



# ***NIFS Corporate Consulting—helping your program go from good to GREAT!***

Fitness management services are the foundation of our business but did you know we also offer an array of consulting services to support businesses who do not staff with us? While it isn't quite the same as having our qualified staff on the ground at your location, many clients have found a consulting partnership with NIFS to be advantageous in connecting their own staff, amenities, etc., with an industry-expert who can provide them with the direction and resources to elevate what they are providing their employees.

## **5 Consulting Opportunities with the Experts:**

- 1. Facility Layout and Design:** As operators of fitness centers across the country, we know how to make spaces flow for improved member experience and overall function. We also have national buying power with top equipment manufacturers to bring your facility the right equipment. We can help you identify the right pieces of exercise equipment for a creative and expertly designed space.
- 2. Staff Hiring and Training:** Finding the right people is at the heart of what we do and our interview and vetting process helps us find the best of the best to serve your workforce. If you are looking for support in recognizing fitness qualifications and making the right hire for your business, NIFS can lead your interview process. We can also aid in the training process for your newly hired team member to get them on the right path and connected to NIFS resources and programming materials.
- 3. Wellness Program Design:** Thoughtful programming can make an impact and we can help you develop an employee engagement strategy with effective wellness programming; furthermore, we help bridge programs and services through our models for collaboration with other onsite vendors for a seamless approach.
- 4. Data Collection and Evaluation:** It's difficult to determine how effective your programs and services are and how many people you are reaching consistently if you don't have data to evaluate. We can help your fitness staff develop an efficient system for tracking participation data, identify key benchmarks to measure and evaluate over time, as well as how to craft SMART goals to continuously strive towards program enhancements.
- 5. Group Fitness:** Lack of time and lack of access are two key reasons that adults report when asked why they don't get enough exercise. You can put a stop to those excuses when you offer group exercise classes at work. While this is a fairly simple service to get started, there are some important steps you want to take to ensure you have a successful class program. We will help you find the right classes to get your employee engaged and moving more.

**To find out more about NIFS consulting services, visit our website [wellness.nifs.org](http://wellness.nifs.org) or contact Emily Davenport at [edavenport@nifs.org](mailto:edavenport@nifs.org) or by phone at 317-274-3432.**

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