



Executive Summary

Corporate Overview

Still 4 Life was founded by local retired professional athlete, Art Still. Art is a member of the Kansas City Chiefs Hall of Fame and active in the community. Art teamed with Greg Justice, owner of AYC Fitness and fitness expert. Greg is a member of the National Fitness Hall of Fame. Located in Prairie Village, KS, Still 4 Life has been working closely with companies and individuals throughout the region for the past three decades.

Over the years, Still 4 Life has become increasingly involved with creating custom solutions for client companies focused upon corporate wellness and is now widely regarded as one of the leading experts on the subject within the fitness industry.

Art Still and Greg Justice have worked with dozens of organizations to help improve their wellness programs by offering the following services:

- *Onsite group fitness classes*
- *Individual (1 on 1) executive personal training*
- *Fitness/Lifestyle Transformation Challenges*
- *Gym design & Equipment Acquisition*
- *Lunch 'n Learn, Departmental/National Speaking Presentations*
- *Nutritional and Habit Change Coaching*
- *Desktop-based Educational Programming*
- *Onsite health-related training course implementation to suit company needs*
 - *i.e. nutrition classes, smoking cessation, stress reduction, etc.*

Project Background

The objective is simple: To positively affect your bottom line by addressing the exercise and nutritional needs of your employees. Why? Because regular exercise and healthier eating habits lead to improved overall health, fewer sick days, reduced long and short-term disability costs, increased morale and employee retention, stress reduction, and a host of additional benefits which direct financial implications.

Education and corporate culture change will be a primary focus. As such, it is clear to see why upper level management is crucial to setting this tone.

Art Still, CFCS
Founder – Still 4 Life
art@still4life.com