

Know Your Company's Strength.

A GUIDE TO GOLD'S CORPORATE WELLNESS PROGRAM



KNOW YOUR OWN STRENGTH



Know that obesity is your biggest enemy.

NEARLY 67% OF ALL AMERICAN ADULTS ARE NOW OFFICIALLY CLASSIFIED AS OVERWEIGHT OR OBESE.
Numbers that have staggering implications for businesses large and small.

We can improve the health of your bottom line.

Over a decade, research has shown the effectiveness of Employee Wellness Programs.

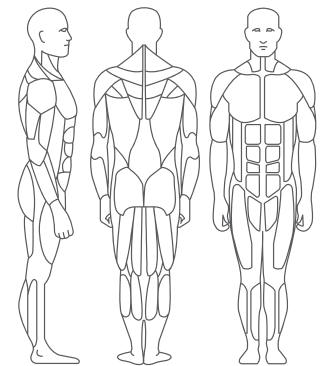
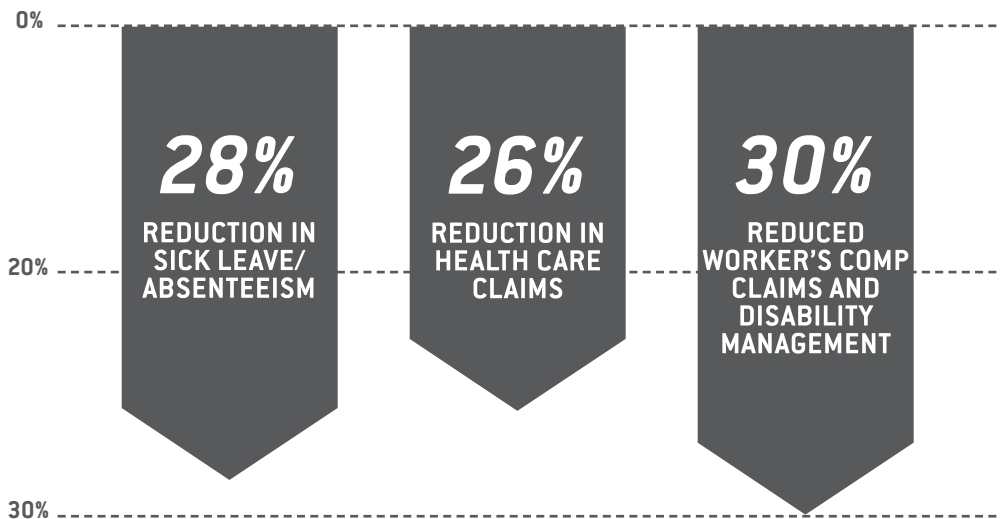
FOR EVERY \$1 SPENT	RESULTS IN COST SAVINGS OF \$3 to \$6
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The high cost of obesity	
Direct cost of obesity	\$93.0 billion
Cost of diabetes	\$27.1 billion
Cost of heart disease	\$84.7 billion
Cost of hypertension	\$32.5 billion

Source: Milken Institute Report, October 2007: "An Unhealthy America: The Economic Burden of Chronic Disease."

70% of health care costs in the U.S. are preventable.

The Gold's Gym Corporate Wellness Program brings real bottom-line value by answering the call for a comprehensive, cost-effective employee wellness program.



CORPORATE WELLNESS PARTICIPANTS HAD

1.3 fewer days

of short-term disability claims per year than non-participants

Source: Larry Chapman, "Meta-evaluation of Worksite Health Promotion Economic Return Studies", The American Journal of Health Promotion, 2003

Know that we offer a wide range of innovative exercise programs.

THE GOLD'S GYM CORPORATE WELLNESS PROGRAM PROVIDES A VARIETY OF SERVICES AND CONVENIENT LOCATIONS TO CHOOSE FROM IN YOUR AREA.



YOGA

Features strength, conditioning and flexibility, this non-purist approach integrates body and mind.



CYCLING

Increase cardiovascular health and endurance, tone and shape your legs and burn calories quickly.



PILATES

Exercises are designed to build a base of strength and flexibility that leads to body awareness.



SWIMMING

Experience whole body conditioning with a low risk of injury. Improve your blood pressure.



FREE WEIGHTS

Features the best in free weights, state-of-the-art equipment and weight machines.

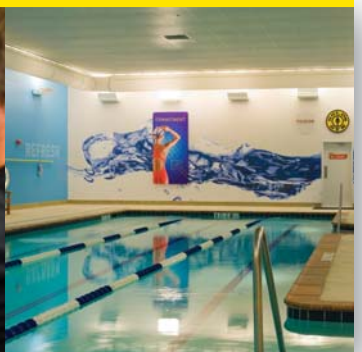
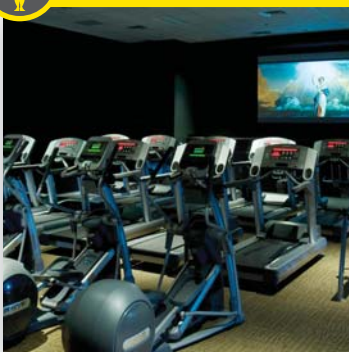


GROUP EXERCISE

A wide variety of fitness programs including classes in step aerobics, body sculpting, yoga and spinning.



Best-in-class fitness facilities.



Please note that amenities vary by location.



Know that we're flexible.

AT GOLD'S GYM INTERNATIONAL, WE'RE FLEXIBLE AND CREATIVE IN DEVELOPING MEMBERSHIP FITNESS PLANS TO MEET YOUR NEEDS.

Company Purchase Plan.

Employees enroll with no out-of-pocket expenses. Your company will be invoiced for the total number of memberships and it can either absorb the full cost or deduct a portion of the fee from the employee's paycheck. If the company assumes the cost, the membership belongs to them. If the employee leaves, the remaining time can be transferred to another employee. The rate is guaranteed for one year.

A plan that pumps up the value:

- *Highest level of employee participation: averaging 40% to 60%.*
- *Cost effective.*
- *Usage reports provided for all participating employees.*

Payroll Deduction Plan.

Company is invoiced on a monthly basis for employee dues.

Benefits to keep you fit:

- *Payroll deduct memberships are economical and easy to manage.*
- *Employees like it because it is convenient.*
- *High level of employee participation: typically 20% to 40%.*

Group Rate Plan.

Group Rates require a minimum of 10 new members during open enrollment and are open for a maximum of 30 days. Employee participation: averaging 5% to 10%.



Know how easy it is to get started.

- ITEM 1** *Provide a company contact person to answer any of your questions.*
- ITEM 2** *Promote the Gold's Corporate Wellness Program to all your associates.*
- ITEM 3** *Conduct an on-site or open-enrollment event to kick off the program.*
- ITEM 4** *Tell us of any changes in your company that may affect membership. (Such as hiring or release of employees.)*
- ITEM 5** *Enjoy the benefits of the Gold's Corporate Wellness Program.*

MAKE YOUR "BUSINESS BUFF."

- *Keep your company fit for the long run.*
- *Maximize health and business performance.*
- *Minimize sickness and down time.*
- *Know how strong your company can be.*

We give you everything to help you succeed.

- *Free group exercise classes. Know you can get stronger when you do it together.*
- *Educational tools, such as on-site wellness seminars, to help your associates know the value of living a healthier lifestyle.*
- *An orientation tour of the facilities and one complimentary appointment with a certified trainer.*
- *Travel privileges at over 650 Gold's Gyms around the world.*
- *A monthly online newsletter with nutritional information, sample workouts and more!*



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WWW.GOLDSGYM.COM