

WELLNESS CATALOG 2026

AllOne Health offers a variety of wellness topics to build awareness and inspire behavior change. Our facilitators are experts in the areas of nutrition, physical activity, meditation, life coaching, psychology, corporate wellness, and behavioral health. We promise to deliver education in a fresh, memorable learning style.

Our wide variety of options includes the following...

Activities & Special Events

● DAY OF WELLNESS COACHING

Whether you are looking to increase engagement in your current wellness coaching offering or you would like to offer mini wellness coaching sessions, this is a great opportunity to offer a high-impact opportunity to work on healthy lifestyle changes. Participants can work on improvising fitness plans, tobacco cessation, or some other form of self-care. 20-minute coaching sessions give them an opportunity to have a focused meeting of clarifying goals and strategies for improvement.

● POP-UP SERIES

Do you lose focus throughout the day or feel discomfort or tightness? Brief, scheduled bouts of meditation, exercise, stretching and more can help you re-set. Live, virtual sessions can be done at your worksite or desk. Arrange a series of scheduled ten-to-fifteen-minute sessions as part of your programming.

● VIRTUAL INSTRUCTION

Join our certified fitness & well-being instructors for a virtual workout! Choose from a variety of classes that keep participants safe and engaged! Classes can be modified for all levels and abilities. Fitness mats and water bottles are encouraged. Choose from:

- Cardio
- Core
- HIIT & LIIT (Hi & Low Intensity Interval Training)
- Strength & Conditioning
- Stretching
- Yoga
- Sound Baths & Meditations
- And a variety of others!

Challenges & Competitions

● BINGO CHALLENGE

(You choose the theme!)

Devote time to your health this month by joining us for a themed BINGO Challenge! Participants will receive a new BINGO board each week containing 16 total activities to choose from. Each activity encourages you to practice healthy habits. Choose from: self-care, healthy workspaces, ergo/injury prevention, gratitude, or movement!

● DECLUTTER 4-WEEK CHALLENGE

Freeing up space can be energizing and give a new outlook. Let's start fresh with this 4-week challenge to toss, donate, and recycle unwanted or under appreciated items. Complete the challenge to gain intrinsic and extrinsic reward.

● FINANCIAL WELLNESS CHALLENGE*

Getting your finances in order can be fun and rewarding! In this 4-week challenge, tackle beneficial mini-challenges including Just Do It (budget), Spending Sleuth, Debt Check-In, Save-Save-Save, as well as added options for checking the boxes on financially-savvy strategies.

● FIVE ALIVE: FRUITS & VEGGIES CHALLENGE

From a decreased risk of cancer to more youthful skin to a healthier heart, there are significant benefits of eating five or more servings of fruits and veggies each day. The Five Alive Challenge invites you to eat 140 servings of fruits and vegetables in 28 days (5 per day). You will receive supportive, educational content in motivational emails each week, with a survey to track your progress.

*NEW

● GET MOVING CHALLENGE

In this movement-based challenge, you have the freedom to move (and earn points for movement) in any way you want! Whether doing work outdoors or exercising on your favorite fitness app, your moving minutes count as points. Earn a maximum number per day for cardio, strength, and flexibility exercises, when you hit your goals on any given day!

● HEALTHY HOLIDAYS CHALLENGE

Maintaining your physical, financial and emotional health during the holidays can be especially challenging. The healthy holidays challenge empowers you to take control of your eating, physical activity and overall health with weekly goal submissions during those special times of year!

● INJURY PREVENTION CHALLENGE*

During mini-challenges over 4-weeks, focus on ergonomic awareness, stretch breaks, safe lifting and checking for musculoskeletal discomforts.

● SMART GOALS 4-WEEK CHALLENGE

Sometimes the best way to meet a goal is to make it specific, measurable, actionable, realistic and time-bound. Follow the guidance and report back and earn points as you set a goal, share a goal and reach a goal! Our challenge facilitator send weekly tools and a survey to ensure accountability and success!

● DIGITAL DETOX CHALLENGE

This 4-week push will help you kick your technology addiction with specific tasks to detach from unhealthy social media and technology overuse. Weekly prompts and surveys will ensure that you become aware of your habits, clean out incoming electronic clutter and prioritize screen-free time.

● BE CALM

Are you curious how mindfulness might help you when you are feeling overwhelmed? The practice of mindfulness can help teach us to pause and notice what is happening in the moment. Through these practices, we can nurture the experience of well-being while managing stressors that naturally arise throughout life. This course is interactive, taking you through a handful of different mindful exercises to consider.

● CULINARY DESIGN

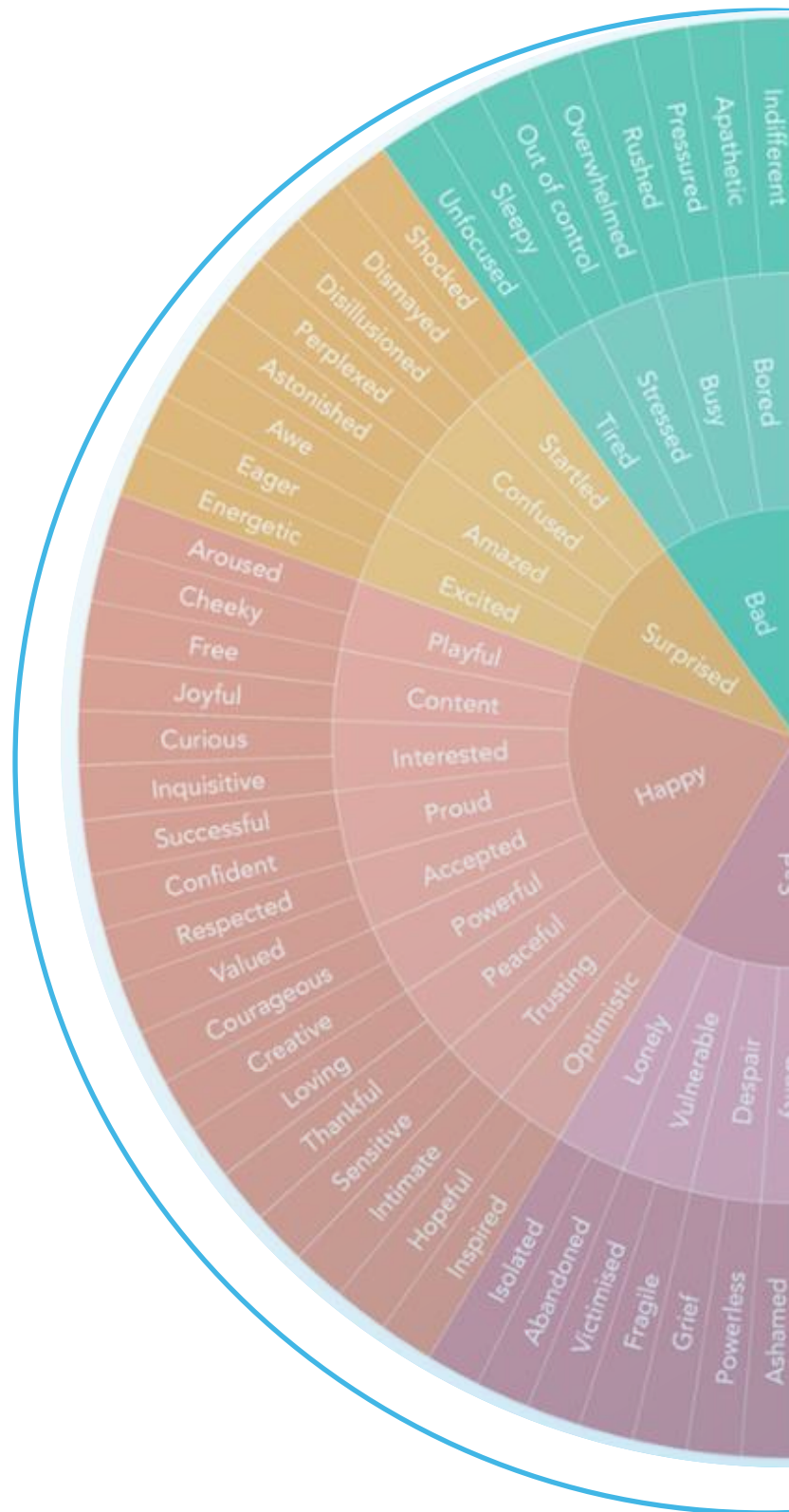
Have you always had the good intention of planning and prepping your meal, but have repeatedly found that it just doesn't happen for you for one reason or another? Culinary design is a group aimed at developing skills needed for meal planning and preparation. Taught by a dietician, it will help facilitate new ideas, share techniques and coach through meal planning and preparation barriers.

● JOURNALING

If you have ever wondered about journaling and how to start, this course is for you! Through journaling, there are health and wellness benefits, like reducing stress, organization, processing emotions and building self-awareness. This course is interactive and will cover various ways to journal using technology and pen and paper.

● DESIGNED TO MOVE

We were not born to stay in one position all the time. The re-occurring question is, how do we move more when our workspaces may not be not designed for our bodies to move effectively? This course explores the benefits of flexibility, mobility, strength training, and cardiorespiratory endurance on physical health. Discover how to safely progress in training and optimize performance and productivity!



● NICOTINE FREE

This 6-week on demand course uses tried-and-true methods to offer education and strategies and during the journey to a nicotine and tobacco free life. It is conducted by a certified coach and offers a self-reflective space to experience the journey to becoming nicotine free. This course is a great option for a reasonable alternative within your benefits, offered in a recorded format based on scheduling preferences.



● NOURISH

Developing a healthy relationship with food starts with developing a healthy relationship with self. Food can be our best friend, our biggest void, or our worst vice and it's something we need to learn how to live with. Nourish takes employees through the craze of fad diets and rebuilds a healthy relationship with food. Nourish builds the foundation of what nutrients our bodies need to prevent disease and teaches us how to listen to our bodies. There is no "one-size-fits-all" diet but there are fundamentals we can all build on. Enjoy practical tips for meal planning, food marketing, making healthy food taste good, curbing cravings, building immunity, and building energy for the long haul!

● PERSONALITY EXPLORATION

This 4-week course uses the Enneagram as a guide and a group coaching structure to explore personality types. Get ready to learn with engaging discussion and information to deploy in your daily interactions. Learn more about the type you lead with and how you can best co-exist personally and professionally with other types in a way that is fruitful to you and those around you.

● WEIGH BEYOND

Weigh Beyond is our weight management course that focuses on holistic and realistic habit formation. Weigh Beyond doesn't tell you what you should eat. Instead, it helps you learn why you should eat what you eat. Once you have that knowledge, you will be in control over the food choices you make. Course topics range from mindful nutrition to sleep to coping strategies, formatted in a six (6) week stint for ongoing accountability, based on scheduling preference.

Webinars (1 hour)

Our webinars are scheduled at your convenience, to join in the comfort of your remote office or at your desk at the workplace. Webinars include, but are not limited to, the following topics:

- **ACHIEVING YOUR BEST SELF***
- **AT-HOME WORKOUTS THAT ADD UP**
- **BRAIN & MEMORY FITNESS**
- **DEMYSTIFYING MENOPAUSE***
- **DIGITAL DETOX**
- **EATING FOR ENERGY**
- **FINDING JOY***
- **GARDENING FOR HEALTH***
- **IMPORTANCE OF HUMAN CONNECTION**
- **HEALTHIER TAILGATING**
- **HEALTHY HYDRATION**
- **IMPORTANCE OF SLEEP**

*NEW

- **JOURNALING FOR YOUR HEALTH**
- **MATTERS OF THE HEART**
- **METHODS OF DEEP RELAXATION**
- **NERVOUS SYSTEM REGULATION THROUGH HOLISTIC TECHNIQUES***
- **PERSONALITY AWARENESS**
- **SHIFT HAPPENS**
- **STRETCHING & MOVEMENT**
- **TACKLE YOUR TRIGGER, VETO YOUR VICE**
- **THRIVING THROUGH THE HOLIDAYS**
- **WOMEN'S HEALTH/MEN'S HEALTH***

Workshops (2-4 hours)

Expand on financial, nutrition, movement, stress and self-care topics by scheduling a longer workshop to build on learned strategies. Workshops can be customized depending on topics of choice.

Nutrition Demonstrations

Select from a number of options, in a virtual cooking class format. Additional food costs and prep time apply. Demonstration topics include:

- **SPROUTING 101***
- **MAKING VEGGIES CENTER STAGE**
- **POWER HOUR: MEAL PREP SOLUTIONS**
- **QUICK & HEALTHY ONE POT MEALS**
- **SWEET & SALTY: HEALTHIER SNACKS**
- **HAPPY HYDRATION OPTIONS**
- **UPGRADING YOUR SALAD ROUTINE**
- **SUMMER SWEETS & TREATS**
- **AND MORE!**

Quarterly Modules

Quarterly modules are designed to improve members' wellbeing across a variety of topics. All events are virtual. Eliminate the burden of planning, maximize participation, and kick-off themes based on timely needs.

2026 Themes:

- **PREVENTIVE CARE**
- **FINANCIAL WELLNESS**
- **HEALTHY AGING**
- **GOAL SETTING**

Priced per-module or an annual plan, the organization receives tools for ongoing wellness program communication, starting with:

- Promotional blasts with handout based on the theme
- Embedded quick tip video
- **Annual plans receive a bonus Teams quarterly meet-up and discounted pricing!**

*Choose an add-on activity for an additional fee



A la Carte Price List*

Webinar	\$350/hour
Workshop	\$350/hour
4-Week Challenge	\$2400/each
6-Week Course	\$2400/each
6-Week Activity	\$2400/each
Quarterly Module	\$1050/base
Wellness Survey/ Whole Health Survey	\$1500/base plus \$1.50 pp
Day of Coaching	\$100/session
Day of Wellness	\$350/hour
Video Series	\$600-800/ea.

*Base rate; customization fees may apply

Partnership Bundles

Bundles include a variety of options that compliment the selected theme. Discounted pricing is available for purchasing bundled services:

- **NUTRITION**
- **MOVEMENT**
- **WEIGHT MANAGEMENT**
- **SELF CARE**
- **HEALTHY WORKSPACES**
- **MEDITATION**
- **HEALTHY HOLIDAYS**

Sample Bundle: Nutrition

- **NUTRITION WEBINAR**
- **6-WEEK NUTRITION COURSE**
- **4-WEEK NUTRITION CHALLENGE**
- **DAY OF NUTRITION COACHING**

Sample Bundle: Movement

- **MOVEMENT QUARTERLY MODULE**
- **ACTIVE AGING WEBINAR**
- **4-WEEK GET MOVING CHALLENGE**
- **STRETCHING VIDEO SERIES**

Sample Bundle: Healthy Holidays

- **THRIVING OVER THE HOLIDAYS WEBINAR**
- **4-WEEK HEALTHY HOLIDAY CHALLENGE**
- **VIRTUAL HEALTHY COOKING DEMO**

Survey Options

- **WELLNESS SURVEY**
Gauge employee feedback through this confidential, 3rd party survey. Capture information on desired programming, communication method, barriers to workplace wellness and more!
- **WHOLE HEALTH & WELL-BEING SURVEY**
Gauge the state of your workforce through our comprehensive survey. Facilitated by AllOne Wellness Consultants, use the self-reported, data-driven results to inform your strategic plan and implement strategies for workforce well-being. Year-over-year data gives a picture of changing workplace health.

*Rates are subject to change. Please request a quote from your Account Manager or the AOH Wellness team.