



Healthy Fit Family is a full-service health and wellness company. We offer weight loss and fitness programs and corporate wellness consulting.

Our dedication to health and wellness programs spans over 20 years. Health, fitness, and wellness are our passion and we strive to deliver that passion to every program we offer through Healthy Fit Family and HFF Corporate.

With HFF Corporate, you will find that we provide a cross-section of services for almost any budget. We have seen too many times that the smaller companies are underserved when it comes to corporate wellness programs, and some of the mid-sized companies get sold on an online portal that can be expensive and impersonal.

Health and wellness programs are not a one size fits all proposition and we work to make every program the right fit for you.

We look forward to working with you.

Marcy Morrison and the Healthy Fit Family team.  
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## **A Few of our programs:**

Health Coaching for individuals and families  
Weight loss programs  
Home gym design

## **HFF Corporate**

Wellness Surveys  
Wellness Champions recruiting and training  
Nutrition and fitness programs  
Weight management and weight loss  
Team and individual challenges  
Targeted health education  
High risk engagement program  
Financial wellness  
Ergonomics  
Mindfulness and Meditation  
Nutrition for disease management and prevention  
Health Fairs  
Flu shot clinics  
Health insurance programs audit (we work with your carrier to find and implement every program available to you)

To see a sample of one of our signature programs, please contact us at: [Marcy@healthyfitfamily.com](mailto:Marcy@healthyfitfamily.com)  
617-431-6651