

Davidson Strong Wellness Program

BIOMETRIC SCREENINGS + INDIVIDUAL WELLNESS COACHING

Earn contributions in to your HSA by participating in the biometric screenings and quarterly individual wellness coaching with Michelle. Use these meetings to review your blood work, set goals, ask questions and stay accountable!

Biometric Screening = \$100
Quarterly Meetings = \$200/quarter

SWEATNET MEMBERSHIPS

As a Town of Davidson employee/spouse you have access to the SweatNET platform! This includes:

Over 300 streamable fitness classes

Guided meditations

Guided runs

Healthy recipes

8-10 FREE fitness events in the community monthly

To access your membership, head to www.sweatnet.com

username: davidson email password: davidson

**if you do not have an account, email Michelle: michelle@sweatnet.com

MONTHLY GUIDED MEDITATIONS

Join us the first Thursday of every month at 12pm in the board room for a 20 minute guided meditation with our DropSound headphones. Tune out the world and tune into yourself! Come to learn breath work techniques, destress and rejuvenate your mind as you head into the second half of your day!

MONTHLY ONSITE WORKOUTS

Join us on the third Thursday of every month at 5pm for a 45 minute onsite workout! We will alternate between the two fire stations for the location of the workout. The workouts will be bootcamp style but suitable for all levels of fitness.

SEMIANNUAL WELLNESS CHALLENGES

Be on the lookout for two wellness challenges. One will begin in Sept and focus around fitness! The other will begin in January and focus around healthy nutrition and overall lifestyle choices!



The Town of
Davidson



SWEATNET
CHARLOTTE