

*Motivation gets you started,
habit keeps you going.*

CONTACT ME

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CORPORATE WELLNESS

Allison Deliman
Personal Trainer
Nutrition Coach



OFFERINGS



WHO I AM

I'm thankful for what nutrition, wellness, fitness does for me. It's an outlet. A judgement free zone and a place of growth. It's a balance to the chaos of everyday life and it gives you purpose.

In working as a coach, my goal is to help others understand nutrition and wellness so they can excel at the activities that make them happy.

Everything I do is tailored to what YOUR company wants. What are their interests? How can I improve your company's culture?



Benefits of Workplace Wellness

- Having healthy employees has clear financial benefits and can drastically reduce healthcare costs for employers
- Reduced stress. Wellness programs can help to reduce stress among employees.
- Greater productivity
- Increased morale
- Improved relationships



NUTRITION SEMINARS

Health and Nutrition Seminars are all 30 minutes in length and the I will arrive early prior to start time for proper set up. All Health and Nutrition Seminars are presented in a power point presentation. Topics include: "Master Your Metabolism," "Balancing Organics," "Benefits of Plant Based Nutrition," "Bittersweet Sugar Effects," "How to Stay Healthy During the Holidays," and more!

FITNESS WORKSHOPS

Fitness Seminars are 30 minutes in length, and I will arrive early prior to start time for proper set up. I am focused on making health and fitness fun for everyone. I offer a variety of challenges to accommodate your workplace, ergonomic best practices, and workouts for your workplace!

VIRTUAL SEMINARS

We live in a virtual world. All seminars can be tailored to be done virtually for your company's accommodation. I believe in boosting company culture, bringing employees together in interactive ways, and encouraging participation through adult learning methods. Whether you prefer Microsoft Teams or Zoom, I provide the link for you share, or, if there's a link you prefer, I am happy to join!