



CORPORATE WELLNESS

Energize your team. Elevate your culture.

Corrective-exercise wellness programs for teams across Toronto & the GTA.

NASM-CPT · CORRECTIVE EXERCISE SPECIALIST (CES)

THE COST OF INACTION

Sitting is quietly **taxing your team.**

- Eight seated hours shorten hip flexors, round shoulders, and stiffen the mid-back.
- Musculoskeletal strain is among the top drivers of workplace absence and lost output.
- The afternoon energy slump erodes focus, mood, and performance.

\$3.27

saved in medical costs per \$1 spent on workplace wellness.

\$2.73

saved in reduced absenteeism, per \$1 spent.

Source: Baicker, Cutler & Song — Health Affairs (2010).

Wellness isn't a perk — it's a return on investment.

WHAT MAKES US DIFFERENT

Not a bootcamp. A **corrective system.**

Most workplace wellness is a generic class. We start where the problem actually lives — how your people move. As a NASM Corrective Exercise Specialist, we screen first, then deliver targeted programming that protects your team long-term.

Screen first

A movement assessment before anyone is loaded — find the fault, then fix it.

Individualized

Programming scales in real time, so every level is challenged and safe.

Mechanism over hype

Grounded in why the body breaks down — no gym-bro, no theatrics.

WHAT WE DELIVER

Programming that fits **a workday.**

- **Team movement screens**
Posture & movement assessments that pinpoint risk before it becomes injury.
- **Lunch-and-learns & on-site sessions**
45–60 min, in your office, boardroom, or space — no equipment, no gym.
- **Pre-shift movement primers**
Short corrective routines for physical & standing teams to cut strain.
- **Ongoing corrective programming**
Recurring sessions + energy-management built around your team.

No equipment. We bring the programming — you provide the space. Pre/post assessments & HR reporting available.

WHO IT'S FOR

For teams that sit — or stand — all day.

Offices & People teams

Desk posture, energy, and retention for knowledge workers.

Hotels & hospitality

Front-line and management wellbeing; reduce MSK absence.

Trades, warehouse & job sites

Pre-shift priming and strain prevention for physical crews.

Physiotherapy partners

A corrective bridge from rehab back to capable movement.

PARTNERSHIP PACKAGES

Three tiers. One standard.

SPARK

Single session

Pricing on request

- ✓ 1 × 45–60 min group session
- ✓ Up to 30 participants
- ✓ Warmup + cooldown
- ✓ Session recap delivered

RECOMMENDED

MOMENTUM

Quarterly program

Pricing on request

- ✓ 4 sessions per quarter
- ✓ Up to 40 participants
- ✓ Custom programming
- ✓ Check-ins + monthly report

ELEVATE

Bespoke partnership

Pricing on request

- ✓ Weekly programming
- ✓ Unlimited participants
- ✓ Dedicated trainer
- ✓ HR integration + reporting

Fully custom programming scoped to your team. Proposal within 48 hours of a free discovery call.

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HOW IT WORKS

First call to first session — **in two weeks.**

01

Discovery call

A free 20-minute call — goals, team size, schedule, space. Zero commitment.

02

Custom proposal

A tailored proposal in your inbox within 48 hours — structure, logistics, pricing.

03

First session

Launches within two weeks of sign-off. We handle programming and delivery.

FOUNDING PARTNERS

Be one of our first **Toronto** partners.

We're onboarding a small group of founding partners. You get a pilot at preferred terms — a lunch-and-learn or a team movement screen — in exchange for feedback as we tailor the program to real Toronto teams.

Start the conversation: DM "WELLNESS" · info@nowaform.ca

ABOUT

Built on **movement science.**

Nowa Form Athletics is a Toronto corrective-exercise and corporate-wellness practice. Our programming applies the same principles used to develop high-level athletes — periodization, progressive overload, corrective precision — to everyday teams.

CERTIFIED

NASM-CPT · Corrective Exercise Specialist (CES)

FOCUS

Corporate wellness, injury prevention, movement quality

BACKGROUND

D1 NCAA Soccer · Poland Youth National Team

LOCATION

Toronto — serving the GTA



LET'S BUILD SOMETHING

Ready to invest **in your team?**

- 1** Book a free 20-minute discovery call — no commitment.
- 2** Receive a custom proposal within 48 hours.
- 3** Launch your first session within two weeks.

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