



SPRING 2024

A person with long brown hair in a ponytail, seen from the back, wearing a dark blue tank top with the MOVE LIFT LIVE logo on the back. They are in a gym setting with treadmills visible in the background.

# TEAM WELLNESS

MAKING GOOD HEALTH  
**EASILY ACCESSIBLE**

A LOCAL ALLY IN CREATING A  
**CULTURE OF GENERATIVE &  
PROGRESSIVE PERFORMANCE**



MOVE.  
LIFT.  
LIVE.

## PURPOSE AND INTENTION

# HELP BUSINESSES SUCCEED BY HELPING TO BUILD A CULTURE OF WELLNESS AND INVESTMENT IN PROGRESS

2023, in a post-pandemic era, statistics increasingly reveal the pressure to rethink the employee value proposition company leaders face. Now, more than ever, HR departments and senior executives must maintain quality of life, wellness, mobility, skill development and relationships as top priorities in order to retain and attract strong talent.



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## WHO WE ARE



We're the only health club truly focused on removing the barriers to true transformational outcomes. In short, we dive into the weeds getting to know people well enough to show them what they're really chasing—even when they may not realize it yet themselves—so we can guide them there.

2019



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Founded

~300



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Regular clients and members

15



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Staff of intentional professionals

118



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Combined years of experience



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## OUR PURPOSE

WE BELIEVE HUMAN  
PERFORMANCE, ACHIEVEMENT  
AND EXCELLENCE ARE  
ACHIEVED THROUGH DEEP  
SELF-REFLECTION,  
AWARENESS, CONNECTION  
AND VULNERABILITY



From inception, we built a uniquely multi-disciplinary force that enables the range and degree of thought and experience needed to reveal people to themselves—physically, mentally and emotionally— so they can find long-lasting, life-altering transformation.



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## THE PROBLEM WE WISH TO HELP YOU SOLVE

We endeavor to help you meet the needs of the times. Professionals ourselves, we wish to see a day where great talent finds value in their work life again. We aim to help build a culture of wellness, intention and interest in progress and creativity for high performing individuals. We seek to relieve companies, organizations and teams from the financial burden of building elaborate wellness programs.



62%

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No. of employees reporting high levels of stress, with extreme fatigue/feeling out of control.



50%

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Percentage of all work-related ill-health tied to depression and anxiety.



41%

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No. of employees agreeing that stress makes them less productive.

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**SOLUTION**

# OUR VILLAGE IS AN EXTENSION OF YOUR STAFF DEVELOPMENT AND WELLNESS TEAM



Without the complications of individual memberships and enrollments, we can enable a solution that onboards your team as an organizational partner, whereby each individual of your staff can have access to all our unique services and opportunities to develop personal goals and improve upon them.



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SOLUTION

# DISCOVERY



As we do with each of our clients on a regular basis, each of your team will have access to a mentor, by which goals and priorities can be established, and a clearer understanding of what work we might do together can look like.

:60



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Average time needed for a Discovery Session



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**SOLUTION**

# SERVICES



Whether through exceptional coaching in a tightly-knit community environment, or through bespoke and individualized attention, your staff will have the ability to create a baseline level of support with our mentors and staff.

01



## GROUP INSTRUCTION

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CrossFit, general fitness, recovery and specialized training in energetic community settings enable motivation and engagement like no other.

02



## PERSONAL GUIDANCE

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For challenges and goals requiring more specialized attention to ensure accelerated progress, partnering with a mentor can yield results in the shorter term.

03



## RECOVERY / THERAPY

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Set-backs, limitations and histories of pain or surgery are part of our journeys; working with specialists to mitigate and overcome them can better support performance goals.

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## SOLUTIONS

# PACKAGE PRICING

Tiered to match your level of need, we can create packages that allow your valuable talent regular access to our facility and services. Beyond just building packages based on number of employees, we've also considered the depth of the investment you might wish to make into their success.

### MINDFUL MOVEMENT

Limited to group instruction only, this will allow for the creation of better habits and routine, while also enabling connection with a great community and motivated shift in health and fitness progress.

### DEDICATED PERFORMANCE

Allowing for the integration of personal and individualized attention, this tier allows for a deeper dive into key goals and challenges, and establishes a baseline for entry toward accelerated progress.

### LIFESTYLE TRANSFORMATION

All in, this allows for nearly full access to a roadmap for individualized success. It provides your staff regular access to group instruction, while also enabling more regular access to work one-on-one with our mentors and specialists to tackle problems and goals head on.

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SAMPLE: 10 EMPLOYEES	<b>130 credits</b> \$3,250/mos	<b>210 credits</b> \$5,000/mos	<b>450 credits</b> \$10,000/mos
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Assumes 3x/weekly visits to a group session for each member of your team.

Assumes 3x/weekly visits to a group session PLUS 2x/monthly one-on-one session with a mentor for each member of your team.

Assumes 3x/weekly visits to a group session PLUS 8x/monthly one-on-one session with a mentor for each member of your team.

**Group Session = 1 Credit**  
**1-on-1 Session = 4 Credits**

\*packages above for illustrative purposes; custom packages will be built based on unique organization size and needs and can be scaled upwards or downwards in credit volume.

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SOLUTIONS

# CUSTOM ACTIVITY

Beyond making our day-to-day services accessible to your people, your MLL team is equipped to build customized programs for your organization as a whole.

## ORGANIZATIONAL WELLNESS EDUCATION

We've got the chops and experience to build workshops, clinics and seminars for your group, touching on a range of subjects that matter to their vitality, longevity and overall performance and productivity. Key topics can include, but aren't limited to, the following:

- MOVEMENT IN THE WORKPLACE: SAFETY AND PAIN PREVENTION
  - STRESS MANAGEMENT AND COPING MECHANISMS
  - NON-RESTRICTIVE NUTRITION AND PHYSICAL ACTIVITY
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## GROUP ACTIVATIONS AND EVENTS

Whether at our space, yours or an entirely new environment, our team is ready and able to create fun and exciting events, as one offs or as recurring activities, that bring your group together and inspire vitality and motivation to live life more fully.

- GROUP FITNESS AND MOVEMENT EVENTS
- TEAM BUILDING ACTIVATIONS



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ABOUT US

# WE HAVE A TRACK RECORD OF IMPROVING PERFORMANCE



sometimes, we need to help individuals uncover their sense of meaning and purpose so they can better articulate it for themselves. that's how we meet people where they are, and get to the real work of aligning how they feel in their bodies with how they want to feel in life. that's the secret sauce to success, both in their habits and their performance in their careers.

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ABOUT US

# LEADERSHIP TEAM

we do this valuable, deeply transformational work through a team of incredibly talented and experienced individuals spanning a rich cross-section of diverse professions, interests and knowledge-bases.



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**TROY VALLS**

MLL Founder, Owner



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**KARLA VALDIVIA**

MLL Partner



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**CESAR TOBAR**

MLL Partner



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**LUIS NARANJO**

Head Mentor,  
Programming



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**GABRIEL HOUSSOU**

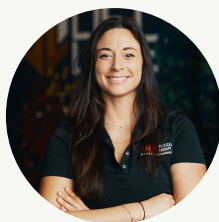
Head Mentor, Personal  
Training, Client Relations



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**CHRISTIAN ESPINAL**

Head Mentor, Facility  
Management, Services



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**JESSICA DAY**

Fox Physical Therapy,  
Brickell GM



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**SUSY CASTILLO**

Manual Therapist

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CONTACT

# LET'S GET BETTER TOGETHER



TROY  
VALLS

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WEBSITE

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THANKS

[WWW.MOVELIFTLIVE.COM](http://WWW.MOVELIFTLIVE.COM)