

# A Health Coaching Company's Move for Workplace Wellness

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*Because roughly one-third of our waking hours are spent at work, employers have a tremendous opportunity to promote healthy living. By providing their employees with an environment that supports health and well-being, employers can increase productivity and employee satisfaction, lower health insurance costs, and improve the health status of their population.*

Onlife Health, a personal health coaching company that's been in the employee wellness business since 1996, doesn't just pay lip service to the idea of health promotion in the workplace.

For years, Onlife employees have enjoyed access to a comprehensive wellness and health coaching program. Recently, however, Onlife took its commitment to its own employees' well-being a giant step forward when the company moved into new offices specifically designed to foster positive living and workplace wellness.

In October 2010, Onlife consolidated its three former, separate offices into one larger 55,000-square-foot space in Brentwood, Tenn.'s Horizon Center, giving the company more capacity for continued growth and the opportunity to renovate the space from top to bottom – with wellness in mind.

Onlife CEO Chris Hunter explained, "Not only will the Onlife team enjoy the improved efficiencies in workflow that come with consolidating offices, but we will all benefit from the workplace wellness features incorporated into the design. As a personal health coaching company, we are proud to spend our time at work helping people make lasting changes in their lives for improved health. The new office space is consistent with our mission; we are 'practicing what we preach' about positive living and healthy workplaces."

Onlife tapped award-winning architect Thom Meek, AIA, to design its new corporate office space. The floor plan and design elements of Onlife's offices were configured specifically for wellness, flexibility and productivity. For example, the office space includes low-profile cubicles and amorphous walls so natural light is not obstructed, allowing for an overall feel of lightness and well-being. Onsite health and well-being features include:

- Indoor walking tracks on each floor for lunchtime/work break walks
- A corporate fitness center with cardio equipment, a weight room and a group fitness room for yoga, Tai Chi and other exercise classes
- An employee training and meeting area with retractable walls for small to large (200+) gatherings
- Quiet rooms and a private room for nursing mothers

- Healthy vending machine options and healthy meals at company meetings
- Video panels throughout the office broadcasting healthy messaging
- Glass-front refrigerators in the Onlife break rooms to encourage healthy eating

Additionally, Onlife employees may participate in the company's health coaching program, which includes a personal health assessment and wellness report, a biometric screening, and a dedicated health coach to assist them in creating a plan for healthier living.

Employees can also log in to Onlife's customer portal for secure communications with health coaches, identification and selection of targeted health improvement goals, and unlimited access to online progress trackers and health tools. The portal facilitates peer and group motivational support by leveraging popular social networking sites such as Facebook and Twitter.

Onlife offers its employees access to classes and seminars led by Onlife's own clinical specialists to help employees achieve their personal best. Topics include stress management, healthy eating at work, healthy lifestyle choices and smoking cessation. Also on the schedule are frequent healthy corporate events, such as dodge ball and Wii Fit tournaments, water balloon flings, marathon runs, and healthy holiday recipe contests.

Ultimately, by providing health coaching and onsite wellness resources to its own employees, Hunter explains that Onlife employees will be able to offer the best-possible service and support to clients.

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*To view photos of Onlife's offices, visit: <http://communications.onlifehealth.com/press/>.  
For more information on Onlife, visit [www.onlifehealth.com](http://www.onlifehealth.com).*