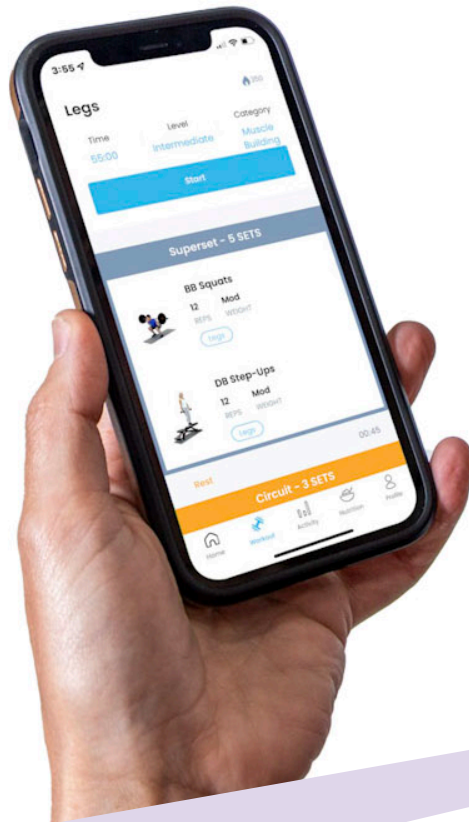




Personalized wellness at the fingertips of employees, allowing them to define wellness on their own terms.

See How We Do it



Who We Are



At Omni-Active® Fitness, we believe that the future of fitness is boundless. From the beginning, we've wanted to reimagine both the client and trainer experience in such a way that we could build on each other's successes, form lasting relationships and together, create something special.

Since 2012, our team of the area's best trainers has disrupted the fitness industry with in-home, on-site, and more recently, virtual training sessions. Primarily serving the Cleveland market, we've developed programs for every type of client. Whether you're an athlete, a mother of six, or a busy professional - our vision remains the same: we want to optimize your strength and movement so that you can reach your fitness goals efficiently and effectively. Training is what we know and what we do best, but the landscape is ever changing and we pride ourselves in staying ahead of the curve.

After thousands of transformations, we're taking it a step further. We've built a company that is adaptive and designed for the convenience that tomorrow will require - which will continue to be the cornerstone of our training experience.

We're leveraging the latest technology with a mobile first approach and an industry leading app in a way that no other personal training brand has. Whether you prefer a hands on approach with in-person sessions or something more independent, like our online training, we'll be here to guide you.

Our goal is to leave a lasting impact in the world.. in YOUR world.. and we look forward to working with you.

Meet The Team



Nithanial Decker

Founder/CPT



Josh Edie

Lead Trainer/CPT



Amy Perkins

Social Media/CPT



Dustin Quarles

Certified Personal Trainer



Steve Magit

Certified Personal Trainer



Daniel Bun

Certified Personal Trainer



Nicole Duke

Certified Personal Trainer



Mary Burovac

Certified Personal Trainer

Corporate Wellness with a personal touch.

Employers have been seeking effective wellness solutions that can instill healthy habits in their workforce for several years. Previously, these programs were structured to cultivate a culture of wellness within the confines of the workplace. However, in the contemporary world, the notion of "workplace" has diversified significantly, ranging from conventional office spaces to coffee shops and home offices, presenting a formidable challenge for employers to navigate.

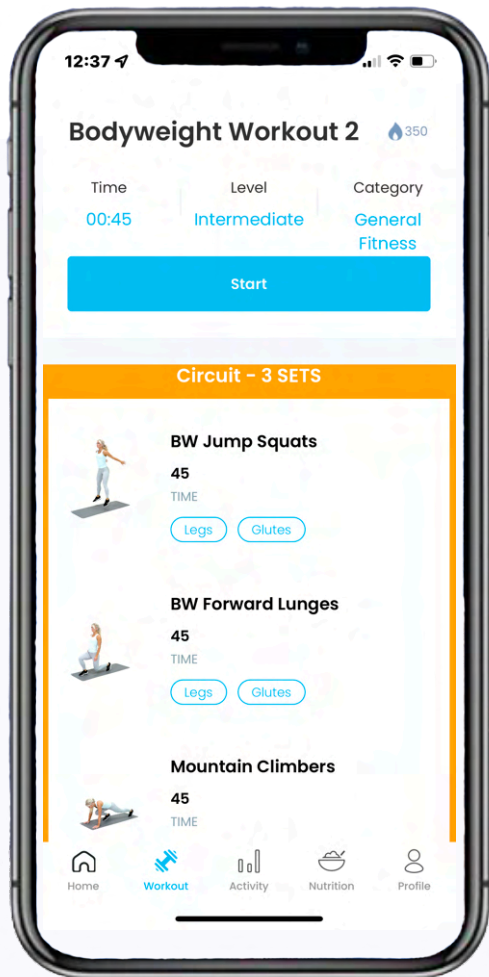
With an Omni-Active® Corporate Wellness program, we aim to personalize our approach in such a way that we can effect the individual employee by giving them access to their own personal trainer, right at their fingertips. Whether they want to workout on-site or at home on their own time, we provide guided access like no other wellness program. We've leveraged the latest technology with our industry leading mobile app to include everything that your company will need to launch and sustain a successful wellness initiative. It's time to meet your employees where *they're* at on *their* journey.

[Discover More](#)



Features Overview

Each employee will gain access to the following features included in the app, as well as additional services that are available to each of them at a discount.



✓ Workouts Designed based on YOUR goals

Workouts will be built towards the goals of the employee, based on what they have available to them, updated each month and pushed directly to the app. Videos and descriptions included.

✓ Activity Tracker

Sync your app with apple health kit & google fit, tracking all available health markers in one place.

✓ Nutrition Guidance

Use our macro calculator to better understand how many calories you should be eating based on your goals, breaking down your nutrition by recommended amounts of protein, carbs, and fats.

✓ Track Progress

Record measurements of pre-selected areas, take progress photos, and compare your results to previous dates to help you see how far you've come!

✓ Message Your Trainer

Have questions about your workouts or nutrition? Shoot your trainer a message in an instant.

✓ Daily Trivia

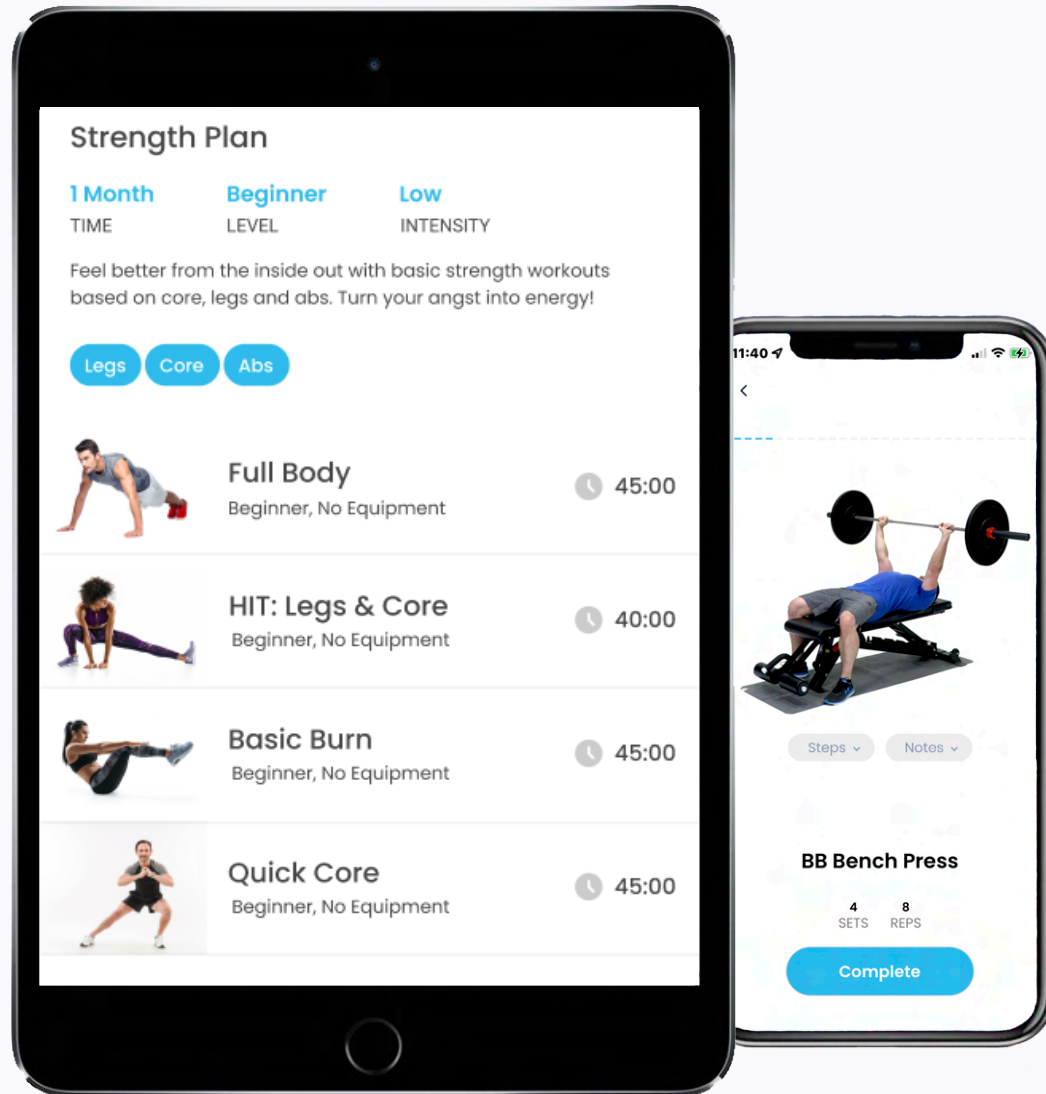
Education is a huge part of a successful wellness program. Answer daily trivia questions to not only further educate yourself along your journey, but to earn points and climb the leaderboard for monthly giveaways.

✓ Leaderboard

Our one-of-a-kind leaderboard rewards employees for the steps taken towards reaching their goals rather than just the final product. Earn omni-coins for completing workouts, answering trivia questions, and achieving other daily goals, entering you to win giveaways each month.

✓ Additional Services

Our one-on-one personal training services can be made available both in-person and virtually within the app at a discounted price, allowing for even more personalization for those seeking a more hands on approach.



Designed for **YOU**

Workouts built by trainers for your specific goals

With so much conflicting information surrounding the health and wellness space, people often don't know where to turn, even for the basics. In traditional wellness programs, information is made for the masses, hoping to resonate with the greatest number of people and provoke a positive outcome with the workforce.

At Omni-Active®, we're cutting through the noise, bringing a personalized approach to wellness like never before. Now, each employee will have unprecedented access to their very own personal trainer. Receive personalized workouts each month on the app, tailored to your goals including videos and step-by-step instructions to guide you through.

Track your activities

Apple Health Kit & Google Fit



1000 Steps

Average Heart Rate
66 bpm

1000 Calories burned

8hr /day Sleep

1000 Calories burned

Developed for
Apple & Android
products alike

Making fitness a priority shouldn't hinge on whether you're Team Apple or Team Android. Join Team Omni-Active®... and bring your favorite device with you.



Apple Watch+ Android Watches Both iPhone & Androids

Track all of your activities in one place by syncing your app with Apple Health Kit or Google Fit, making it easier to hit your daily exercise goals.

Nutritional Guidance



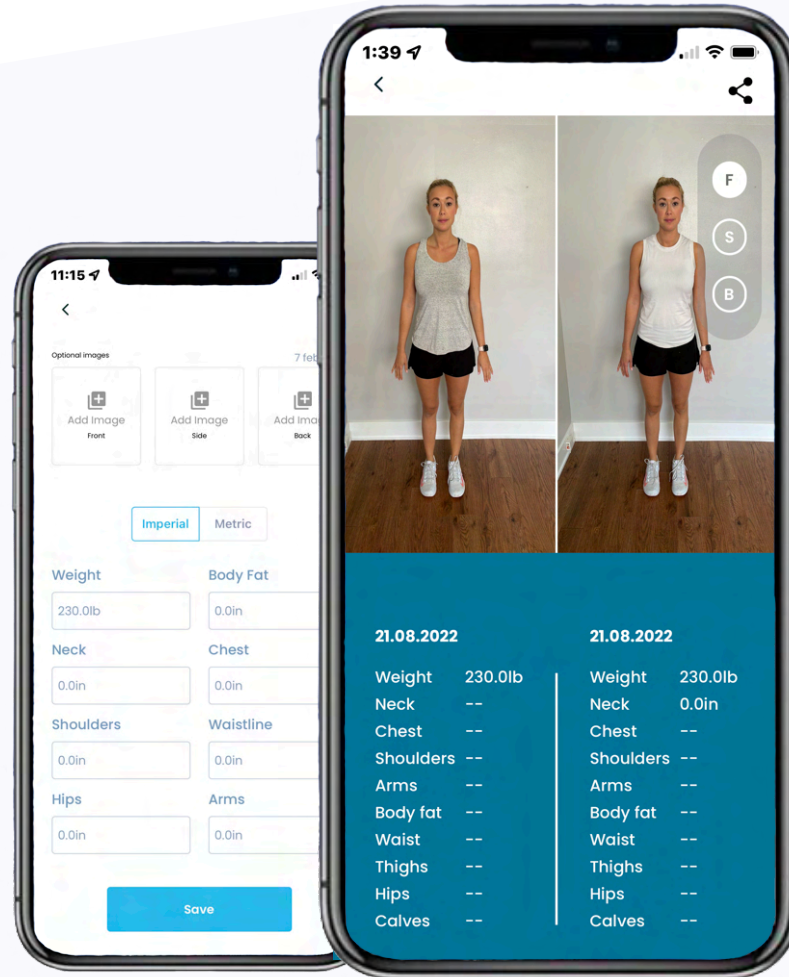
Calories can be confusing..

..and often times, a Google search will leave you with more questions than answers. Using the Mifflin-St Jeor equation [the industry's best], our macro calculator will determine how many calories you should be eating each day, broken down into proteins, carbs, and fats, to achieve your desired goals. Be sure to re-calculate each month because as you lose weight, your calorie requirements will change.

Progress Tracker

Select the areas you'd like to track

Select options like body fat, weight, and measurements of different body parts that you would like to track each month. Also, earn points for using the progress tracker to climb the leaderboard!



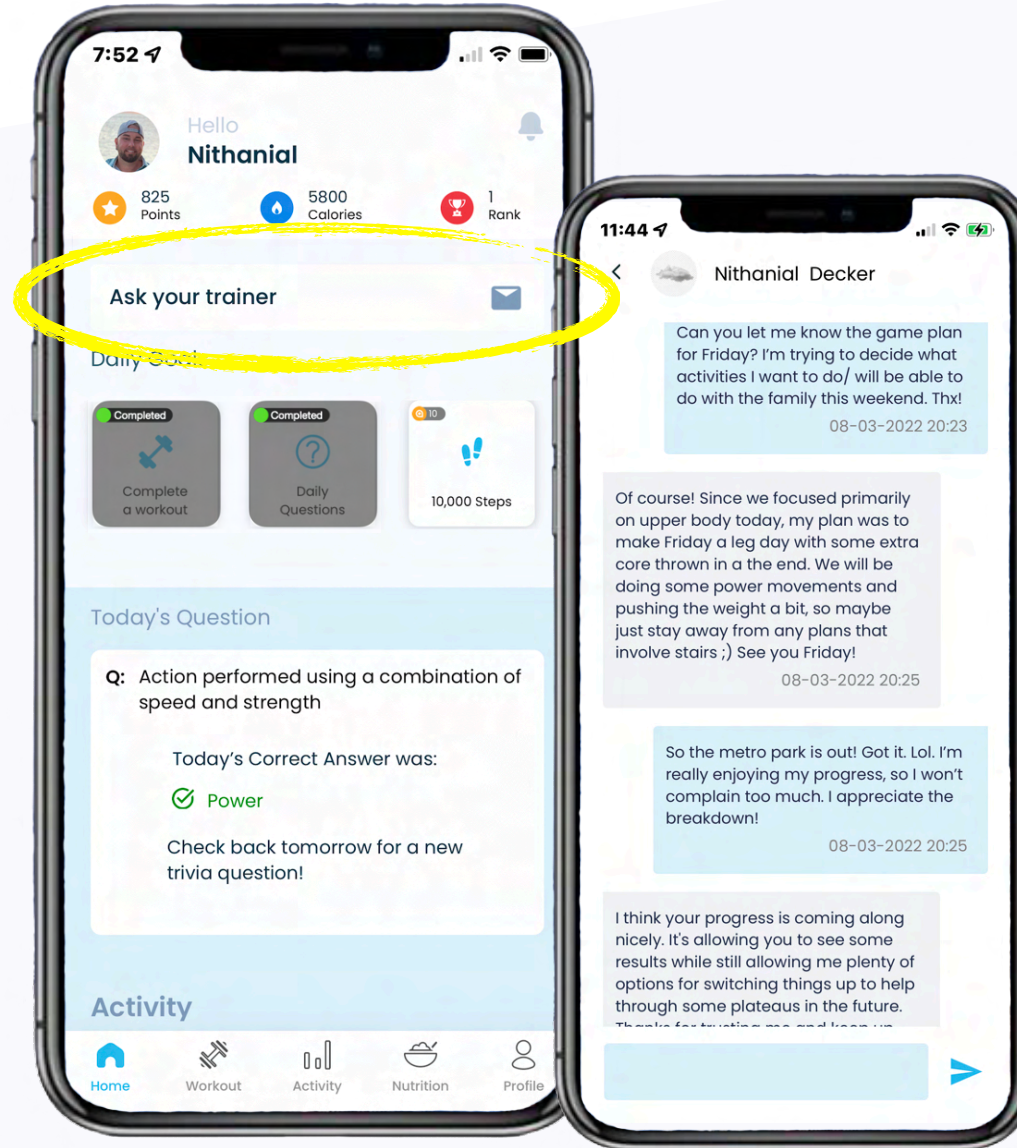
Compare to previous dates to see the results for yourself

Select your start date or any previous month/date to compare your progress photos to your current form, allowing you to see side-by-side results to keep you motivated!

Instant Access to your Trainer

A personal trainer at your fingertips

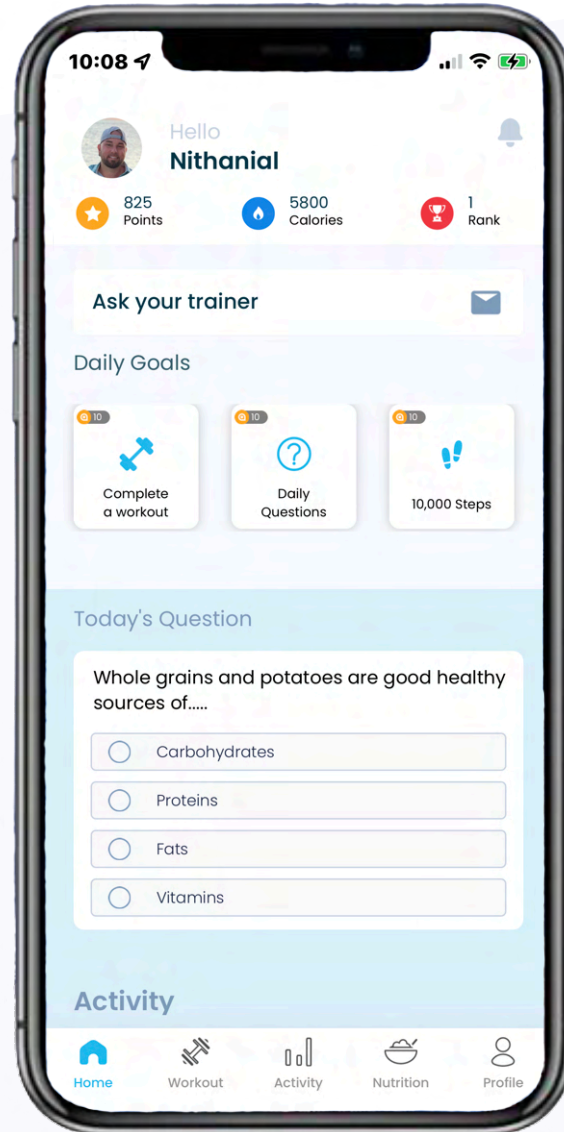
Though the workouts you're provided are very thorough, with videos and steps included, we're sure you'll still have questions from time to time. Whether it's a question about an exercise or your nutrition, we're here for you!



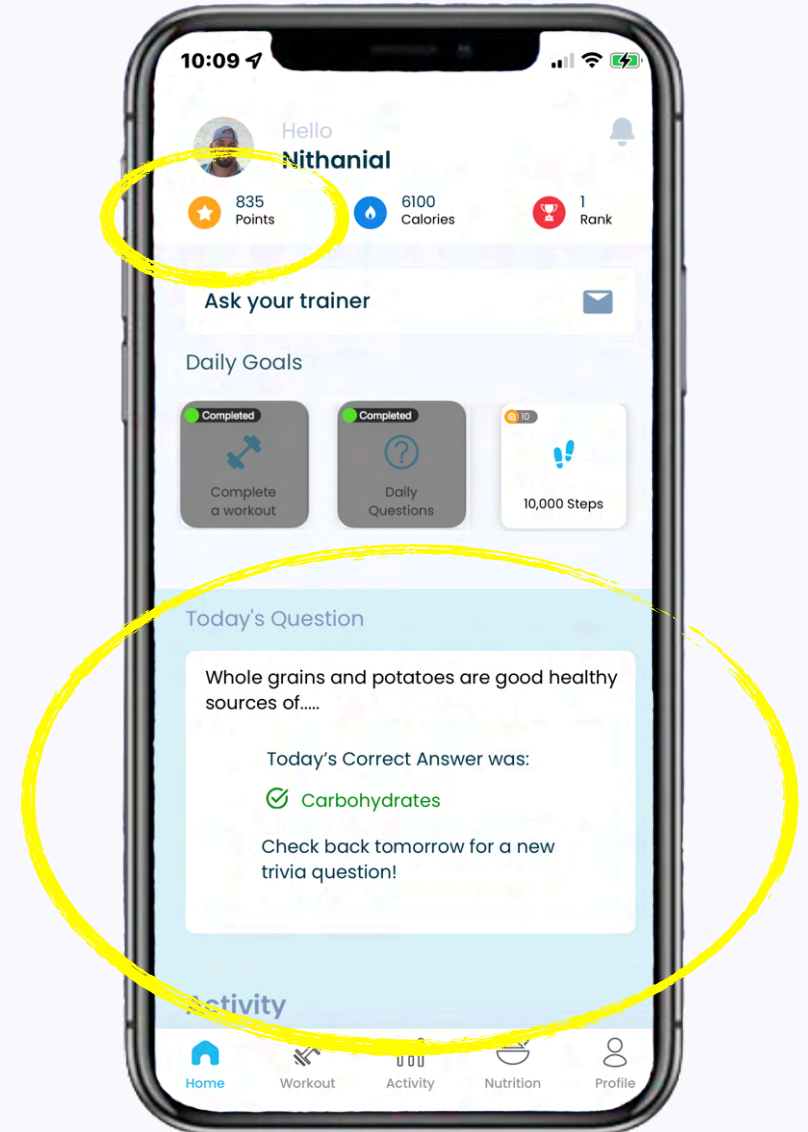
Daily Trivia Questions

An educational component

At Omni-Active®, we firmly believe that knowledge is power. By answering daily trivia questions, employees can earn points to climb the leaderboard, educating themselves along their fitness journey in a fun way.

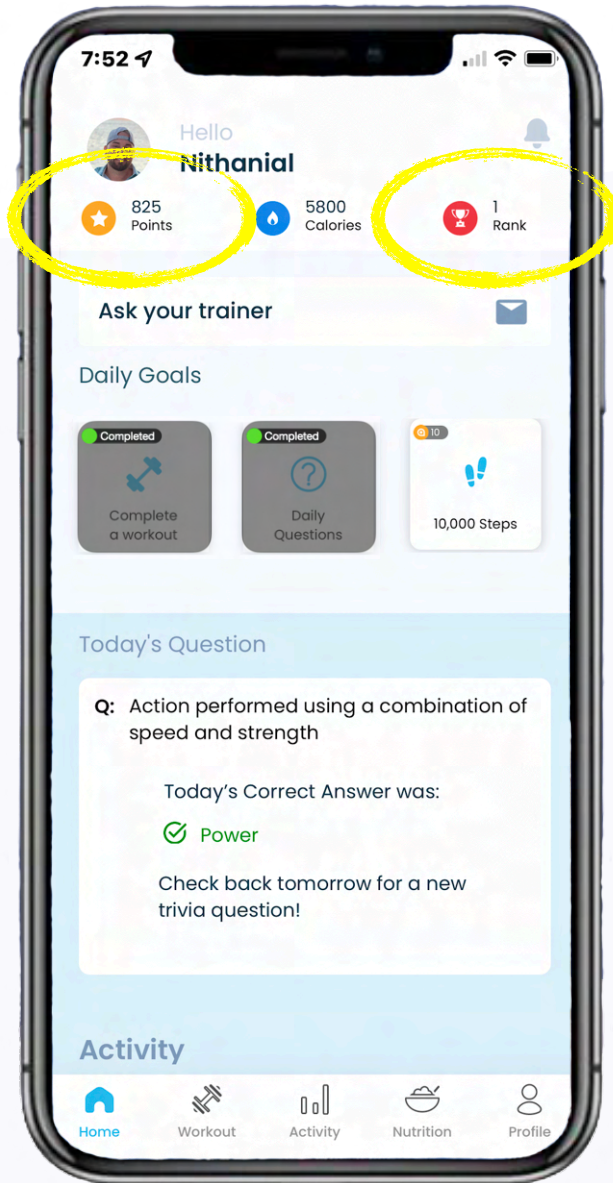


Earn points for correct answers



Leaderboard

Earn points by accomplishing tasks, designed to reward you for steps along the way, rather than just for the final destination.



Earn Points For:

- ✓ **Answering Daily Trivia Questions**
Keeping employees learning
- ✓ **Completing Daily Goals**
Achieve all daily goals to earn points
- ✓ **Completing Workouts**
Online, in-person, or virtual. All workouts count
- ✓ **Tracking Progress**
Record measurements each month, get rewarded
- ✓ **Achieving Milestones/ Earning Badges**
First workout, macro calculator, syncing devices, early bird, night owl... there are plenty of badges to earn

Drawings/Giveaways Each Month

At the end of each month, we will divide our leaderboard into equal tiers and hold drawings for exciting prizes. The higher you finish, the more exclusive the prize. Winners are announced on a Facebook group page each month.

Prizes include:

- Luxury Health & Fitness Items [Vitamix, etc]
- Shopping Sprees
- Weekend Getaways
- Gift Cards
- & more

Additional Services

Online coaching is the primary service we offer through our wellness programming, including workouts, nutrition guidance, and a unique 1-on-1 approach with our fitness specialists. We do offer additional services at a discounted rate to employees, including:



✓ 1-on-1 Personal Training

This service is provided in-person and at a suitable location for the individual at a \$10 off/session discount.

✓ Virtual Personal Training

Live video calls for sessions with clients who are frequently on the road or located in an area where we don't currently have a trainer on staff. This service is also available at a \$10 off/session discount.

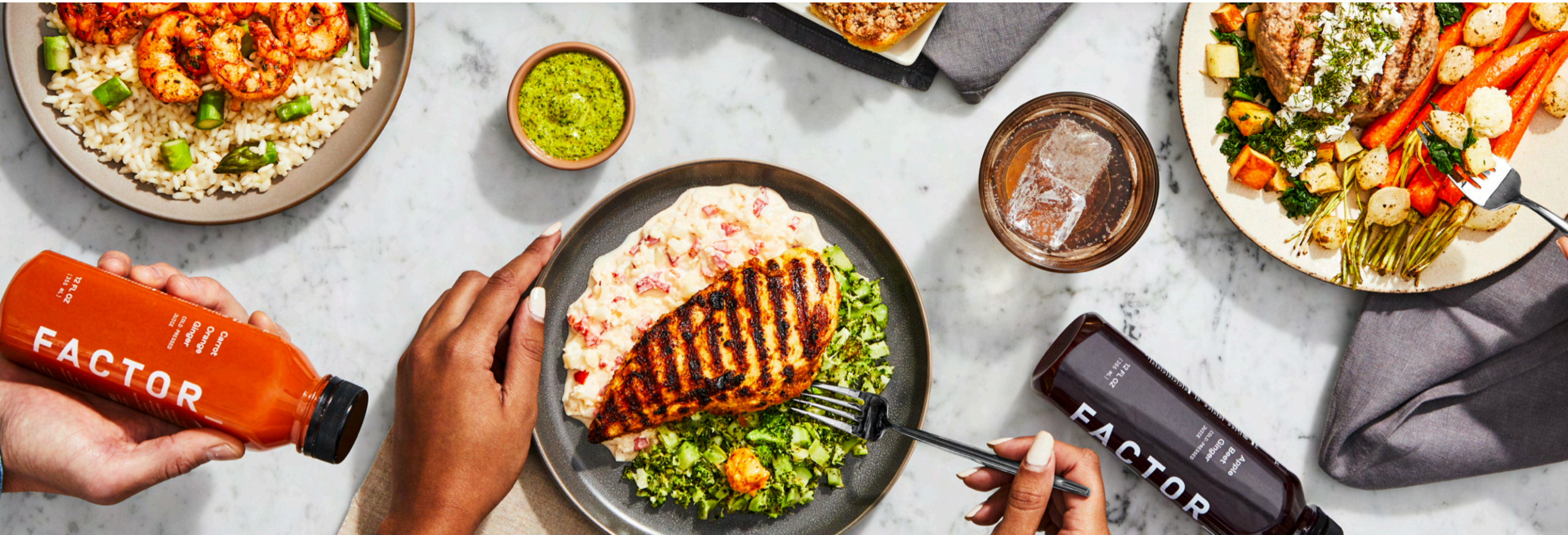
✓ Nutrition Consultations

Live video calls with a nutritionist to take a deeper dive into your nutritional habits and discuss potential adaptations to help you reach your goals.

✓ Lunch & Learns

Have a trainer on-site to provide a presentation based on seasonal topics such as "Eating Healthy through the Holidays" - this service is offered at \$250/presentation and is complimentary [every 6 months] for companies over 500 employees.

FACTOR_ x OMNI-ACTIVE[®] FITNESS



All employees will be eligible for exclusive discounts on mealplans through our partnership with Factor_
This will benefit those who need a more hands-on approach to their nutrition.

Each wellness program has a customized pricing structure based on a handful of factors, including total number of employees, additional services and/or requests, etc.

Please contact a wellness director today to discuss your needs.



THANK YOU!

Contact Us:

A handwritten signature in black ink that reads 'Nithanial Decker'.

Omni-Active® Fitness
nithanial@omniactive.com

O: [330] 888-8103 C: [330] 663-1103

omniactivefitness.com