

# Not a Fad... ...an Evolution!

Wellness Talk

# Not a Fad ...

- an Evolution
- a Journey
- Many changes over time but some things do stay the same
  - “Walking is man’s best medicine”, Hippocrates



# Disclaimer:

- I am generalizing in the next slide: “Then and Now”
- There are many companies who were ahead of their time in the past ... as well as others who may not have progressed to the now.
- There are many more concepts and changes in our wellness journey, these are just a few.



# Evolution:

## Then

We know what they need

“Consultant”

Heavy fitness & nutrition

ROI

Program

Inform

Classes

Spreadsheet approach

Population approach

## Now

Grassroots, they tell us

“Facilitator”

All dimensions

VOI

Process

Educate

Coaching

Behavior approach

Personalized approach



# But does everything change?

Then?

Now?

“Wellness” and “Well-Being”

Autonomy

Relationships ... It's all about People

Incentives?



# Questions?

