
The Temple Fit Company, LLC

Temple Fit Co // www.templefit.co // hello@templefit.co

Temple Fit Health, Inc. (nonprofit) // www.templefithealth.org // hello@templefit.co

You Go Girl Chiropractic // hello@templefit.co

Signature Services Overview

ABOUT US

Who We Are

The Temple Fit Company is a wellness advocate for the busy and overwhelmed. Our unique resources help individuals and organizations experience wellness at work, at church, and at home. By partnering with us, you are equipped to live better, work better, serve better, and win through wellness.

Why We Are

Throughout the lifespan, people often struggle in the areas of health, wealth, and purpose. This is especially true for the busy and overwhelmed. However, Temple Fit knows that with the right strategy, everyone can win. Our work is dedicated to getting you in the winner's circle.

What We Do-6 Partner Areas

We train you to win through wellness. We bring life skills education, workshops, and services directly to you. We support our clients in their choice of 6 Partner Areas:

- Career & Workplace Wellness
- Financial Wellness
- Mental & Emotional Wellness
- Physical Wellness
- Social Wellness
- Spiritual Wellness

How We Do

First and foremost—**We come to you!** We know you have a full plate. So we make wellness convenient for you. Most of our services are available both on-site and online. Our team conveniently comes to your work, church, or home.

SIGNATURE SERVICES

Our signature service packages include **Temple Fit @ Work, Temple Fit @ Church, and Temple Fit @ Home**. We consult with the client to cater the package to your home/organization's needs, goals, and vision. We then focus on coordinating the delivery of these services through our community of licensed providers. That way, you can simply focus on living better, working better, serving better, and winning through wellness.

Signature Services	Temple Fit @ Work	Temple Fit @ Church	Temple Fit @ Home
	<i>Examples include...</i>	<i>Examples include...</i>	<i>Examples include...</i>
Wellness education classes & workshops	Lunch and learns, company retreat workshops, employee in-service training	30-45 minute Health by the Bible® class for your Bible Study or annual conference, Health by the Bible® inserts for your bulletin, health fair support, Health Ministry support, health devotionals for your workout group	Currently enrolling online at bit.ly/freetrial-noregrets , great for individual or group study
Fitness sessions	Company retreat workshops, employee in-service training, conference fitness sessions	Recurring (once or more per week) fitness sessions, Conference fitness sessions	House call personal training
Chiropractic services (on-site)	Conference room chiropractic services (so employees don't have to leave the facility for quality care)	Fellowship hall chiropractic services before or after mid-week service	House call chiropractic care in the convenience of your home Note: Home visits are reserved for women and their families.
6-week (or more) wellness programs	Coordinating wellness challenges	Coordinating wellness challenges, Training for 5K participation, etc.	Currently enrolling online at bit.ly/freetrial-noregrets , great for individual or group study

PACKAGE RATES

★15-minute consultation	-It is ALWAYS FREE to chat with us and determine which service package is best for you
★Wellness education classes and workshops	-Rates vary based on the client's goals
★Fitness sessions	-Rates vary based on the client's goals
★Chiropractic services	<p>-Initial Visit, \$125. Includes physical evaluation, report of findings, chiropractic treatment, soft tissue therapy, aromatherapy, home recovery plan, travel fee. Call or email for a consultation.</p> <p>-Standard Visit, \$75. Includes progress assessment and update, chiropractic treatment, soft tissue therapy, aromatherapy, home recovery plan, travel fee. <i>Reserved for established chiropractic clients.</i></p> <p>-Family Visit (when more than one person is being seen at the same location). Group rates apply. Please call or email us.</p> <p>-Church or Company Visit (when more than one person is being seen at the same location). Group rates apply. Please call or email us.</p>
★6-week (or more) wellness programs	-Rates vary based on the client's goals

THANK YOU

And we look forward to helping you win through wellness!

[Schedule a free consultation.](#)