



2.3. Start-up Expenses

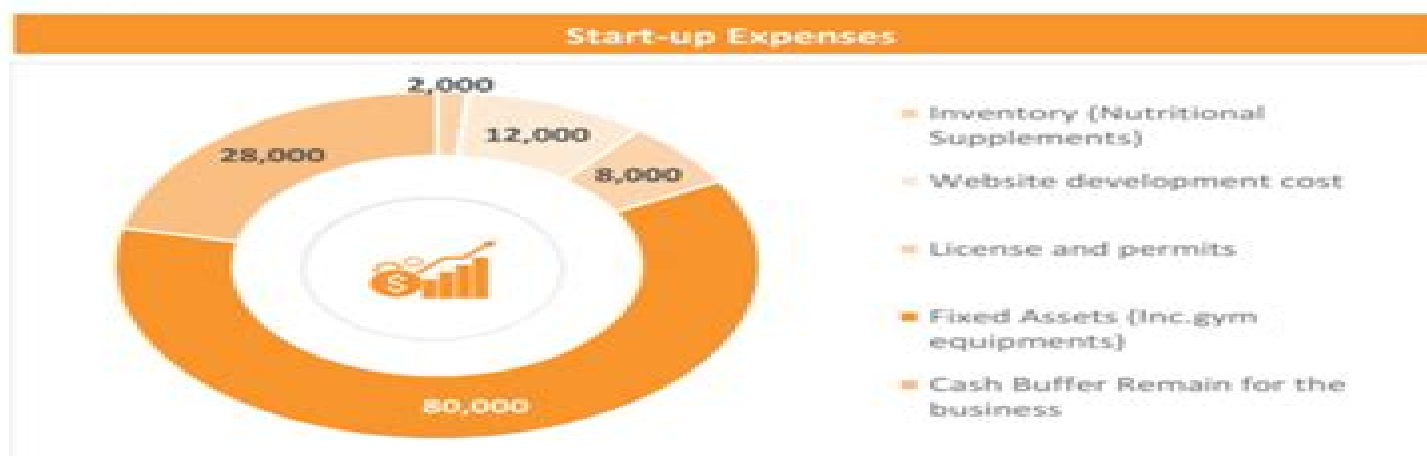
The Company will lease a space (6,000 square feet) in New York City. As NY is one of the largest and most densely populated cities in the US. The city has a large and diverse population that could support many different types of gyms. With a large number of young professionals and a growing interest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

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Wellness Business Plan:

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

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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 [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

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Business Plan For Wellness Center Molly Elodie Rose, 2020-04-07. This business book is different. Unlike every other book you'll read with titles like *How To Craft The Perfect Business Plan in 89 Incredibly Simple Steps*, this book is different. It's a simple *How To* guide for creating a Business Plan that's right for you and your business, and also an easy-to-follow workbook. The workbook will guide you through the process you need to follow. It tells you the questions that you need to consider, the numbers you need and how to get them, and supporting documents you need to gather. The main purpose of a business plan is to aid YOU in running YOUR business. So the workbook has been designed for you to write the information in and refer back to as needed. If you need to supply your Business Plan to another party, such as a bank, if you're looking for finance, then it's simple to type up the various sections for a professional document. Running your own business is both a challenging and daunting prospect. With a well-thought-out business plan in place, anticipating the challenges you'll face AND the solutions, it will be much less daunting and much more exciting. Good luck!

Molly **The Healthy Workplace** William M. Kizer, 1987. What will a wellness program do to a company's bottom line? This practical guide explains how a company, large or small, can implement a worksite wellness program that can benefit both the company and the community. It answers the tough questions that business leaders ask about worksite wellness: how to make a return on investment in wellness, how to minimize risks, what to make of the legal aspects and tax implications, and how wellness prepares the work force for the ups and downs of doing business in America. The book also looks at the insurance industry's role in promoting the spread of wellness programs. A business plan is provided for health promotion at work. Specific guidelines for programs on smoking cessation, alcohol abuse, nutrition, and exercise are discussed, as well as information on community wellness councils.

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