

CORPORATE WELLNESS OFFERINGS



WHY HOLISTIC WELLNESS

Poor diet and unhealthy lifestyle choices cause chronic illnesses that are devastating to individuals but also costly to employers. In fact, healthcare coverage is the largest employee related expense for employers, not to mention sick days, decreased productivity and leave. With the rising costs (physical and monetary) of healthcare, strategically investing in your team's wellness can save money, increase engagement and productivity and can give your company a competitive advantage in the marketplace.

Encouraging a healthy lifestyle for your employees provides a tangible financial return: decreased sick days and absenteeism, better work output and a healthier, happier and more creative and engaged team.

Holistic Wellness means more than just a meal plan. We dive deeply into the whole you, from nutrition to stress reduction, increased energy, improved sleep quality and MORE!

Together, we can create a customized Wellness Program, Workshop or Event that will help you and your team EMBODY Wellness, inside and out.

WHO WE ARE

We are AADP Board Certified Holistic Health and Lifestyle Coaches located in NYC, The Hamptons and CT. As former business executives at major financial institutions, consulting and healthcare companies, we truly understand the lifestyles and demands of your employees. As a wellness and lifestyle concierge, we customize holistic wellness and nutrition programs to accomplish health related in a lasting and sustainable way.

We specialize in holistic weight loss, detoxes, stress-reduction, sleep improvement, mindfulness and improved functionality. We teach practical tips to seamlessly upgrade your habits, transforming your workplace and employees' lifestyles. Our client plans encompass all of these elements, creating a comprehensive approach to wellness.

MEET US

Christine Beal Dunst and Stephanie Rapp, co-founders of Embody Wellness Company, worked at leading financial, consulting and medical companies such as Goldman Sachs, Accenture and Pfizer. Stephanie worked in Fixed Income Sales and Trading and Christine in Healthcare Strategy Consulting and Marketing for 23 years collectively before going back to nutrition school and becoming certified as Health Coaches. We founded Embody Wellness Company in 2014 because we wanted to offer busy professionals a one-stop shop for their wellness needs with a high-touch, concierge and personalized approach.

We understand the challenge of trying to be healthy while juggling a busy career and other demands. Our corporate backgrounds coupled with our passion and experience working in health and wellness delivers a unique, professional, results oriented product to your company.

Our resume includes:

- Features on: News12, Cosmopolitan Magazine, Epoch Times Newspaper, Beyond Mom Blog, Career Contessa, Sweaty Betty, Go Raw, Westport Coastal Neighbors Magazine and several prominent Podcasts.
- Partnerships with leading national brands such as: DanceBody, Mommybites, Pure Barre, Sweaty Betty, Red Flower, Further Food, KNOW Better Foods, Health-Ade Kombucha and Juice Press.
- Co-hosting dozens of successful workshops with premier wellness partners including: Silich Core + Strength, Further Foods, Intelligent Nutrients, Exhale Core Fusion, Red Flower, Splendid Spoon, LulitoniX, Stylish Spoon, Dr. Norman Rowe, Gotham Wellness, Everyday Ballet, Salthouse, Barre Tribeca, Organaches Farm to Skin, The Functional Pelvis, Inner-Light and more!
- Working with leading media, wellness and fitness companies such as: Meredith Corporation, Ipsos, Erika Bloom Pilates, Zumi Resorts and more on designing bespoke corporate wellness offerings for their employees and clients.
- Importantly we walk the talk. We live the lifestyle we teach. We work hard and deliver with excellence. We practice yoga and meditation and self-care. We shop local and eat organic and also go out to dinners with friends. We love to cook and teach others how to make simple, delicious meals. We try every new workout, but also enjoy a simple walk around the block. We love to travel, taste, explore, and get our kids involved in the process. We love what we do: sharing our passion for wellness with as many people as possible!



We have seen countless clients transform their health and get RESULTS by working with us. Our testimonials speak for themselves:

“**Over the course of my 6 month program with EMBODY Wellness I lost 30 lbs, 12 inches around my waist, and my body fat dropped from 26% to 16%. Not to mention my blood pressure lowered 20 points and my liver enzymes fell to normal range for the first time in years. I felt decreased stress and increased energy. My chronic psoriasis and digestive issues have improved and I have dramatically increased agility and flexibility. I look and feel the best I have since college.**”

– Adam, Finance Executive

CUSTOMERS

We work with small wellness companies and start-ups to established corporations. The majority of our private 1:1 clients come from the finance, real estate, media and the wellness industry. We also specialize in partnering with working and retired moms, those trying to conceive, families and professional executive clients.

OFFERINGS

We are your wellness and lifestyle concierge. That means we customize all our offerings to your specific needs, goals and budget.

1. GROUP COACHING/HEALTH CHALLENGES FOR SUSTAINABLE RESULTS

4, 6 or 8 week long group coaching series, creating a comprehensive education around healthy lifestyles. These can be done in person or remotely via video conference or phone.

- 1:1 coaching sessions to kick-off and customize each person's journey to EMBODY Wellness
- Private facebook group and/or emails sent to participants for motivation, accountability and support
- Giveaways, goodies, handouts and samples for participants to enhance their experience
- Our series progressively dives deeper and expands further into wellness and lifestyle changes to create new habits and achieve lasting results for your team. Including:
 - Holistic Nutrition and Intuitive Eating
 - Detoxing and Gut Health
 - Sleep
 - Exercise
 - Meal Planning and Restaurant Ordering
 - Energy, Mental Clarity and Happiness
 - Stress-Management/Mind Body

2. TARGETED TALKS AND WORKSHOPS

We curate customized wellness workshops and experiences for your employees that are effective for any sized group, and can be offered as a one-time workshop or a series of classes, creating a comprehensive education.

Popular topics include:

- YOUR Questions Answered. We survey your employees prior to the presentation and spend the session addressing specific questions and concerns.
- Detox Daily through whole foods to keep your body running optimally
- Grab and go snacks, meals and quick food prep tips
- Stress Reduction, Mindfulness and Sleep Improvement
- How to add in wellness and stress reduction to your already busy day
- Finding your healthiest body despite dining out, entertaining and socializing
- Healthy food and wellness tips for the office: How to be prepared, eat well and stay fit at work and on the road
- Demystifying Diets & Fads: What are the differences and which one is for me?

3. INDIVIDUAL EMPLOYEE CONSULTATIONS FOR CUSTOMIZED WELLNESS

- EMBODY Wellness can be YOUR in-house wellness offering for your clients
- EMBODY Health Coaches can come to your workplace and be available for 1:1 wellness consultations for your employees
- 15, 30 or 60 minute sessions completely tailored to each individuals' wellness goals and questions
- Employees get customized advice and plans in a time frame that fits their schedule

OFFERINGS CONTINUED

4. PANTRY REDESIGN

Upgrade your office pantry by swapping out the foods that lead to lethargy, fatigue and brain fog. Swap in healthier choices that will fuel your team, increase productivity and keep everyone satisfied while staying within your budget. Upgrade your offerings, we can help!

- Specific recommendations of what to swap out and in, including brands
- Fresh Direct or other delivery service ordering lists and suggestions
- Discounts and deals from our partners
- New product ideas and upgrades to your team's favorites

5. CAFE MENU UPDATE AND RESTAURANT ORDERING GUIDES

Get your office looking and feeling their best while enjoying healthy and satisfying meals. We can help clean up your cafe, create new menu items or navigate the endless take-out options.

- Our restaurant ordering guides outline the healthiest, tastiest restaurants near the office and what meals we suggest to order from each.
- Do you have a cafeteria or chef? We can help create healthy menu items, salad bar selections, snack offerings, juice and/or smoothie bars and more!
- Already satisfied with the options on hand? We can make a cafeteria guide or symbols to denote which options will help you EMBODY Wellness!

6. WELLNESS STRATEGY CONSULTING

Have a business goal/vision but are not sure how to execute it? Let us help! We are obsessed with planning and have a deep passion to help you and your company EMBODY Wellness. We can create a program for your office to curate lasting wellness, including regular or reoccurring offerings, support groups, programs for pre and post natal women and more! Just ask!

We are experienced strategy and business consultants who have worked at leading firms such as Accenture and Goldman Sachs. We've led several multi-million dollar strategy and planning initiatives to promote transformational change and are looking forward to supporting your business:

- Marketing/Communications Strategy and Execution
- Strategic Planning
- Wellness Writing-including blog development, social media, etc.
- Menu Re-design
- Programming
- Event Curation
- Comprehensive Wellness Plans

7. ACCESS TO OUR VETTED TEAM OF EXPERTS: PILATES, MASSAGE, ACUPUNCTURE, MEDITATION AND YOGA.

PLEASE REACH OUT TO DISCUSS YOUR UNIQUE GOALS AND HOW WE CAN CUSTOMIZE A PROGRAM FOR YOU.

TESTIMONIALS

“ We had Christine from EMBODY Wellness Company speak to our Women’s Forum—a group of about 50 women from all age ranges and backgrounds and with unique wellness goals. Each of them was able to learn easy tips for improving wellness on a daily basis. Christine was realistic, helping to encourage each woman to do what works for them. We loved having Christine and appreciate her demystifying the vast—and often overwhelming—topic of wellness. We are feeling empowered in a new way. ”

– Kristen Kish

VP, Communications & Development, Synapse Group, Inc. (Meredith Corporation)

“ Embody Wellness Company is an absolute pleasure to work with! I have partnered with Christine on several events held at ORGANACHS and I am always impressed with her depth of knowledge, her passion and her expertise in nutrition and living a balanced healthy lifestyle. My customers also leave each event, where EWC has participated, with inspiration, motivation and a feeling of ease because Christine makes everything “doable”! I highly recommend getting to know Christine and EWC as they are exemplary. ”

– Siobhan D. McKinley

Owner, Organachs Farm to Skin

“ Your workshop was incredible. It so exceeded even my high expectations. You went above and beyond. My team and I learned so much and you made it comfortable, engaging and fun! ”

– Erika Bloom

Owner, Erika Bloom Pilates

“ I have been fixated on your workshop talk about being kinder to your body and not putting it into a state of stress when you can control it and making your body softer. It has been such a game changer for me. I am less crazy about my workouts and really tuning into what I need not just what I think I need to do. It has changed my mind and my body for the better! ”

– Lauren Lorow

Marketing Manager, Sweaty Betty



CLIENT RESULTS

“In 5 weeks I lost 5 lbs and 3 inches around my belly! I feel lighter and stronger at the same time. I look great! More importantly, I feel great! Before starting this program, I thought I ate healthy.”

– Jackie, *Wellness Entrepreneur*

“In just one month into my 6 month program with EMBODY Wellness and I've already lost 10lbs and 4% body fat! Not only am I accomplishing my weight-loss goals, but I am also getting into the habit of meditation, practicing yoga and trying new foods. I have more energy and endurance. This is not just a weight-loss plan. This is my new lifestyle!”

– Michael, *Real Estate Executive*

“I lost 4.5 inches off my waist, 2.5 inches off my hip and 10lbs in 45 days from working with Embody! My skin is glowing and I feel so healthy.”

– Kathy, *Education Executive*



Christine Beal Dunst

Christine received her undergraduate degree in Health Policy from Penn State University and masters degree in Health Policy and Management from New York University. She worked at Accenture and PricewaterhouseCoopers as a Healthcare Strategy Manager, Manager of Market Strategy at Kaiser Permanente, an Integrated Delivery System, Marketing and Communications Director at a NYC Healthcare Non-Profit and a Market Strategy Director at Pfizer before going back to nutrition school at the Institute of Integrated Nutrition and receiving an AADP Certification as a Holistic Health Coach. She is currently obtaining another degree in Hormonal Health. In addition to her formal education, Christine has completed several trainings on whole food detoxing, hormonal wellbeing, mindfulness, ayurvedic cooking and more. Christine has been a yogi and meditator for 20 years, certified as a Pilates Mat Instructor and specializes in whole food detoxing. When not helping others to EMBODY Wellness, Christine can be found in her kitchen with her kids, spending quality time with her family and friends, doing yoga, reading everything wellness, exploring the farmers markets and practicing self-care. Christine's passion for wellness is evident in her lifestyle and how she EMBODY's wellness daily and holds space for her clients to do the same.



Stephanie Rapp

Stephanie began her career at Goldman Sachs after graduating Summa Cumme Laude from the University of Pennsylvania. As a VP at Goldman Sachs, she worked in the Fixed Income Division, first in Sales, covering institutional investors for credit products, and then in new business development, evolving the electronic trading capacities of FI markets internally as well as for the Street. At first as a passion, and then as a purpose, she enrolled in the Institute of Integrative Nutrition, becoming an AADP Certified Holistic Health Coach. Seeing the need for the concierge wellness services EMBODY Wellness was offering clients, and the demand for the simplified, supported results, Stephanie made the transition from Wall Street to Wellness. She has an advanced education in hormone health, and has completed several other courses in stress reduction, performance enhancement, fertility and whole food detoxes. She is also a KBIA certified Kettlebell Trainer. When not helping others to EMBODY Wellness, Stephanie can be found at the playground or in her kitchen with her kids, at a new restaurant or workout class or building sandcastles at the beach. A lover of travel and adventure, new experiences and dance parties, Stephanie's passion for wellness is her lifestyle and it translates into the energy she gives to her work.



CONTACT

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EMBODY Wellness. EMBODY Change. EMBODY Your Best Self.