

Wellness Solutions You Can Count On

For over 65 years we've made health and wellness our priority – offering the best in preventative care and continuous education to help our members and community live happier and healthier lives.

You could say our experts know a thing or two about wellness because we've been at it longer than most.

Our corporate health & wellness solutions include:



Health Risk Assessments:

Health assessment and goal setting session for each employee on an annual or semi annual basis with comprehensive HIPAA compliant reports



Commit To Get Fit:

90-days of education, motivation, support, and fitness delivered by certified wellness coaches, registered dietitians, and personal trainers. Offered in a group setting on-site at your facility or at The Thoreau Club



Nutrition Counseling:

1-on-1 or group nutrition coaching from a registered dietitian



Competitively Priced Memberships:

Exclusive options to help your employees save throughout their fitness journey



Massage Therapy:

Therapeutic massages designed to heal areas of pain & tightness or simply to relieve stress



Physical Therapy:

Corrective solutions to treat strains, sprains, overuse injuries, and post-surgery rehab on site at The Thoreau Club provided by Emerson Hospital Center for Rehabilitative and Sports Therapies.

Let our health and wellness experts help you care for your greatest asset – your employees!



At The Thoreau Club we believe that everyone deserves to live happy and healthy lives. That's why our experts focus on the heart of the matter, your goals and needs, because when it comes to health and wellness one size definitely doesn't fit all.

Since 1951 The Thoreau Club has been helping families and individuals live active, happy, and healthy lives. We're committed to the well-being of our community and strive to provide the best in preventative wellness, fitness, and leisure.

SERVICES & AMENITIES INCLUDE:

- State of the Art Facility
- Personal Training
- 11 Tennis Courts
- Aquatics w/ multiple pools
- Registered Dietitian
- Small Group Training
- Dedicated Wellness Director
- In-House Physical Therapy
- Full-Service Spa
- Exclusive Fitness Coaching
- 90-Day Commit To Get Fit Program
- 70+ Weekly Group Fitness Classes

For more information please contact Tricia Pastel or visit our full service wellness center today!

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Keeping your employees healthy Just got easier.



thoreau.com | 978.831.1210



Preventative Care at It's Finest


When it comes to health and wellness, the best offense is a good defense. Our comprehensive approach gives your employees a strong foundation of knowledge in nutrition, fitness, injury prevention, and stress management to help keep them healthy for years to come.

After all, your employees are your greatest asset and providing them with the framework to build a happier and healthier life will help you to build a stronger company.

A Wellness Program from The Thoreau Club can help:

- Increase attendance and productivity while lowering absenteeism
- Improve staff health, morale, and loyalty
- Attract and retain employees
- Reduce your health insurance costs

90-Day Commit To Get Fit

Our  **HealthyCARE** 90-Day Commit To Get Fit Program is not a diet or workout plan. It is a complete wellness approach designed to give your employees the education and experience to establish a customized fitness, nutrition, and stress management plan to break through their individual health goals and simply feel better!

We'll guide your employees every step along the way to transform their lives forever.

What makes our program different:

- Pre/post Health Risk Assessment
- Dedicated support system to keep participants motivated and inspired
- 1-on-1 personal training sessions
- Weekly nutrition/wellness lectures
- Weekly group exercise classes
- Weekly menus, recipes, and tips
- Online portal to track progress
- 3-Months full access to The Thoreau Club

The Results Speak for themselves

Typical improvements from our 90-Day Commit To Get Fit Program include:

- Average weight loss – 15lbs
- Waist size decrease – 3.1"
- Cholesterol decrease – 17 points
- Blood pressure decrease – 11 points
- Body Mass Index decrease – 7.7%
- 95% program completion rate
- 72% continue to make healthy choices after one year

What our clients have to say

The GENAVIX Wellness Network's comprehensive programs and wellness coaches deliver on their promise to reduce an individual's health risk factors through education, proper nutrition, and exercise. We look forward to expanding our relationship with GENAVIX as the network expands into other regions."

— Jamie Devlin, Regional VP – ME, NH, VT,
Central MA American Heart Association