



2.3. Start-up Expenses

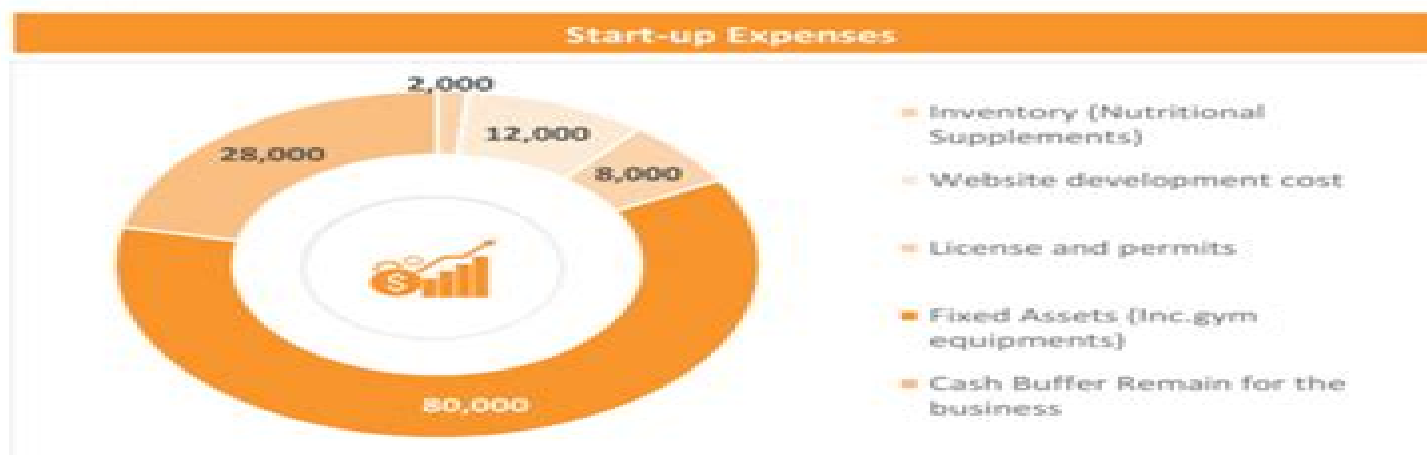
The Company will lease a space (6,000 square feet) in New York City. As NY is one of the largest and most densely populated cities in the US. The city has a large and diverse population that could support many different types of gyms. With a large number of young professionals and a growing interest in health and fitness.

The company envisions raising an equity investment of \$110,000, to purchase the gym equipment's, to renovate the space, obtain permits and licensing, advertising, and staffing.

The majority of the expenses are related to the purchase of gym equipment, that includes cardio machines, strength training machines, free weights, functional training equipment (TRX bands, battle ropes, plyometric boxes, and agility ladders), stretching equipment, and fitness accessories.

It aims to become the first-choice of the target segment and further envisages becoming a renowned brand in the US market.

Equity Capital: \$130,000



Wellness Business Plan

**António Abreu, João Vidal
Carvalho, Dália Liberato, Iván Suazo
Galdames**

Wellness Business Plan:

Building a Wellness Business That Lasts Rick Stollmeyer, 2020-10-20 Start and grow a durable business in the rapidly growing wellness industry As we emerge from COVID 19 the world sits on the cusp of a massive wave of wellness industry growth This Fourth Wave of Wellness will bring hundreds of millions more people into healthier happier lifestyles creating millions of jobs and producing massive entrepreneurial opportunities Whether your goal is to work from home open a neighborhood wellness studio or launch the next global wellness brand Building a Wellness Business That Lasts is your definitive guide Wellness has become one of the largest and most important business opportunities of our age fueled by massive societal trends rapid technology innovations and hundreds of thousands of wellness business entrepreneurs Independent teachers trainers and therapists and studio gym spa and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier happier lives Author Rick Stollmeyer is the co founder and CEO of Mindbody Inc the leading technology platform for the wellness industry Over more than two decades Rick built Mindbody from a garage startup into a multi billion dollar technology platform for the wellness industry helping thousands of wellness business owners achieve their visions in the process This experience has given Rick a front row seat to the explosive growth of the wellness industry He brings that unique experience and his passion for entrepreneurship to Building a Wellness Business That Lasts This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success

Progressive Business Plan for a Health and Wellness Center Nat Chiaffarano MBA, 2017-04-09 Get Smarter About Your Chosen Business Venture This updated book contains the detailed content and out of the box ideas to launch a successful Health and Wellness Center Company This Business Plan Book provides the relevant content needed to become much more knowledgeable about starting a profitable Health and Wellness Center business The fill in the blank template format makes it very easy to write the business plan but it is the out of the box strategic growth ideas and detailed marketing plan presented for this specific type of business that will put you on the road to success This book features in depth descriptions of a wide range of innovative products and services and a comprehensive marketing plan that has been customized for your specific business strategy It also contains an extensive list of Keys to Success Creative Differentiation Strategies Competitive Advantages to seize upon Current Industry Trends and Best Practices to exploit Plus Actual Business Examples Helpful Resources Financial Statement Forms and Alternative Financing Options If your goal is to obtain the business knowledge industry education and original ideas that will improve your chances for success in a Health and Wellness Center business then this book was specifically written for you

Building a Wellness Business That Lasts Rick Stollmeyer, 2020-10-02 Start and grow a durable business in the rapidly growing wellness industry As we emerge from COVID 19 the world sits on the cusp of a massive wave of wellness industry growth This Fourth Wave of Wellness will bring hundreds of millions more

people into healthier happier lifestyles creating millions of jobs and producing massive entrepreneurial opportunities Whether your goal is to work from home open a neighborhood wellness studio or launch the next global wellness brand Building a Wellness Business That Lasts is your definitive guide Wellness has become one of the largest and most important business opportunities of our age fueled by massive societal trends rapid technology innovations and hundreds of thousands of wellness business entrepreneurs Independent teachers trainers and therapists and studio gym spa and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier happier lives Author Rick Stollmeyer is the co founder and CEO of Mindbody Inc the leading technology platform for the wellness industry Over more than two decades Rick built Mindbody from a garage startup into a multi billion dollar technology platform for the wellness industry helping thousands of wellness business owners achieve their visions in the process This experience has given Rick a front row seat to the explosive growth of the wellness industry He brings that unique experience and his passion for entrepreneurship to Building a Wellness Business That Lasts This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success

Nurse-Managed Wellness Centers Tine Hansen-Turton, Philip Greiner, Mary Ellen Miller, Ann Deinhardt, 2009-03-16 Meaningful candid honest and visionary This guide will get you started and keep you moving forward An excellent tool for any advanced practice nurse faculty member or student who wants to practice in the community Susan Sherman President Independence Foundation From the Foreword Wellness centers continue to play a key role in enhancing access to health care and providing high quality care for patients Nurse Managed Wellness Centers serves as a step by step guide to starting and sustaining an effective wellness center whether non profit or academic Written for nurse and health care leaders nurse educators and students this book demonstrates how to develop centers that provide important health promotion and disease prevention services to all populations The contributors also share firsthand knowledge on how to address the challenges in developing wellness centers Get step by step guidelines on how to Begin and maintain a wellness center Assemble an advisory or governing board Write business plans and secure funding in an era of funding challenges Develop and maintain community partnerships Address mental health challenges in wellness centers Document and measure patient outcomes With this book nurse and health care leaders will obtain the critical tools necessary to successfully develop manage and lead their wellness centers

The New Wellness Revolution Paul Zane Pilzer, 2012-06-12 Read the Preface Introduction and Chapter 1 at thewellnessrevolution.com Five years ago Paul Zane Pilzer outlined the future of an industry he called wellness and showed readers how they could get in on the profitable bottom floor The New Wellness Revolution Second Edition includes more guidance and business advice for entrepreneurs product distributors physicians and other wellness professionals It s an industry that will only grow so get in while you can Cardiovascular Prevention and Rehabilitation Joep Perk, Peter Mathes, Helmut Gohlke, Irene Hellemans, Catherine Monpère, Hannah McGee, Philippe

Sellier,Hugo Saner,2007-09-18 In the network of cardiologists within the European Society of Cardiology Working Group on Cardiac Rehabilitation and Exercise Physiology there is a strong view that the time indeed is right to publish definitively on the methods involved in cardiovascular prevention and rehabilitation We are facing a transition from conventional cardiac rehabilitation to a phase of combined preventive and rehabilitative efforts as witnessed in the recent Joint Task Force Guidelines on Preventive Cardiology For this revision of our clinical routines we lack a practical textbook based upon the conditions and resources of European health care This textbook is designed to fill that gap Progressive Business Plan for a Men's Health and Wellness Center Nat Chiaffarano MBA,2018-08-05 Get Smarter About Your Chosen Business Venture This book contains the detailed content and out of the box ideas to launch a successful Men s Health and Wellness Center This Business Plan Book provides the updated relevant content needed to become much more knowledgeable about starting a profitable men s wellness company The fill in the blank template format makes it very easy to write the business plan but it is the out of the box strategic growth ideas and detailed marketing plan presented for your specific type of business that will put you on the road to success This ebook features in depth descriptions of a wide range of innovative products and services and a comprehensive marketing plan that has been customized for your specific business It also contains an extensive list of Keys to Success Creative Differentiation Strategies Competitive Advantages to seize upon Current Industry Trends and Best Practices to exploit Helpful Resources Actual Business Examples Sourcing Leads Financial Statement Forms and Alternative Financing Options If your goal is to obtain the business knowledge industry education and original ideas that will improve your chances for success in a men s wellness business then this book was specifically written for you the person looking to explore a vast array of new growth ideas **Businessplan - Theoretical Guide** Daniel Gschwend,2004-06-07 Inhaltsangabe Zusammenfassung Wie muss ein Businessplan aussehen und welche Elemente umfasst dieser konkret Diese Fragen stellen sich Manager immer wieder und verlieren dabei oft schon bei der Grobplanung wertvolle Zeit Die Konzeption eines Businessplanes ist eine zentrale Aufgabe jedes Unternehmens nicht nur aus Planungs sondern auch aus Strategischer Sicht Erst mit dem Verfassen eines Businessplanes werden die inner und ausserbetrieblichen Abh ngigkeiten ins Bewusstsein eines Managers gerufen Diese Bewusstseinsbildung f r das eigene Unternehmen garantiert den Erfolg in der Zukunft Anhand dieser Arbeit soll aufgezeigt werden wie ein Businessplan verfasste werden soll und welches die zentralen Elemente sind Hierbei handelt es sich nicht nur um eine theoretische Abhandlung sondern um eine mit vielen praktischen Beispielen versehene Arbeit welche den Schwerpunkt auf die finanzielle Planung und Kontrolle legt Die Abhandlung ist aufgrund ihrer internationalen Aktualit t auf Englisch verfasst aber auch f r den deutschsprachigen Leser sehr gut verst ndlich Introduction The following essay functions as an example how to create a Businessplan The following Businessplan has been specifically designed for the service sector which plays nowadays a major role in the modern post industrial epoch I have chosen the Hotel Tourisme sector as illustrative example because of its complexity and importance to national stakeholder value The

presented solutions are nevertheless generally applicable for the major business sectors in the service industry e.g. Banking Marketing Consulting HRM etc

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Customer Relationship Management

Advances in Tourism, Technology and Systems António Abreu, João Vidal Carvalho, Dália Liberato, Iván Suazo Galdames, 2023-06-18 This book features a collection of high quality research papers presented at the International Conference on Tourism Technology and Systems ICOTTS 2022 held at University of Chile Santiago de Chile Chile from 3 to 5 November 2022 The book is divided into two volumes and it covers the areas of technology in tourism and the tourist experience generations and technology in tourism digital marketing applied to tourism and travel mobile technologies applied to sustainable tourism information technologies in tourism digital transformation of tourism business e tourism and tourism 2

0 big data and management for travel and tourism geotagging and tourist mobility smart destinations robotics in tourism and information systems and technologies

Financial Wellness and How to Find It Melanie Eusebe, 2022-01-20 Fascinating Stylist magazine A powerful reminder that we cannot discuss wellness without also talking about the elephant in the room money This book isn't just about getting reconnected with a helpful app or spreadsheet but something much more important than that it will inspire you to reconnect with yourself Emma Gannon Financial Wellness and How to Find It takes finance out of the business pages and into our personal lives It tells us that the way we think about money has a lot to do with the way we think about ourselves and the stories we believe about what we deserve When you feel bad about money it's hard to feel good about life We focus on health and wellness as essential for happiness but so often we choose to bury our heads in the sand when it comes to taking positive action over our finances Financial wellness doesn't mean being rich having a portfolio of stocks and shares or being debt-free It's about understanding your emotions around money knowing who you can turn to for support and being aware of your subconscious beliefs about self-worth Melanie Eusebe founder of Money Moves shares the tools and resources you need to reset your relationship with money and take charge of your financial happiness whatever your situation and regardless of the economy Financial Wellness and How to Find It is empowering and essential reading for anyone who ever earned a paycheck and spent it

Health and Wellness Tourism Melanie Smith, Laszlo Puczko, 2008-10-23 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry This book examines the range of motivations that drive this diverse sector

of tourists the products that are being developed to meet their needs and the management implications of these developments A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas medical wellness life coaching meditation festivals pilgrimage and yoga retreats The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism This text includes a number of features to reinforce theory for advanced students of hospitality leisure and tourism and related disciplines **CBSE Class 12 - Beauty and Wellness Question Bank** Mocktime

Publication,101-01-01 CBSE 12 Question Bank Beauty and Wellness **Extreme Wellness** Sholom Gootzeit,2022-02-14
Sholom Gootzeit is a doctor of osteopathic medicine serving patients in the Greater Phoenix Arizona area His seventy year life journey has taken him from his birthplace in the Bronx across many different adventures and life experiences ranging from working for years as a lifeguard on Long Island to trying his hand at music and stand up comedy to years of working with his dad with children with severe developmental disabilities and ultimately to serving as a physician specializing in regenerative medicine and helping patients overcome what are in some cases lifelong injuries and physical trauma Along the way Dr Gootzeit has taken those life experiences missteps and assorted experiences and developed his own worldview on health fitness medical fallacies and the underlying causes of pain and its relief Extreme Wellness is his attempt to distill those learnings and experiences in a small easy to read and easy to understand volume to help readers find their own best paths to a life without pain Along the way readers will encounter many adventures in lifeguarding accompany the writer through the trials and tribulations of trying to master performing arts learn along with him from some of the leaders in the ever advancing art and science of regenerative medicine and even take a look behind the curtain at some of the ills affecting health care politics and culture in today s United States Through far flung and wide ranging anecdotes combined with extensive medical knowledge and years of firsthand experience Dr Gootzeit shows the reader how to approach treating both the physical ailments that come from daily life and also the value of finding their own paths and applying their own learning and experiences in creating a life imbued with extreme wellness Wellness and Personal Development Tips For The Modern Entrepreneur Greg Reynoso,2021-02-03 There is enough evidence that entrepreneurs are facing myriad stressors that reduce their satisfaction High workload and work intensity as well as financial issues facing their business are top of the stress list for entrepreneurs among many others As an entrepreneur you are under constant stress and pressure naturally Although all of your eggs have already been placed in one basket there is a lot more at stake for you Therefore to absorb the inherent risk tension and confusion taking care of your health through focusing on certain areas becomes very important After all the health of the organization would also plunge if you are not psychologically improved For any businessman focusing on yourself can make a big difference particularly when faced with obstacles that are bound to arise when in business Investing in your company is a brilliant idea but if you want to achieve success and smash your targets you need to

invest in yourself first This book will guide you through the process of a personal development process that will lead you towards the well being of your business and self The eBook has also aimed at giving you an understanding of how to cope with stress and never giving up in the middle of the journey to becoming a successful entrepreneur You simply have to follow the smart objectives and implement them in your business So if you are an entrepreneur and want to improve your health and skills then hop on to this book and begin reading or else you can gift this book to an entrepreneur you know **CBSE Class 12 - Beauty and Wellness - 10 Sample Papers** Mocktime Publication, CBSE Sample Papers Class 12 Beauty and Wellness *Ultimate Wellness* Prof. Kerry Phelps, 2013-02-01 Are you stuck in a health rut Stressed out overtired overweight and under par Maybe you sleep less and drink more than you should You know you need to make changes now rather than wait for the big health crisis but how In *Ultimate Wellness* Professor Kerry Phelps AM one of Australia's best known and most respected GPs shares her simple but effective 3 step approach to ultimate wellbeing Kerry shows you how to assess your health make a plan for improvement and change your mindset to ensure you stick to your goals She demonstrates how a little bit of effort one step at a time will make an enormous difference to how you feel Along the way she provides answers to your most common health questions How do I find the right health professional What really works when it comes to weight loss How do I integrate complementary and conventional treatments Do I need to take vitamins and other supplements How much exercise is ideal and how much can I get away with Why can't I get a good night's sleep How much alcohol is too much What can I do to overcome stress and fatigue Informative accessible and achievable this is your complete plan for getting better staying well and achieving ultimate wellness **Wellness and Work** Rick Csiernik, 2005 Employee Assistance Programming has evolved from a mechanism of social control to a major force for health promotion The field offers great potential for helping to build healthier communities of workers and families in addition to helping individual workers who may see themselves or be seen by others as people with problems *Wellness and Work* Employee Assistance Programming in Canada provides a clear vision for employee assistance programming The book is divided into five sections 1 evolution 2 structure 3 practice 4 case studies and 5 creating wellness In this historical theoretical and practice oriented collection of original articles both student and practitioner will trace the growth of this burgeoning field of practice An informative and useful book for the practitioner and visionary alike *Wellness and Work* will be an essential addition to the libraries of helping professionals and service delivery organizations **Prevention Practice** Catherine Rush Thompson, 2007 The all encompassing *Prevention Practice* A Physical Therapists' Guide to Health Fitness and Wellness successfully details the impact health promotion health protection and the prevention of illness and disability have on increasing the quality and length of a healthy life for individuals across the lifespan Dr Catherine Thompson along with eight contributors all with diverse backgrounds in physical therapy rehabilitation and healthcare present the fundamental health fitness and wellness concepts that are critical for providing preventive care to healthy impaired and at risk

populations as outlined in the Guide to Physical Therapist Practice and Healthy People 2010 Prevention Practice includes screening tools for determining risk factors associated with common medical problems as well as resources for implementing prevention practice in clinical and community based settings including planning and marketing a prevention practice. Additionally this unique guide offers suggestions for providing appropriate interventions consultation referral education resources and program development. Some topics covered include:

- Overview of holistic versus traditional medicine
- A comparison of isometric isotonic and isokinetic exercises
- Comprehensive physical health screening
- Musculoskeletal neuromuscular cardiopulmonary and integumentary impairments and developmental disabilities
- Tips letters and "dorsquo s and donrsquo tsrdquo for providing advocacy to those in need of guidance

Perfect for clinicians students allied health professionals rehabilitation specialists physical medicine specialists and recreation therapists Prevention Practice is a valuable resource for everyone in the areas of health fitness and wellness. Additional features:

- Behavioral Risk Factor Surveillance table
- Lifestyle Behaviors Screening questionnaire
- Pathology specific signs and symptoms
- Womenrsquo s health issues
- Risk of injury based upon age gender and race
- Nutrition screening for older adults

All Together Now Gail Voisin, 2011-03-14 Achieving outstanding personal and organizational success in our busy chaotic world requires a leading edge set of skills for 21st century executives and leaders. All Together Now teaches executives and leaders to align the three key areas of Vision Leadership and Wellness to measure and sustain high performance levels.

Wellness Tourism Cornelia Voigt, Christof Pforr, 2013-11-20 Core values of society health and wellbeing impact today on all aspects of our lives and have also increasingly influenced patterns of tourism consumption and production. In this context wellness has developed into a significant dimension of tourism in a number of new and long established destinations. However although it is consistently referred to as one of the most rapidly growing forms of tourism worldwide there still remains a dearth of academic literature on this topic. This book uniquely focuses on the supply side of wellness tourism from a destination perspective in terms of the generation and delivery of products and services for tourists who seek to maintain and improve their health. This approach provides a better understanding of how wellness tourism destinations develop and explores the specific drivers of that growth in a destination context and how destinations successfully compete against each other in globalised market place. A range of wellness destination development and management issues are examined including the importance of authenticity an appropriate policy framework delivery of high quality goods and services participation of a broad range of stakeholders and the development of networks and clusters as well as collaborative strategies essential for a successful development and management of a wellness tourism destination. International case studies and examples from established and new wellness tourism destinations are integrated throughout. This timely volume written by leaders in this sector will be of interest to tourism and hospitality students and academics internationally.

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