, at home, and improve our self-esteem, it is important that we set boundaries. This seminar explores why we should set boundaries, how we set boundaries and what methods and strategies we can use to implement the establishment of those boundaries.	Both
Improving Sleep Habits	During this seminar, our presenters will review how exercise, nutrition, mindfulness and meditation help to improve sleep.	Both
The Relax & Rejuvenate Stress Reduction Program	Challenge	Both
Be Empowered		
Blood pressure screening and body composition analysis		Onsite only
Fitness level screening	Pushup, sit up, grip strength, and pull-up assessments	Onsite only

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Mental Health First Aid Training Program	Mental health First Aid Training Program will educate trainees (i.e., employees) on how to recognize, discern, and respond to possible signs of mental distress and substance overuse. After successful completion of this training, trainees will be equipped to engage and provide initial support to a fellow employee who may display signs associated with mental health distress and/or substance abuse; and assist them in connecting with necessary and appropriate professional resources.	Virtual only
Value-Added/Turnkey Services		
Wellness Fair/Wellness Day	<p>Ask the trainer - Get advice from our personal trainer</p> <p>Breakout sessions - short exercise demonstrations</p> <p>Fitness assessments - Blood Pressure, Body Fat analysis, weight, grip strength</p> <p>Smoothy station - made by Registered Dietitian</p> <p>Ask the Dietitian - get advice from our Registered Dietitian</p>	Both
Spring into Fitness Challenge	This challenge encourages employees to start exercising and eating healthier as we come out of the winter season.	Virtual only
Heart Healthy Challenge	Improving heart and lung function through nutrition and fitness	Virtual only
Stay Active, Be Active Challenge	Encouraging employees to increase the frequency of their daily physical activity.	Virtual only
Healthier You Challenge	This is a non-competitive program focusing on helping employees establish one small goal to reach	Virtual only

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Healthy Mind & Body Challenge	This program challenges each employee to consider the healthiness of their body as well as their mind.	Virtual only
5lbs in 5weeks Weight loss Challenge	This challenge encourages employees lose 1lb each week of the 5 week challenge.	Virtual only
The Weight Loss & Fitness Challenge	Weight loss challenge	Virtual only
Healthy Habits	This challenge encourages employees to adopt healthier habits	Virtual only
The 30 Day Stay Hydrated Challenge	This challenge encourage employees to drink the daily recommended amount of water	Virtual only
Products for purchase	<ul style="list-style-type: none"> Deep Tissue Massage Gun Adult coloring book and color pencil set Cooling headwrap Massage ball Microfiber cooling gym dry cloth First aid kit in waterproof pouch Flare rechargeable front bike light Lunchtime food container Iced tea infuser bottle, 14 oz Infuser water bottle, 27 oz Gym bag Lunch box set Handheld roller fidget 	

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