

# AdvantageHealth Services

Managed Corporate Fitness Centers | Award-winning Employee Wellness Programs | Consulting



fitness center design / management



biometric screenings



lifestyle coaching



wellness seminars



group exercise



health assessments



program consulting



wellness tracking / portal



wellness challenges / campaigns



# AdvantageHealth Corporation

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18 years in business | 225 past & present clients | 20 fitness centers | Clients in 25 states

## ADVANTAGEHEALTH: ABOUT US

AdvantageHealth is a respected source for results-oriented programs that promote wellness and productivity. We work with clients of all sizes and manage a variety of national, award-winning health promotion programs.

Our lifestyle enhancement and risk-prevention programs cut absenteeism, control healthcare costs, improve morale and retain employees. We help our clients expand their work-life benefits and become “employers of choice” by taking an active role in supporting their population’s health. We tailor every program to meet your organization’s needs and budget.

AdvantageHealth can assist you in providing all areas of wellness. From lifestyle coaching, yoga classes and massage therapy, to an onsite employee fitness center with motivating incentive campaigns, comprehensive fitness assessments and professional staff. Let AdvantageHealth customize a program for you.

**OUR VISION** To continuously improve our leadership in worksite promotion programs and services to our clients by utilizing the strengths of our people.

**OUR MISSION** We will provide for our clients the knowledge and experience essential in leading innovative lifestyle improvement and behavior change programs that show a return on investment.

## OUR FOCUS

**Enhance the Quality of Life.** We will provide for our clients programs which focus on reducing the risk for disease and enhancing the quality of lives for their employees.

**Reduce Absenteeism.** We will help clients minimize employee lost time due to illness and injury through health education and lifestyle coaching.

**Improve Recruitment and Increase Retention.** We will help encourage organizations to become “employers of choice” and take active roles in supporting programs and services to improve their populations’ health.

**Increase Productivity.** We will educate clients on the importance of providing opportunities for employees to be happy and healthy, so they work harder and longer.



Mike Olson & Kristine Keykal,  
Co-Founders of AdvantageHealth Corporation

Since 2001, Minnesota-based AdvantageHealth has been delivering award-winning wellness programs and fitness center design, management, and staffing. We custom design programs for our clients based on their population, resources, specifications and goals. Along with our innovative programs, it’s our flexibility, superior customer service, and extensive experience that we will offer you throughout our relationship. We’ve won 28 awards (and counting) for our clients as well as AdvantageHealth. We look forward to working with you!

