



Health Nuts

Wellness in the Workplace

Providing signature, health & wellness programming on the Executive Level.

Serving the Baltimore, Washington, D.C., & Virginia sectors;
Nationwide programming available upon request.



Health **2** Nuts

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ESTABLISHED FEBRUARY 2014

With over 25 years of experience in the health and wellness industry, Janine Serio & Daria Shaw are passionate about creating happy, healthy clients through their expertise in the areas of fitness, nutrition, and mindset. The development of safe, sound, and research-based lifestyle programs, seminars, and wellness events are delivered on the executive level to both small and large group corporate sectors.

The 2 Health Nuts create an experience for their clients; an experience that is like no other! While most health and wellness companies focus on WHAT to do, Janine & Daria have made it their priority to emphasize and educate on HOW to do it. They believe that a client's success requires a natural progression and education from alternate modalities and resources. They eliminate the intimidation factor, and inspire their clients to dig deep, learn to trust themselves, and become their own lifestyle detectives!

It's not so much about not knowing what to do when it comes to fitness and nutrition but more about being consistent with it. Motivation and implementation are KEY; less to do with knowing and EVERYTHING to do with DOING!

"I, thoroughly, enjoyed this program. Being committed to set days and times every week was REALLY beneficial for me! It is very easy to say, 'I am going to do something today' and never follow through. I enjoyed all parts of the experience, and look forward to participating again in future 2 Health Nuts offerings."

- COLLEEN, "DESK-2-5K" PARTICIPANT

The 2 Health Nuts programs are a perfect FIT for clients who are ready to take that next step with their health and wellness initiatives. Participants in a 2 Health Nuts program will gain the following:

- A new appreciation and outlook when it comes to their fitness and nutrition.
- All the tools and strategies, needed, to make a realistic and sustainable lifestyle change.
- A shift in the "all or nothing," "more is better" mindset, to one of "moderation" and "consistency."
- Less rigidity on fitness and nutrition needing to be "perfect" in order to be effective, and more about awareness, satisfaction, and setting realistic goals! This is about consistency!

"I wanted to let you know how much I have been enjoying your classes. They have helped me so much! After 3 months, I am, significantly stronger, have much better endurance, and am, physically, more confident. Thank you so much for empowering me with great workouts!"

- RACHEL, CORPORATE BOOT CAMP PARTICIPANT

There is no "one-size-fits-all" plan - we are all unique! This is about creating healthy lifestyles for our clients that are effortless, automated, and, most importantly, enjoyable! It's about challenging and empowering them to become the highest version of their current selves, all while developing more self-confidence, perspective, self-trust, and the ability to know they can handle anything!

"Thank you so much for the past 8-week program. I have learned so much about myself and, as you said, this is a day-to-day, lifelong process. I have formed some new habits with regards to my fitness and nutrition, which fit perfectly with my busy schedule!"

- JENNIFER, 8 WEEK LIFESTYLE COACHING PARTICIPANT

"Thank you so much for the HEALTHY presentation. I often fall into the trap of cutting out too much, too quick, and yo-yo back and forth between sticking to a plan or not. After the presentation, I realize that I DO need more of a mindset change!"

- MIMI, GONZAGA EMPLOYEE



A Certified Women's Business Enterprise Company

The 2 Health Nuts **Corporate Collection**

OUR MENU OF SERVICES

A. **GROUP FITNESS CLASSES**

- Depending on the class modality, the participant “cap” will vary. For most, there is a 20-participant max, with Yoga being extended to 25-30 in a given class.
- 45 or 60-minute option(s)
- While a session can be customized to FIT the needs of each client, we suggest a minimum of 4, 8, or 12 weeks, with 1 or 2 classes being held each week.
- The 2 Health Nuts will provide all necessary equipment for each class. Additionally, all instructors are insured under “2 Health Nuts,” and are nationally certified.
- With over 20 signature classes from which to choose, the 2 Health Nuts have the perfect FIT for your company. A full list is available upon request.

B. **“LUNCH AND LEARNS”**

- An ideal way to introduce wellness into the workplace, our “Lunch and Learns” cover a wide variety of topics to choose from in the realm of fitness, nutrition, and mindset! Inquire within for more details!
- Informative, interactive, and, of course, FUN make up the foundations of our corporate presentations.
- Customized presentation topics can be developed, and healthy lunches and/or snacks provided, upon request and for an additional fee.

** Looking for a little more than just a “Lunch and Learn?” Ask about how we can create and customize a 1/2 or Full Day Wellness event for your company! See below...*

B. **WELLNESS EVENTS**

Looking to build camaraderie within the workplace? Our **HALF** or **FULL DAY CUSTOMIZED** events are an excellent way to promote your companies wellness program!

C. **LIFESTYLE COACHING**

Our customized, and signature lifestyle coaching programs provide our clients with two options:

- An intensely guided, and higher accessibility series with a 2 Health Nuts coach that will take place both on-site and virtually; **OR** a “Do It Yourself” approach that includes weekly tasks, literature, and accountability check-in’s.
- Individual coaching is also available upon request; our programs range in length from 8-12 weeks.

D. **12-WEEK ONLINE LIFESTYLE E-COURSE**

A DIY course that guides participants through the basic building blocks of making a lifestyle change, without the need of crazy diets, feeling like it needs to be “all or nothing,” and learning what it means to, **ACTUALLY**, “have your cake and eat it too.” This is about creating a lifestyle that is **Fit4You!** *To include...*

- Two (2), 45-minute lifestyle coaching calls with your coach.
- An individualized, and customized, lifestyle roadmap from coaching call discussion.
- Two (2) sets of monthly workouts that focus on intensity, efficiency, consistency, and are all under 30 minutes or less.
- Progressive mindset mantras delivered to participant’s inbox weekly.
- Access to a closed Facebook group (with other coaching participants) for on-going support, accountability, and where all questions will be answered by your coach, daily.



**For more information, and how to
schedule an on-site or online program,
please contact Daria Shaw:**

daria@2healthnuts.net • 410-935-9241

The 2 Health Nuts Principals

OUR CREDENTIALS



Janine Serio **CHIEF EXERCISE OFFICER ("CEO")**

B.S. in Exercise Science, Towson University
American Council on Exercise (ACE) Personal Trainer
ACE Health Coach
YogaFit Level 1 Coach
Precision Nutrition (Level 1) Certification
CEO, "Fit4Janine" Lifestyle Brand



Daria Shaw **CHIEF FITNESS OFFICER ("CFO")**

B.A. in Business Administration, College of Notre Dame
American Council on Exercise (ACE) Personal Trainer
YogaFit Level 1 Coach
Precision Nutrition (Level 1) Certification



Note: All instructors that are hired and/or contracted with 2 Health Nuts are nationally certified, and are insured under our company liability insurance umbrella.