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### **A Customized Innovative Personal Well-Being Program at Your Office - by Dr. Brian Kleinberg**

**My story:** Since starting my professional career in 1983, I've treated and managed pain conditions while teaching my clientele how to prevent injury and illness. The message of prevention is my passion. It's a message I've brought to corporate offices for many years. An integral part of my corporate consulting is health coaching which involves educating and motivating individuals to take personal responsibility for their well-being. This is a powerful tool to empower people to live healthier and more productive lifestyles. The company benefits from a more engaged and productive individual, less likely to be absent and more likely to be retained for years to come as a loyal employee. The investment in a healthy workforce brings healthy returns in many ways.

**My program:** The program I conduct is called, **"Choices and Changes: Your Health is in Your Hands"**. This program, which is customized for you and conducted in your workplace, emphasizes the importance of personal responsibility to health and well-being.

My wellness program explores physical, mental and emotional health concerns including fitness, diet, stress and posture at work and at home. Its focus is to educate and motivate individuals to have more awareness and take practical steps towards ensuring better health, reducing injury and illness and improving concentration and productivity in the workplace. **Sitting for 8 to 10 hours every day is causing more chronic health problems than people realize. This is a focus area of my presentation and coaching. Recognizing this concern is a game-changer for people.**

The program includes a speaking presentation which takes approximately 45 minutes. After the presentation **I meet personally with every individual for private coaching sessions which include ergonomic and postural analysis at their workstation, as well as discussions regarding all aspects of current health concerns and ideas for applications of proactive, healthy lifestyles.** These personal discussions involve a wide variety of topics including their diet, fitness routines, symptom concerns, family health issues, chronic pain conditions and mental health concerns. Coaching involves strategizing with the individual to try and develop better physical and mental lifestyle routines that can be applied immediately. Each strategy is tailor-made for that person to optimize successful outcomes for better health.

The program follow-up includes a summary of all aspects of the program given to each participant. Feedback from organizations experiencing this program has been excellent. Participants have expressed a positive and practical take away which significantly impacts their well-being. Complementary demonstrations and more information are available upon request.