

What is the Stretch and Flex Advantage Program?

SAFA is a Passive One-on-One 15-minute Wellness Initiative program for employees that focuses on relieving common workplace stress and tension through specific stretch therapy protocols which systematically position, stabilize, isolate, and manipulate muscles.



Now I'm Fit LLC

WE HIGHLY RECOMMEND NOW I'M FIT!

"Many thanks to the NIF Training organization for providing extremely informative and fun corporate wellness solutions training. In fact, the training went so well, Jon inspired an employee to further her education in the health and science field. We highly recommend Now I'm Fit!"

Gina - Operations Manager, New York, N.Y.

NOW I'M FIT IS A FANTASTIC PARTNER FOR ANY CORPORATE WELLNESS PROGRAM.

"Jon and his team offer SAFA, a unique experience that will assist employees in achieving their personal best while becoming the new "workplace norm", revolutionizing the corporate wellness industry. They are professional, reliable, and forward thinkers who customize their approach to meet the various needs of our clients. Whether it be a stretching seminar, health fair, weight management program, or group fitness class, NIF will bring quality and value to your wellness strategy."

Grace G.,- Director of Health and Wellness, Brooklyn N.Y.

Some of our current clients:

SKANSKA

NewYork-Presbyterian



Employee Wellness Initiative

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**Offered By
Now I'm Fit LLC**