"NIFS has been an excellent resource for our field team (sales and clinical) to come together and work as a dynamic group. Through their outstanding teambuilding program we are able to create a unique atmosphere to grow, learn and become energized as a company."

—Jeff Garrison- Director of Corporate Training-
Suros Surgical Systems

Program Coordinator

Your program will be developed and facilitated by Heather Fink, MS, RD, CSSD. Heather has been the NIFS Teambuilding Program Coordinator since 1997. She has worked with various groups to create a motivating work environment of teamwork, trust, creativity and effective communcation.

About NIFS

A not-for-profit organization established in 1985, NIFS is committed to enhancing human health, physical fitness and athletic performance through research, education and service for people of all ages and abilities.

Call 317.274.3432 or visit nifs.org

250 University Boulevard, Indianapolis, IN 46202

National Institute for Fitness and Sport

Corporate Teambuilding

Solutions for Improving Communication and Camaraderie in Your Organization

nifs for fitness

Do you want to improve communication between management, staff and departments?

Would an amiable work environment help you hire and retain good employees?

Do you want employees who are motivated, team-oriented and open to change?

If you answered yes to any of these questions, then NIFS Corporate Teambuilding is for you!

NIFS Corporate Teambuilding Program responds to the growing need for corporate camaraderie, creative problem solving and effective communication through active learning teambuilding events.

Program Design

Your customized program begins with a private consultation. A proposed program outline is then developed and sent to you for review. The proposal includes recommended games and activities addressing the teambuilding concepts specific to your organization's needs and the size of your group. Teams can rotate through a series of competitive games or work collectively on activities that focus on problem solving, communication, leadership, support and creativity. After receiving your feedback, the final program agenda is established.

Program Length and Group Size

- Programs are typically two to four hours, but can be modified to the needs of the group. The events can accommodate 5-120 people.
- Modifications can be made to program activities based on individual needs.

Teambuilding Activities

Fun is central to the experience at NIFS. Fun activities get people involved, are motivational and instill an atmosphere of creative energy. NIFS' spacious 65,000 square foot Fitness Center serves as the playing field for various games. Activities can also be brought to your organization for an on-site program.

Choose from a list of tried and true activities that are based on your group's needs. For a sample listing of our activities please visit our website at nifs.org under the NIFS Corporate Wellness banner.

How to Get Started

For more information or to schedule a program for your organization, call our teambuilding coordinator, Heather Fink, at 317.274.3432 ext. 238 or hfink@nifs.org