



**Learn how our  
Corporate Wellness  
Program will help your  
organization thrive!**

- Reduce Healthcare Costs
- Improve Employee Health
- Minimize Burnout
- Increase Employee Engagement & Productivity
- Unleash Your Company's Full Potential



## A strong organization starts with **healthy employees.**

Synergy is dedicated to helping your workforce achieve wellness to improve health, performance, focus, and quality of life. Our medically supervised evidence-based program reduces risk factors such as inactivity, poor diet, excess weight, and stress that are associated with major illnesses and poor work performance.

## Know your employees' health risks so you can **decrease your costs.**

Did you know that **70%** of all costs associated with sickness are caused by **preventable** illness? The return on investment for companies with wellness programs can be up to \$3.27 for every dollar invested. A study of 192 companies using physical activity promotion as the basis of their wellness programs found improvement in 7 out of 10 targeted risk factors, which resulted in **medical savings of 59%** and **productivity gains of 41%\***.



## Synergy achieves measurable results by providing support every step of the way...

**Assessment > Goal Planning > Exercise  
Nutrition > Stress Management > Coaching**

# The Synergy Corporate Wellness Program —

Fully customized to suit the needs of your **organization...**



**The Initial Assessment:** Includes body composition analysis, biometric assessment, goals assessment, dietary analysis, exercise readiness analysis, fitness assessment, and optional metabolism testing. This is a critical step as it determines the best approach to maximize success while minimizing risk for each individual.



**Exercise Program Development:** The key to a successful fitness regimen is tailoring it to each person's unique likes, dislikes, and exercise needs. We'll create something effective (including strength, cardio, and flexibility training) that each individual employee can enjoy doing, and can include optional training sessions.



**Dietary Program Development:** Just like exercise, eating guidelines are only effective if they are followed. Our dietary plans are customized to each individual's tastes and needs, making them easy to follow.



**Weight Management Program:** While our exercise and dietary programs are designed for long-term wellness, they can be tailored to include weight loss until employees reach a healthy weight.



**Stress Management Program:** Wellness in the mind is just as important as the body. Your Synergy Corporate Wellness Team will include Wellness Coaches who provide stress management techniques and help your employees maintain focus and accountability for their individual goals.



**Lifestyle Modification Plan:** A strict diet or training schedule may get results, but it's not a sustainable long-term lifestyle. Instead of hard work or deprivation, we focus on making changes that your employees can adopt for years to come.



**Online Tools:** We use a mobile application and online portal to help track progress, and both are compatible with a wide range of fitness tracking devices. Employees can sign in at any time to visualize and log components of their customized plans and log action items.



**Flexible Coaching:** Our Wellness Coaches will be on-site with your employees weekly for individual appointments to track progress, provide motivation, and adapt programs as necessary. We also include coaching communications in our online and mobile portals.



**Monthly Reassessments:** We'll meet one-on-one with each employee to track progress and modify plans as needed. All employees will also receive the Synergy Fitness and Wellness newsletter each month.

Fully customized to suit the needs of each individual **employee...**

## Customized Solutions for Each Employee

Your team is full of *individuals* – and we'll treat them that way. Each person has unique needs, likes, and dislikes that we'll take into account when creating lifestyle plans.



## Synergy Risk Improvement Report

Employee health data is confidential, but we provide your company with monthly reports so you can see how your employees are engaging with the program and what their challenges are.

We provide group data on:

- Weight loss
- Body composition
- Strength gains
- BMI
- Blood pressure
- Heart rate

Each year, you will also receive an *Aggregate Health Risk Improvement Outcomes* report and an optional *Health Risk Assessment Aggregate* report.



## An Evidence-Based Approach

Our program is one of only a select few that conform with guidelines by the **American Heart Association** and endorsed by the **American Society for Nutrition** and the **American Society of Hypertension**.\*

All aspects of the program are physician-supervised:

- Preliminary measurements and assessment
- Matching intervention strategies with risk profiles
- Dietary strategies for weight management
- Prescribed physical activity
- Lifestyle intervention and behavior therapy



\*2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults, *Journal of the American College of Cardiology*, Vol. 63, No. 25, 2014.

# The Synergy Executive Wellness Program

Executives suffer from crushing workloads and high expectations — it's easy to let your health take the back seat. But, taking care of business starts with taking care of your body... When you're healthy, you have more energy and focus to perform both at work and at home.



The Synergy team is here to help you manage your fitness, your time, and your stress with our three-step process:

**1 Identification** – We perform a comprehensive assessment including medical screening, diet analysis, metabolism testing, and risk analysis.

**2 Modification** – We provide a comprehensive exercise and nutrition plan for weight management, along with coaching to ensure your success. Work with Dr. Cherise Dyal and our Wellness Coaches to develop habits that support your personal *and* professional goals.

**3 Prevention** – Fitness is a *lifelong* journey, so we provide lifestyle modifications, stress control techniques, and continuing education to help keep you on track.

**“Synergize” your team!**  
Call (973) 339-9787 today.



# About Dr. Dyal & The Synergy Corporate Wellness Program



**Synergy Fitness and Wellness is a medical fitness facility featuring results-driven individual wellness and weight management programs created and overseen by Medical Director Cherise M. Dyal, MD.**

Dr. Dyal's goal is to assist people in adopting lifestyle changes incorporating safe and properly performed structured exercise, increased daily physical activity, effective nutrition, healthy habits, stress reduction, and weight management to improve health and decrease risk of illness and disease. Dr. Cherise Dyal is a board-certified orthopedic surgeon specializing in the musculoskeletal system. Her unique qualifications include:

- Harvard University, BA in Biology, Psychology, and Social Relations
- Yale University School of Medicine, Medical Degree
- Columbia University, Certificate of Professional Achievement in Nutrition
- Wellness in Clinical Practice Certification
- Certified Corporate Wellness Specialist
- Certified Corporate Wellness Coach
- Certified Nutrition and Wellness Consultant
- Certified Weight Management Consultant
- Certificate in Exercise Training and Wellness
- Recognized as One of NJ Top Docs
- Recognized as One of America's Top Orthopedists

**Call us today to learn how we can help  
your organization unleash its full potential!**

**(973) 339-9787**



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