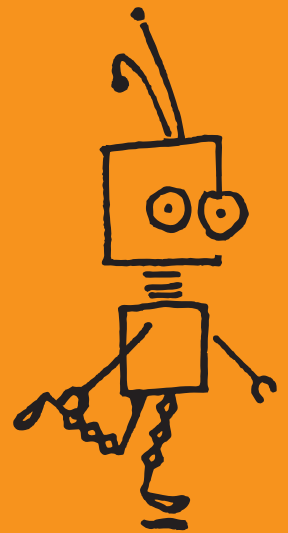
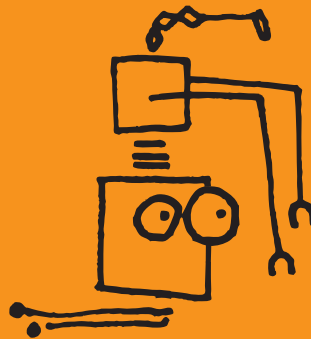
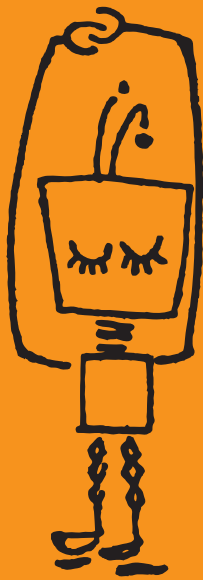
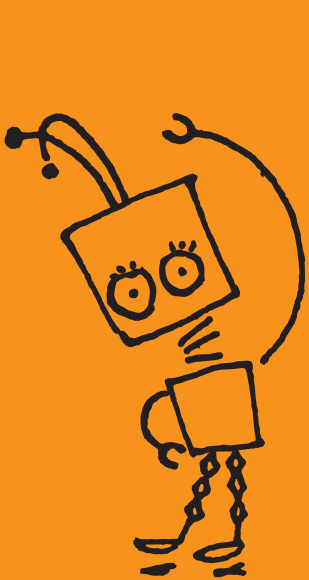




go



Motion Infusion is a revolutionary company that will spark a movement in your workplace.

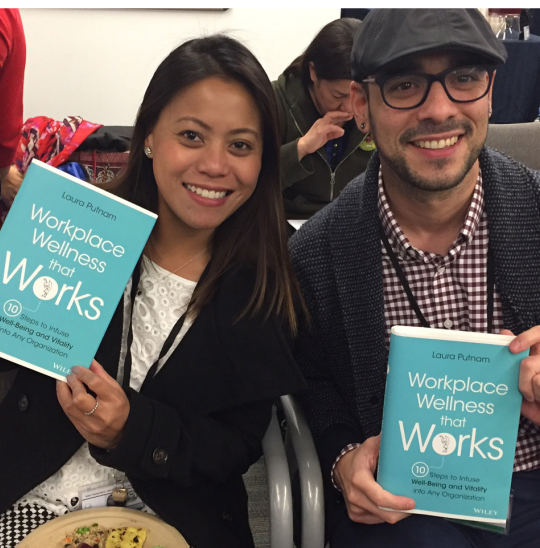
When it comes to wellness, it takes more than numbers to bring about change. It takes human connections and unheard-of solutions.

Motion Infusion is shaking things up. We're engaging employees, managers, and even the C-suite in a way they didn't think was possible. We're catalyzing improved well-being, increased productivity, smarter thinking, better leadership, and a whole lot of teamwork.

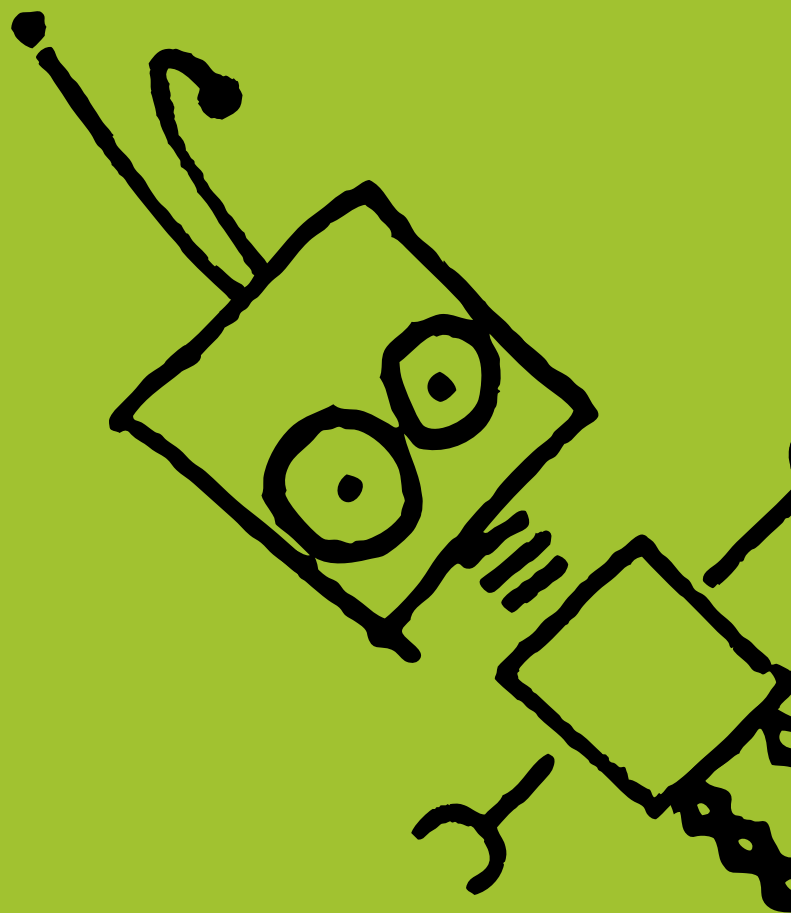
Curious? Read more to find out how we do it.

Table of Contents

Our Mission	4
Speaking.....	7
Book	9
Programs	11
Our Clients	19
Our Partners	21
Contact.....	23



OUR MISSION



We're disrupting the status quo.

Motion Infusion is on a mission to get organizations in motion — and on a path to wellness that actually works.

Heart disease, diabetes, stress, obesity and a host of other chronic conditions plague our society like never before. In addition, organizations are facing alarming rates of disengagement, decreased productivity, and increased absenteeism. Yet getting people to make changes for the better continues to be an agonizing riddle to solve.

The truth is, wellness is a loaded issue for most of us.

When we hear “wellness,” we think health assessments, scary statistics, and never-ending lectures. But wellness doesn't have to be complicated and frankly, boring. If it's rooted in motion, built on positive reinforcements, focused on quality of life, and connected to a higher purpose, wellness can be invigorating and incredibly effective.

At Motion Infusion, we're inspiring employees, managers, and leaders through thought-provoking insights, hands-on exercises, applicable tools — and yes, a healthy dose of humor. The key is engagement — and that's where we stand head and shoulders above the rest.



MEET LAURA PUTNAM

Laura is a tour de force.

Author, speaker, writer, and rabble rouser, Laura Putnam is causing a disturbance in the wellness world.

Author of *Workplace Wellness That Works* (Wiley, 2015), Laura is obsessed with finding the solutions to the wellness and engagement conundrums that plague our workplace environments and cultures.

As CEO of Motion Infusion, Laura is helping organizations “get in motion.” By merging evidence-based methodologies from the field of wellness with best practices from the field of learning and development, Laura is introducing creative solutions to address behavior change and human performance — the building blocks for happier and healthier organizations.

Her innovations have not gone unnoticed. She’s been covered by *MSNBC*, *The New York Times*, *US News & World Report*, *Entrepreneur*, *Business Insider*, *NPR*, and *The American Journal of Health Promotion*.

Laura is proud of her multi-disciplinary background. She’s been an urban public high school teacher, an international community organizer, a dancer in New York, and a Stanford scholarship gymnast. She’s the recipient of the American Heart Association’s 2020 Impact Award as well as the National Wellness Institute’s Circle of Leadership Award. She also served as the Chair of the American Heart Association’s Greater Bay Area 2020 Task Force and currently serves as adjunct faculty at the California Institute of Integral Studies.

A graduate of Brown University and Stanford University, Laura lives in San Francisco with her fiancé and two unruly cats.



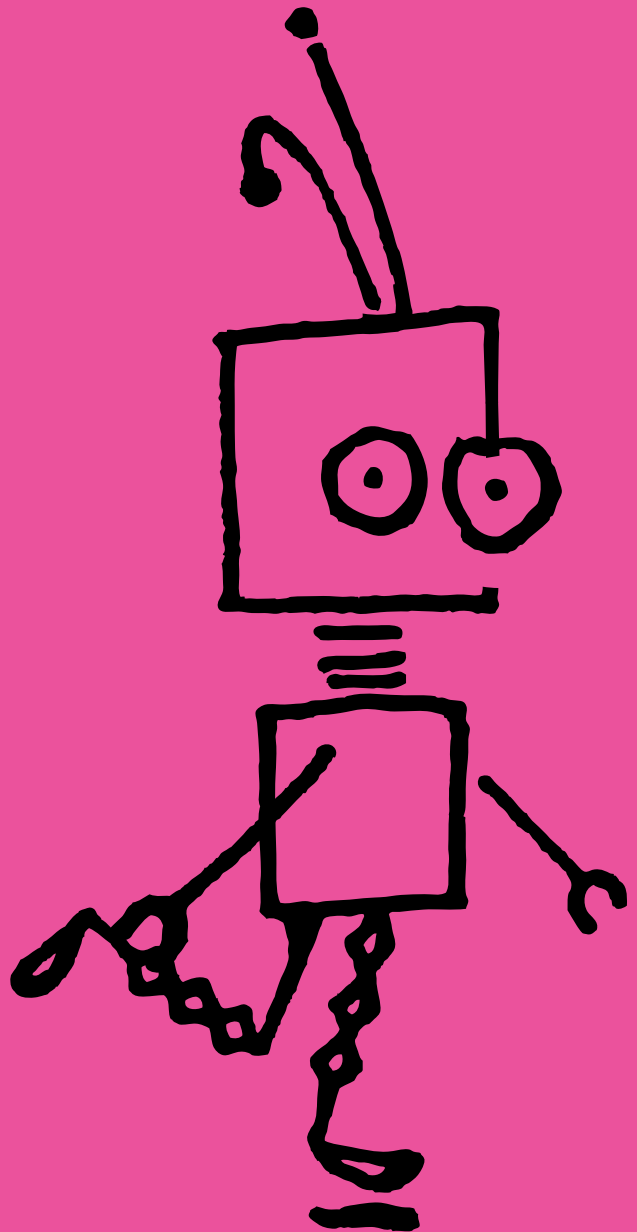
Laura Putnam, CEO of Motion Infusion



Laura Putnam is one of the new visionary leaders that has emerged to ensure workplace wellness continues to move forward.

- BILL BAUN, WELLNESS OFFICER
AT MD ANDERSON

■ SPEAKING



A keynote that will move you.

If you're looking for inspiration and insights on topics related to well-being, motivation, innovation, or improved performance, look no further.

Laura's keynotes and on-site presentations are lively and spirited, with lots of easy-to-use tips to get everyone "in motion" — and on the road to real change.

Laura has keynoted at conferences, companies and associations around the world in venues that house intimate groups to thousands of attendees. She's shared the stage with notables who include Dan Buettner, author of *Blue Zones*; Dr. Oz, TV personality; and David Katz, Director of Yale Prevention Research Center. Laura's unique style of speaking combines relevant science with meaningful stories that engages audience members in a powerful way.

SAMPLE KEYNOTE TOPICS

- ▶ **Workplace Wellness That Works:** How to Infuse Well-Being & Vitality into any Organization
- ▶ **The Multiplier Effect:** What the Best Managers Do Differently
- ▶ **Me At My Best:** How to Drive Personal Performance Through Well-Being

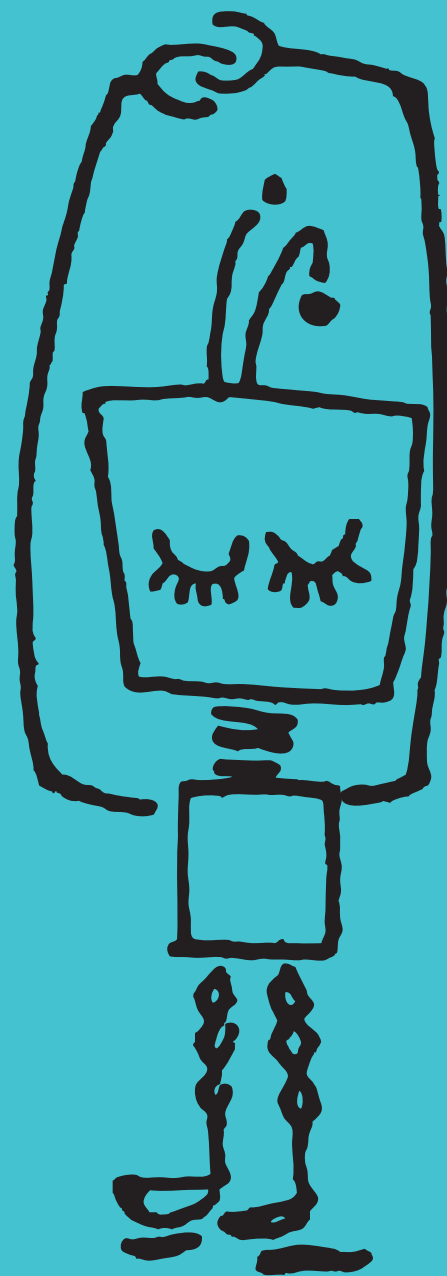


Laura really knows how to get a crowd moving.

- PAMELA VAVRA, SR ACCOUNT
MANAGER, BLUE SHIELD OF CA



BOOK



An action-oriented book.

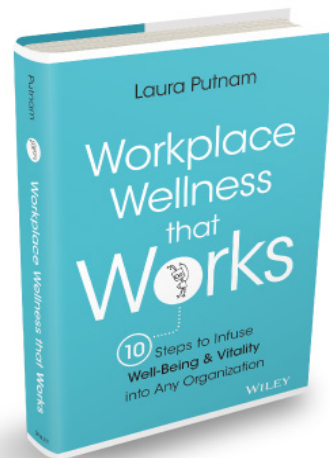
Packed with the latest research and brimming with ideas based on real-world case studies and stories, *Workplace Wellness That Works* takes a fresh approach to workplace wellness.

Learn how you can shift the conversation from implementing yet another program to starting a movement. In 10 steps, this book outlines tangible ways that you can make a difference in your employees' health and happiness, and how you can promote an overall culture of well-being.



Laura Putnam's insights coupled with compelling stories and tangible action items will help any organization adopt a more creative approach toward transforming culture and influencing well-being at work.

- CHIP CONLEY, AIRBNB HEAD OF GLOBAL HOSPITALITY AND STRATEGY, NEW YORK TIMES BESTSELLING AUTHOR OF EMOTIONAL EQUATIONS



Workplace Wellness that Works is a different and insightful look at an old topic that takes a more holistic perspective. Laura incorporates workplace design, culture, and a more employee-centric perspective with practical examples I can use to deliver healthier work environments.

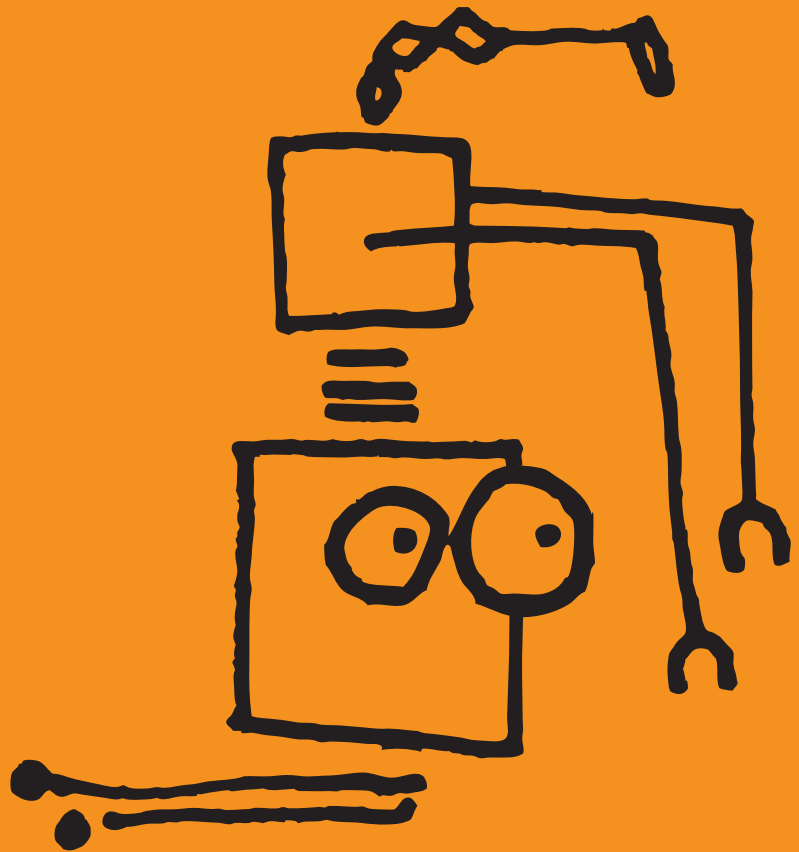
- CHRISTOPHER S. DEAN, CEO OF SWRVE MOBILE, INC., CHIEF REVENUE OFFICER OF URBAN AIRSHIP AND CHIEF STRATEGY OFFICER OF SKYPE



For those who are seeking a practical guide to workplace wellness, here's your answer. A book that's packed with innovative ideas on how to take action today to improve employee health and well-being.

- DEE EDINGTON, PHD AND JENNIFER PITTS, PHD, COFOUNDERS OF EDINGTON ASSOCIATES AND COAUTHORS OF POSITIVE HEALTH AS A WIN-WIN ORGANIZATIONAL PHILOSOPHY

PROGRAMS



WORKSHOP: MANAGERS ON THE MOVE

Activate your leadership.

Managers on the Move is an action-packed workshop that will teach — and inspire — your managers and leaders to become agents of health and well-being.

In just a half-day, your managers, along with your leaders, will become more productive and engaged — and they'll bring that message to their teams, creating a massive multiplier effect throughout your company. Studies show that managers are the key links to embedding wellness in the culture of any organization.

At Motion Infusion, we are taking action by specifically focusing on the manager. Why? Because the manager is *the* vital ingredient as each likely accounts for 70% variance in employee engagement. Net result: Each manager learns the tools to carve out an oasis of well-being within their team, which in turn creates a ripple effect throughout the organization.



Managers on the Move has transformed us. Through it, we've created something that is sustainable.

- CROCKETT DALE, CEO, HEALTHSTAT INC.



HERE'S HOW IT WORKS.

Managers on the Move empowers participating managers and leaders to master three strategies to spark positive – and measurable – changes in their organization.

Do

Lead by example.

Speak

Persuade team members to join through effective communication.

Create

Develop an infrastructure within the team to make well-being easy and “normal.”



Managers on the Move advanced our culture by two years.

- GREG MORRIS, VP OF HUMAN RESOURCES, HEALTHSTAT INC.



The workshop was uplifting for me; the energy and enthusiasm was contagious. This is, I hope, the start of a sustainable change for the team, the site, and for me, personally.

- WILLIAM JAMES, PHD, HEAD OF MATERIALS DEVELOPMENT, SCHOTT NORTH AMERICA



We are so pleased with how the Managers on the Move workshop was received by our managers. I am confident they will continue to implement based on ideas gained from the training.

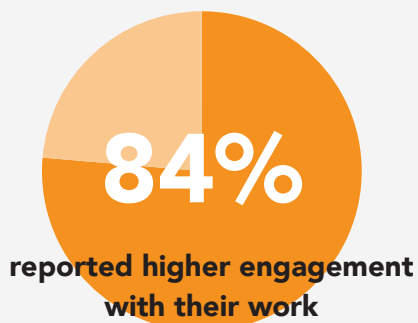
- JACQUE RUSSELL, PHR, DIRECTOR, HUMAN RESOURCES, CITY OF TOPEKA

THE NUMBERS SAY IT ALL.

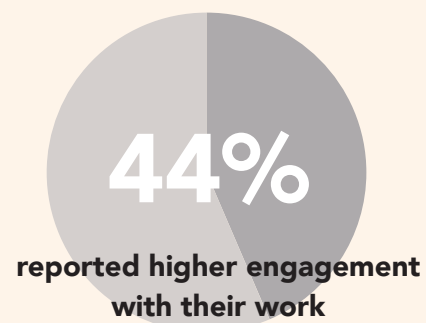
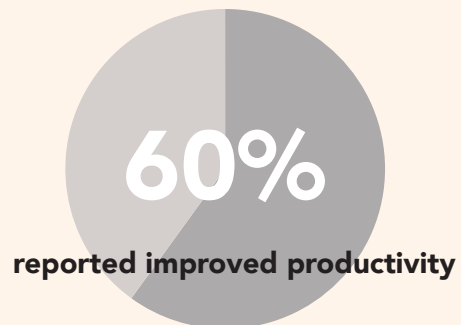
Managers on the Move will truly move the needle for your organization. It will effect a measurable difference for those who attend the workshop in the areas of productivity, engagement with work, and well-being - all key elements to building a high-performing team. But here's the amazing thing. It will also create a positive impact for employees who *don't* attend the workshop, but who are managed by participants.

That's the multiplier effect in action.

IMPACT ON PARTICIPATING MANAGERS AND LEADERS



IMPACT ON NON-PARTICIPATING TEAM MEMBERS (managed by participants)



WORKSHOP: WORKPLACE WELLNESS THAT WORKS

Inspire your workforce.

Based on Laura Putnam's groundbreaking book on wellness, *Workplace Wellness that Works* is a workshop that will light your company on fire.

Ideal for consultants, HR professionals, and wellness managers, this energizing and informative program will generate results — and smiles.

Let's face it. It takes more than boring and scary numbers. Wellness needs to be fun to be effective!

Workplace Wellness that Works uses state-of-the-art industry research backed up by real-world examples and case studies. Participants will get concrete, actionable takeaways to build a culture of well-being throughout their organization, to make a lasting difference for themselves — and for those they work with.

“

AWESOME
workshop. Content
was fresh and easy
to put into action.

- KRISTIN SANDERS, WELLNESS
MANAGER, HUB INTERNATIONAL



Participants will learn how to:

- ▶ Appeal to positive emotions instead of enforcing compliance.
- ▶ Shift the focus from improved health to improved quality of life.
- ▶ Tap into the power of intrinsic motivation over incentives.
- ▶ Use “nudges” and “cues” to make the healthy choice the easy choice.
- ▶ “Go stealth” — and “sneak” wellness into non-wellness initiatives.
- ▶ Integrate well-being into the fabric of business as usual.



After this workshop, I feel empowered. I'm now armed with the knowledge and tools I need to change minds and behaviors.

- LACEY HENDERSON, HR SPECIALIST, HEMPHILL COUNTY HOSPITAL DISTRICT



MINI-WORKSHOPS: ME AT MY BEST

Engage your employees.

Our Me At My Best mini-workshops that offer bite-sized portions of health, well-being and happiness to motivate all members of your team.

These aren't your typical lunch 'n learns. Motion Infusion's Me At My Best features a fresh buffet of easy-to-digest wellness talks that blend scientific research with engaging exercises — all finished off with a good dose of fun.

Me At My Best talks cover a range of topics from learning to live with vitality to setting wellness goals to healthy eating habits that are easy and fun to incorporate into your daily diet. Your team members will walk away with actionable advice and hands-on tools for making wellness and well-being a more sustainable part of their lives.



Other lunch 'n learns try to get people to participate.
Yours actually did.

- LESLIE GARCIA, SR BENEFITS DIRECTOR, IDT



MINI-WORKSHOPS: ME AT MY BEST

A snapshot of Me At My Best mini-workshops we offer:

► Live With Vitality

What are the keys to not just surviving — but fully thriving? Learn about the multidimensional essentials of well-being, including physical, emotional, social, financial, career and community. Come away with specific takeaways to catapult yourself into a revitalized way of living.

► Set Your Wellness Goals

Our well-being is largely a result of our choices. The real challenge is getting ourselves to close the “knowing and doing” gap. Come away with strategies like “tiny habits” to achieve a lasting healthy lifestyle.

► Get A Move On

Get the latest on how sedentary lifestyles are affecting us, why getting active is more than just “getting a workout,” and how to infuse motion into your daily routine. After leaving this session, you’ll reconsider next time you ask someone to “Have a seat!”

► Healthy Eating Habits That Last

It’s time to take an honest look at healthy eating. Learn about new research that uncovers a better way to manage weight and why getting more “SOUL” — as in, “seasonal, organic, unadulterated and local” — is key to health and well-being.

► Resilience In The Face Of Stress

Let’s face it – we live in a world full of stress. From the story behind “Type A” versus “Type B” to insights from Viktor Frankl’s *Man’s Search for Meaning* to the concept of proactive restoration, learn how you can better manage stress and build resiliency with simple, yet effective practices.

► Discover Your Happiness

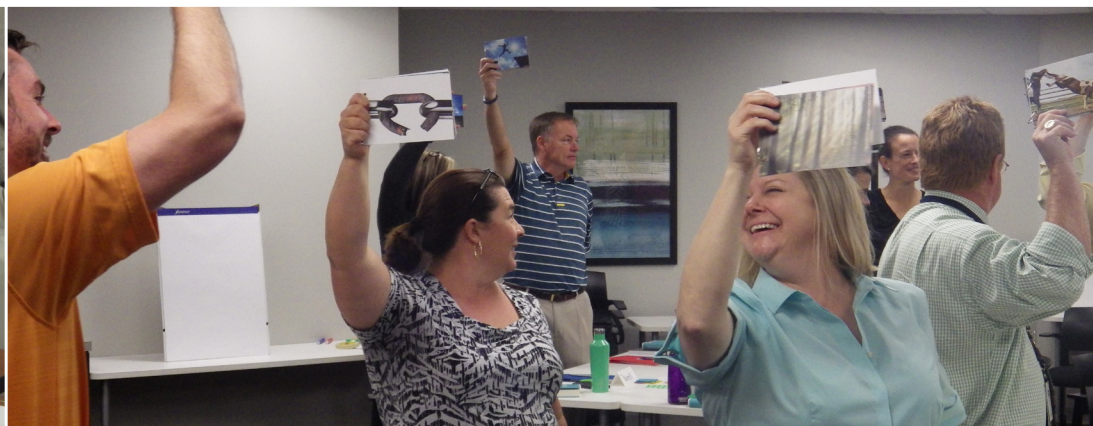
Move beyond stress management to explore the fundamentals of true happiness: joy in the moment, social connections, career satisfaction and a deep sense of purpose and meaning.

► Unleash Your Inner Genius

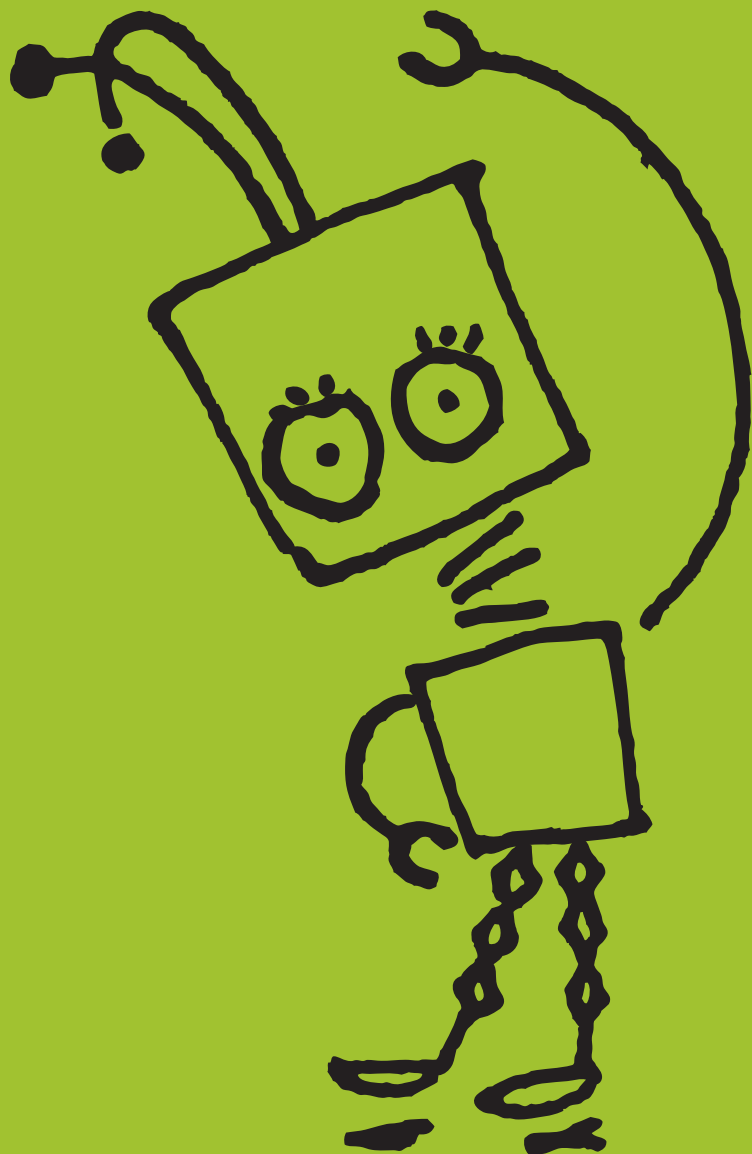
Through an exploration of brain-based research, compelling case studies and a template to build your creative capacity, learn how movement can help you to unleash your “inner genius” and why it’s never too late to get started.

► Stand Up For Being The Change

When it comes to health, well-being and living with vitality, each of us can become agents for change. Starting with yourself, learn about how you can spark a movement of well-being to positively influence your co-workers, your family, your community, and even your world.



OUR CLIENTS



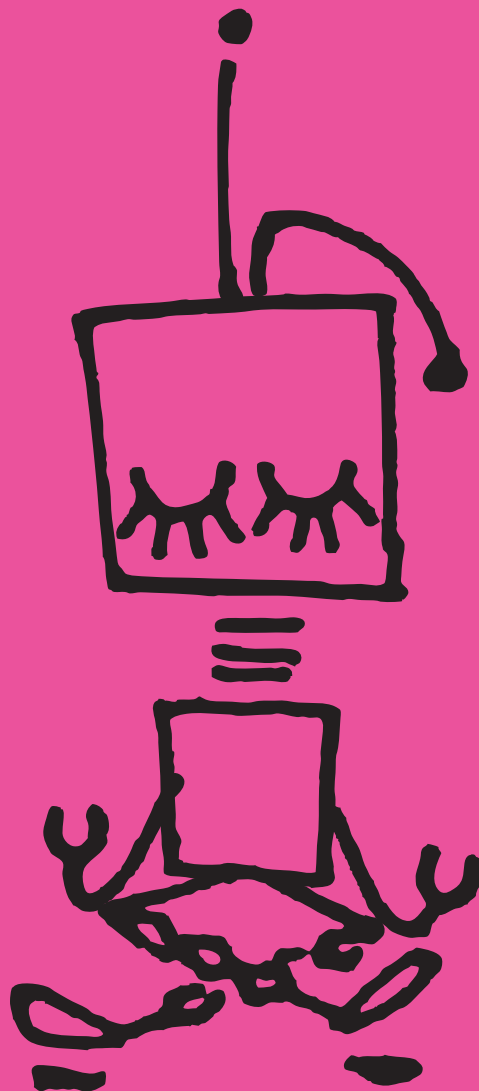
Every industry could up their wellness game.

Frankly, we're all feeling a little stressed out and in need of some well-being at work. That's why leaders from across the spectrum — from technology to financial services to education to health care to manufacturing to government to nonprofit to energy — have reached out to us.

Here are just a few of the organizations we've worked with.



OUR PARTNERS



Launching a revolution takes comrades.

Sparking a true movement is not a solo activity. We're proud of the partners we work with.

HEALTHSTAT, INC.

Healthstat, Inc. is the leading provider of onsite health clinics, workplace wellness programs, and health management solutions for companies and their employees. Currently, Healthstat serves over 300,000 participants a year with more than 300 clinics in over 30 states. In addition to a guaranteed ROI, clients enjoy increased productivity, decreased absenteeism, fewer claims, and a benefit their employees love.

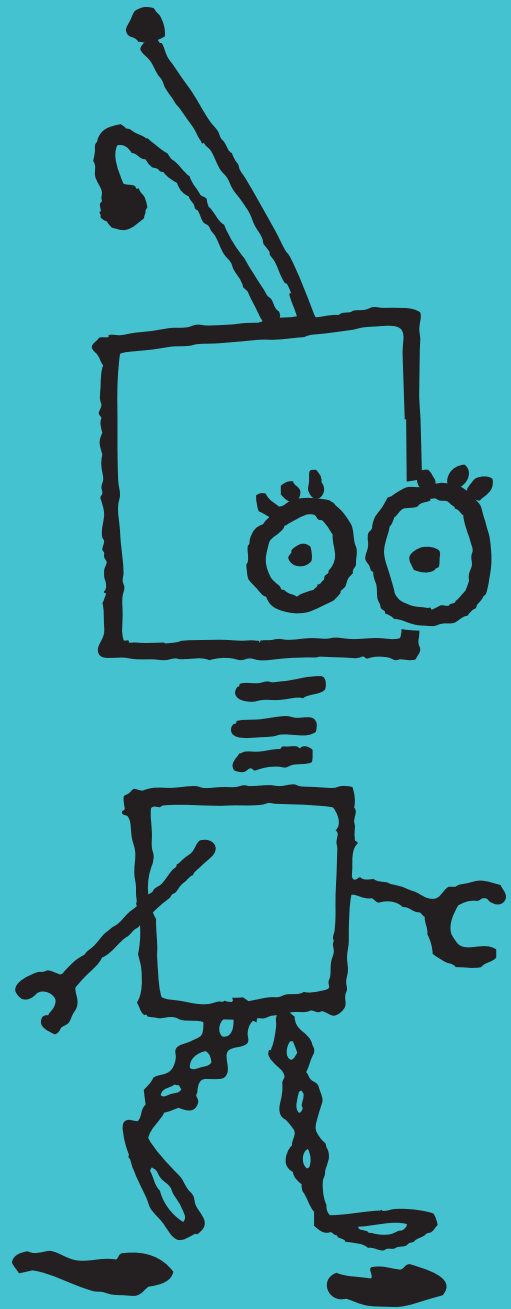


RETURNS ON WELLBEING INSTITUTE

The Returns On Wellbeing Institute (ROWI), founded by Jim Purcell, former CEO of Blue Cross Blue Shield Rhode Island, helps employers understand, and then build for themselves, workplace cultures of wellbeing. ROWI is a multidisciplinary group that provides evidence-based wellbeing strategies, tools, resources and programs that improve employees' lives and achieve a true return on investment.



CONTACT



Make your move.

Ready to launch a wellness revolution in your workplace?

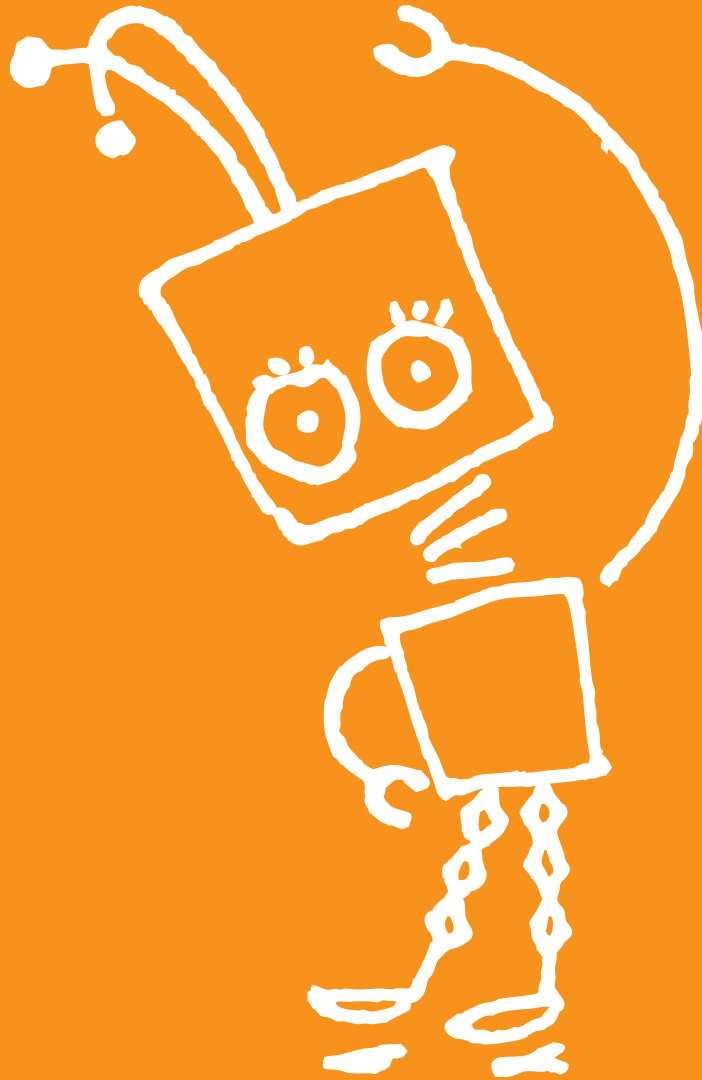
Give us a call at (415) 310-5505 or email laura@motioninfusion.com to set up a free consultation.

“

Laura Putnam gave a superb opening address at Workforce Strategy 2017. Our audience of Fortune 500 companies found her compelling, engaging and inspiring.

- LUANN HEINEN, VICE PRESIDENT, WORKFORCE WELL-BEING, PRODUCTIVITY AND HUMAN CAPITAL, NATIONAL BUSINESS GROUP ON HEALTH





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