

Unique Balance
Corporate Wellness

www.uniquebalance.ca

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Supporting corporations & their busy professionals to optimize productivity and reduce absenteeism and excessive turnover.



WHO ARE WE? WHO AM I?

Unique Balance is a private consulting practice based in the Greater Toronto Area and was founded by Danna Domineff.

Mission

- To motivate, educate & inspire people to live healthier & happier lives
- To honour the uniqueness of each person & tailor wellness, fitness and nutrition goals to the individual

Danna Domineff...

- Wife & Mother
- Holistic Nutritionist (CNP) - First Class Hon.
- Personal Trainer & Nutrition Wellness Specialist
- Graduate from U of T - Hon. S.A.

story...

- Skin issues
- Battled depression
- Lost 50 lbs after first pregnancy 2nd & 3rd pregnancies only 20 lbs to lose
- Competed in fitness (figure) & bikini competitions
- Digestive challenges
- Started with fitness, then nutrition, then wellness.



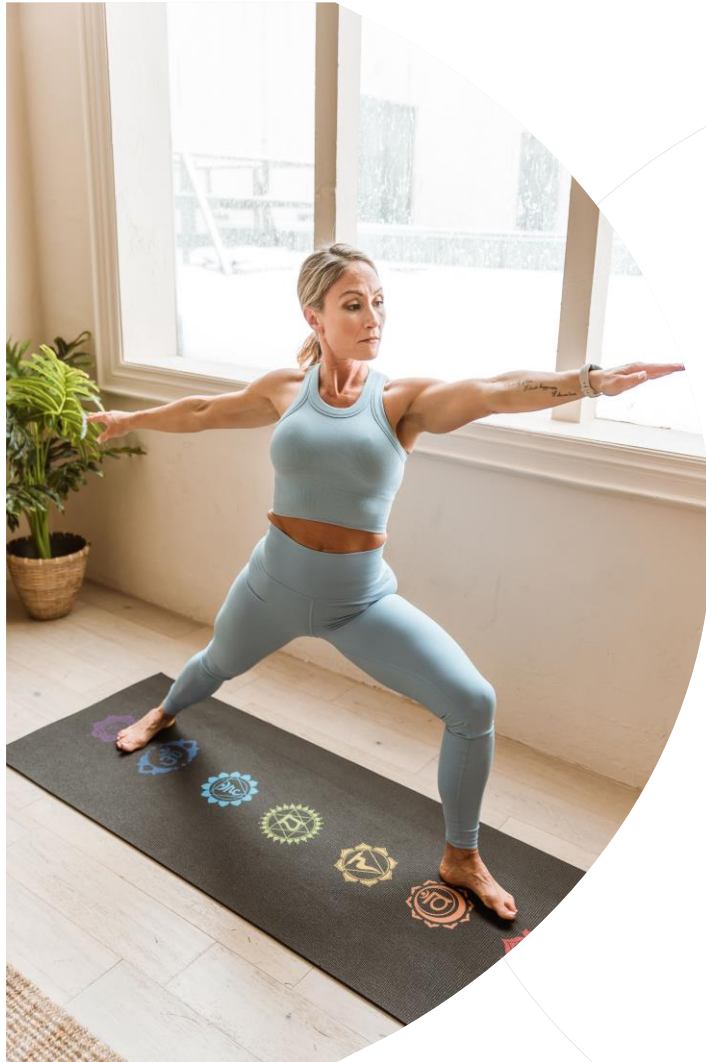
About Unique Balance

My designation is a Certified Nutritional Practitioner (CNP) but I am commonly referred to as a Holistic Nutritionist. I take a holistic approach to motivate, guide, empower, educate and inspire people to achieve their unique balance in life through whole foods, supplementation, physical activity, mindfulness, mindset and lifestyle modifications.

I founded Unique Balance in July 2000, with a vision of improving individuals' lifestyles through nutrition, fitness and wellness. I help people find their unique balance of optimal health and happiness.

Unique Balance's corporate wellness initiative supports corporations and their busy professionals to make informed health and wellness choices and increase their quality of life to optimize work performance and reduce absenteeism and excessive turnover.





Why Unique Balance?

I know firsthand the intricate details and challenges of work-life balance from my 10 years working in the corporate world as well as my 20+ years in the health and wellness industry.

I carefully combined my experiences and in-depth knowledge to create the Unique Balance 4-week Corporate Wellness Program and the various a la carte offerings. All health and wellness programming is designed for busy professionals and are intended to be easily integrated into their lives.



4 WEEK CORPORATE WELLNESS PROGRAM

WEEK 1 NUTRITION	WEEK 2 NUTRITION & WELLNESS	WEEK 3 EXERCISE	WEEK 4 SLEEP & MINDFULNESS
Eat Well - Eat Poorly	Previous Session Recap & Q&A response	Previous Session Recap & Q&A response	Previous Sessions Recap & Q&A response
Macronutrients	Canada’s Food Guide	Exercise – Impact on the Body	Importance of Sleep
Micronutrients	Trends	Exercise Types	Tips for Better Sleep
Meals To Eat	Hydration	Exercise Recommendations	Natural Sleep Aids
Snacks To Eat	Toxins	Exercise and Food	Mindfulness
Quick & Easy Meals and Snacks eBook	Nutrition and Stress	Exercise and Stress	Exercise - Meditation
	Lifestyle Tips	Love Your Heart Program eBook	Meditation

CORPORATE WELLNESS - A LA CARTE

EXAMPLES OF A LA CARTE HEALTH AND WELLNESS TALKS, TO DATE:

NUTRITION	WELLNESS	FITNESS	THEMED
Healthy Eating 101	Minimizing Workplace Burnout	Protein and Exercise	5 Proven Ways to Stay Healthy During a Pandemic
Protein 101	Sleep Better Tips & Natural Sleep Aids	SMART Exercise	Empowering Resilience
Fat 101	3 Tips for Physical & Mental Wellness	Exercise and Food	How to Stay Healthy During the Holiday Season
Carbs 101	Mindfulness 101	Fitness for mental health	Beat the battle of the bulge - 3-part series
Healthy Meals & Snacks To Eat	Benefits of Gratitude	Fitness 101	Kitchen Immunity – 4-part series
The importance of water... hydration 101	Workplace Mental Health	Fitting Fitness In While Working From Home	Work Life Balance – The 3 Pillars to Balancing it All Powerfully
Eat this, not that.	Top 5 tips & tricks for optimal wellness	Healthy Active Living	Overcoming hidden self-sabotage
Vegetarianism & Vegan 101	Top 5 tips for Stress Management	Fitness and stress	Immunity Boosting – 3-part series

UNIQUE BALANCE CORPORATE WELLNESS PACKAGES

GOLD	PLATINUM	DIAMOND
A la carte Presentations	Monthly or Quarterly Presentations	4 Weekly Presentations, 1 month duration
In Session Q & A	Q & A response 1 week post presentation	Q & A response for duration of program
Recipe eBook with each session	In Session Q & A	In Session Q & A
	Recipe eBook with each session	Recipe eBook with each session
		Lead Physical Activity challenge & provide support
		Dedicated email for participants questions
		Participant Food & Activity Tracking via app

TESTIMONIALS



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Participants said the following after completing the Unique Balance corporate wellness program:

“I would spread the good work around to family and friends about the wellness program.”

“Learned a lot of new things throughout the different topics we discussed and was beneficial.”

“It was very educational and learned a lot of new things.”

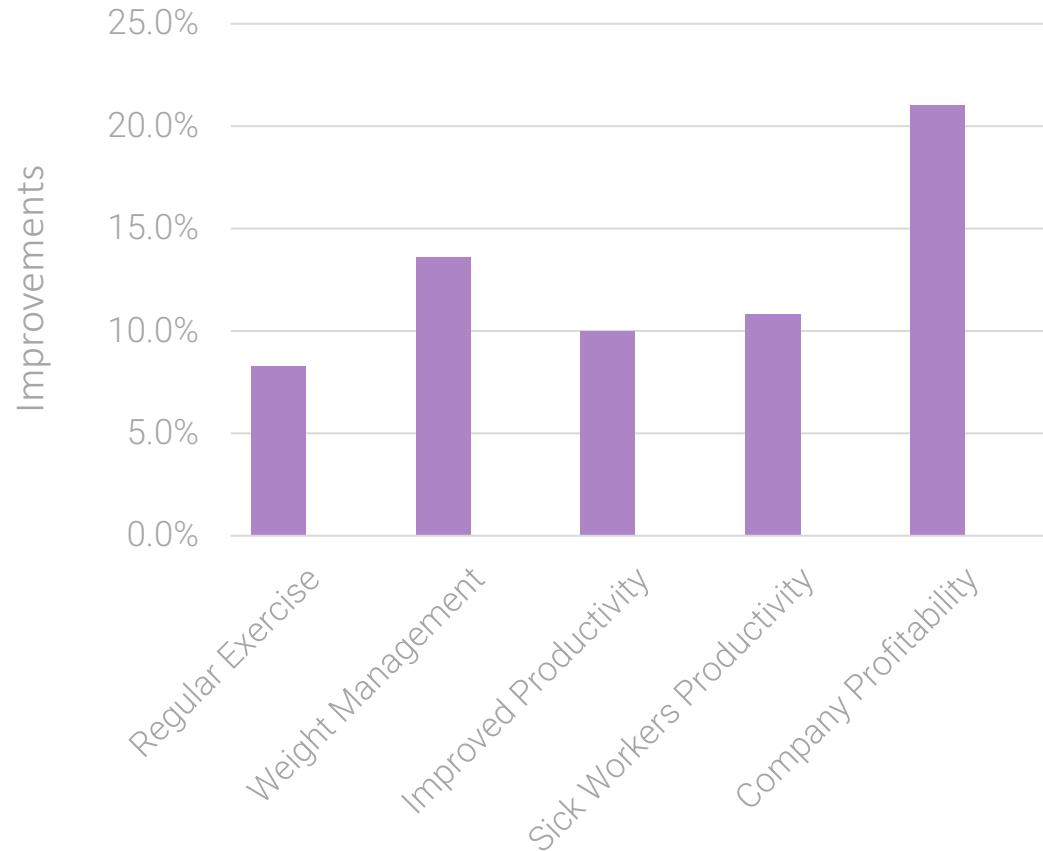


“Danna hosted the Employee Wellness Program at my company this summer. There were four sessions and each session focused on different topics. I benefited the most from the nutrition and Wellness session. When I tried to lose weight before I completely cut out meat and sugar, but after attending Danna’s class, I learned the importance of balance diet and was able to match ingredient to the daily nutrition I need. With Danna’s guidance on diet and exercise, I was able to lose 8lb in one month.” -- Nikki Zhu

“The corporate wellness session with Danna was very beneficial to me. My grocery shopping habit has dramatically changed after it, where I now pay much more attention to the nutrition facts label and try to be mindful about getting enough different nutrients from the food. For example, during the sessions Danna advised that we shall be more mindful about what we put into our body and should cook more to make sure we have a control over the ingredients and species, and what would be the standards. It was very informational since I used to have excessive sugar and sodium intake. It brings great results without stress from dieting, it helped me reduce my pants size by 2 within 2 months! I will participate again in the future!” -- Howard Wang

CORPORATE WELLNESS BENEFITS⁹

CORPORATE WELLNESS BENEFITS



Employee Engagement

IMPROVED HEALTH, BETTER PRODUCTIVITY

“Worksites offering a wellness program had an 8.3 percentage point higher rate of employees who reported engaging in regular exercise and a 13.6 percentage point higher rate of employees who reported actively managing their weight, compared to those working at sites where a program wasn’t offered. (1)”

“Participants in a corporate wellness program become more attentive to diet and exercise. Employers who value behavior change, would be pleased with those results. (2)”

“Healthy employees are more productive employees, according to new research bolstering the case for corporate wellness programs... The greatest productivity change was in sick workers whose health noticeably improved from annual screening to the next, who saw a 10.8% change in their output. (3)”

“Highly engaged teams show 21% greater profitability... Those teams who score in the top 20% in engagement realize a 41% reduction in absenteeism, and 59% less turnover. Engaged employees show up every day with passion, purpose, presence, and energy” (4).

Sources:

1. <https://news.harvard.edu/gazette/story/2019/04/workplace-wellness-programs-yield-unimpressive-results-in-short-term/>

2. <https://www.theverge.com/2019/4/16/18410559/workpace-wellness-program-employee-healthcare-economics-public-health-policy>

3. <https://www.wsj.com/articles/healthy-workers-are-more-productive-study-finds-1502219651>

4. <https://www.forbes.com/sites/nazbeheshi/2019/01/16/10-timely-statistics-about-the-connection-between-employee-engagement-and-wellness/?sh=30c1e89f22a0>




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THANK YOU


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