

A low-angle, street-level photograph of a busy city sidewalk. In the foreground, a cyclist wearing a helmet and a backpack is riding a bicycle. Next to him, a man in a white shirt and dark trousers carries a large black bag. Further down the sidewalk, several other pedestrians are walking, some carrying bags. The background features tall, modern office buildings under a clear blue sky. A teal graphic element, consisting of a diagonal bar and a semi-transparent rectangle, is overlaid on the image, containing the text.

SEATTLE PERFORMANCE MEDICINE

**CORPORATE  
WELLNESS  
DIVISION**



SEATTLE  
**PERFORMANCE**  
MEDICINE

SEATTLE PERFORMANCE MEDICINE (SPM) IS AN INNOVATIVE HEALTH AND WELLNESS CENTER WHERE INDIVIDUALS AND GROUPS RECEIVE EXPERT MEDICAL GUIDANCE TO ACHIEVE THEIR HEALTH AND PERFORMANCE GOALS.

SPM SPECIALIZES IN 'PARTICIPATORY CARE', WHERE PROVIDERS EDUCATE AND PATIENTS PARTICIPATE IN ACHIEVING THEIR GOALS. OUR CREATIVE APPROACH MERGES THE LATEST EXERCISE SCIENCE AND PHYSIOLOGY RESEARCH WITH CLINICAL MEDICINE TO PROVIDE COMPREHENSIVE, SAFE, EFFECTIVE TREATMENT AND RECOMMENDATIONS.

OUR PROGRAM CONSISTS OF CUSTOMIZED COMPONENTS WHICH PINPOINT THE NEEDS OF THE PARTICIPANTS AND REDUCE THE RISK OF CHRONIC DISEASE.

## CORPORATE WELLNESS DIVISION

SPM's Corporate Wellness Division provides education and assessment in all areas of wellness, including disease prevention and screening, exercise and fitness, nutrition and stress management.

We provide a range of health oriented workshops and seminars:

- HOW TO SET GOALS AND MAKE CHANGES FOR HEALTH
- STRATEGIES TO PREVENT DISEASE
- STRESS MANAGEMENT
- FITNESS AND NUTRITION
- CREATING A HEALTHY ENVIRONMENT



STRESS MANAGEMENT  
FITNESS EDUCATION



DR. COOPER AND HER STAFF OF EXPERIENCED EXERCISE PHYSIOLOGISTS, COACHES, DIETITIANS AND THERAPISTS COMPRISE A COMPLETE PANEL OF WELLNESS EXPERTS. PROGRAMS ARE CUSTOMIZED TO BUSINESS SIZE AND BUDGET, RANGING FROM EXECUTIVE PHYSICALS AND EMPLOYEE GROUP SESSIONS TO COMPREHENSIVE FULL SERVICE SCREENING, EDUCATION AND INSTRUCTION.

## EDUCATION AND ASSESSMENT

SPM offers a variety of corporate wellness services, ranging from individual workshops to ongoing group instruction and comprehensive executive wellness consultation. SPM specializes in diabetes prevention, cardiovascular risk assessment and weight management. Our programs are customized to meet the needs of the employer. **All services are confidential.** Options include:

### WORKSHOPS

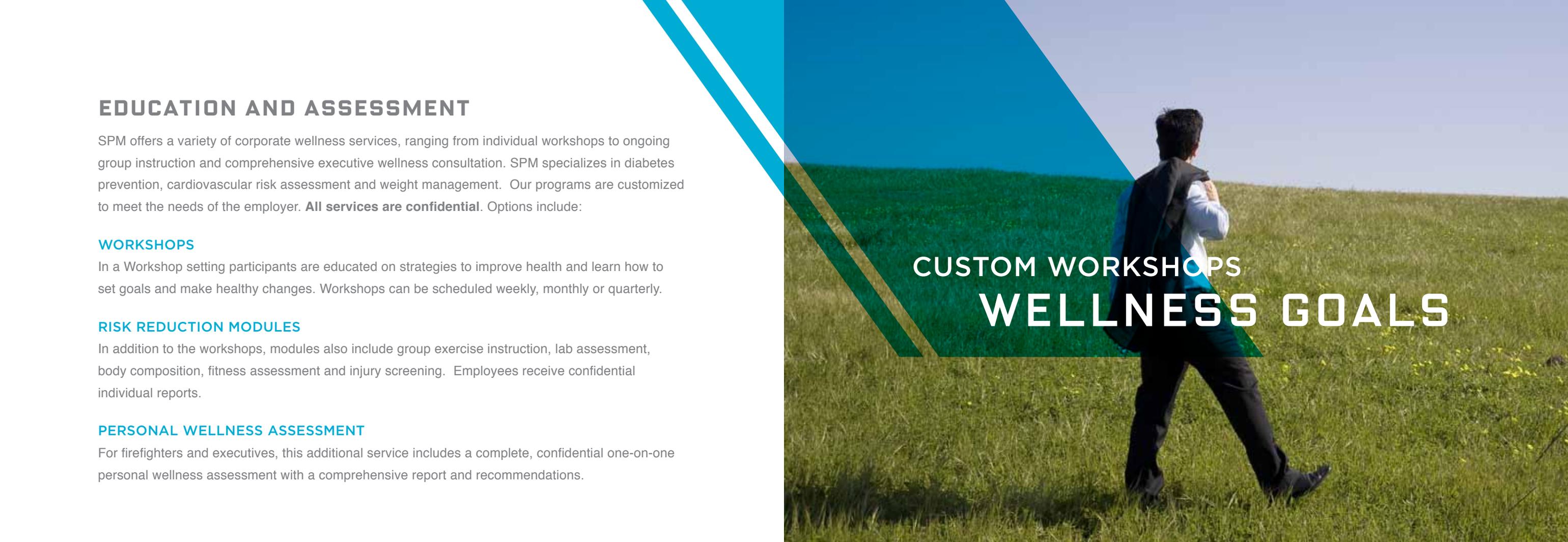
In a Workshop setting participants are educated on strategies to improve health and learn how to set goals and make healthy changes. Workshops can be scheduled weekly, monthly or quarterly.

### RISK REDUCTION MODULES

In addition to the workshops, modules also include group exercise instruction, lab assessment, body composition, fitness assessment and injury screening. Employees receive confidential individual reports.

### PERSONAL WELLNESS ASSESSMENT

For firefighters and executives, this additional service includes a complete, confidential one-on-one personal wellness assessment with a comprehensive report and recommendations.

A man in a dark suit and white shirt is walking away from the camera through a vast, green field under a clear blue sky. The field is filled with tall grass and some yellow wildflowers. The man is carrying a dark jacket over his shoulder. The overall scene conveys a sense of purpose, health, and achievement.

CUSTOM WORKSHOPS  
WELLNESS GOALS



# FITNESS TESTING RISK ASSESSMENT

## FIREFIGHTER WELLNESS

The Firefighter wellness evaluation screens firefighters for overall disease risk and fitness status.

SPM conducts a six hour in-depth assessment including physical and physiologic stress tests, biometric assessment, interpretation of lab screening, physical exam and comprehensive recommendations.

The information obtained through the testing process is valuable in designing a plan targeting individual fitness and wellness goals. Each firefighter receives a confidential written report of findings. Department group education and workshops can also be arranged.

## PORTFOLIO SNAPSHOT

We have provided wellness services to a variety of companies, consisting of workshops and educational programs and comprehensive individual assessments.

### PORT OF SEATTLE

SPM conducted a targeted pilot program for employees at risk for Diabetes. The series included workshops on goal setting, exercise, nutrition, stress management, hands-on exercise instruction, injury screening and email support.

### PRECOR, INC

SPM provided a workshop series focusing on health benefits of exercise, exercise training, exercise physiology and strength and conditioning for the engineering department employees.

### THE EXECUTIVE CONVERSATION

Dr. Cooper and her staff conducted executive physicals, preventive counseling, nutrition planning and exercise guidance for employees and executives.

### STARBUCKS

SPM provided ongoing educational conferences to Starbucks employees on the topics of nutrition, sports nutrition, fitness and exercise training.

### EASTSIDE FIRE AND RESCUE

SPM conducts comprehensive individual evaluations designed to pinpoint risk factors and determine baseline health and fitness. We provide annual or semi-annual individual medical evaluation with stress testing, aerobic, strength and flexibility assessment, body composition, lab evaluation, disease screening and risk assessment. Each firefighter receives a confidential report and recommendations.

### GALLO WINERY

Dr. Cooper provided on-site executive physicals for Gallo Wineries in California and acted as a medical liaison to their in-house nursing staff.

## PRINCIPALS

### **EMILY COOPER, M.D.**

Board Certified in Family Medicine and Sports Medicine

Dr. Cooper is the Medical Director and Founder of Seattle Performance Medicine. She has over twenty years of experience in Family and Sports Medicine, Preventive Medicine, Nutrition, Metabolism and Exercise Physiology.

### **DEREK RUEBER, BSN, RN, CPT**

Registered Nurse

### **BRADY WRIGHT, BS, MA, CSCS**

Exercise Physiologist

### **TONY KUEHN, BS**

Exercise Physiologist

### **KAINOA PAUOLE-ROTH, MS, CSCS, USAT**

Exercise Physiologist, Multisport Coach

### **MINH-HAI TRAN, MS, RD, CSSD**

Dietitian, Certified Specialist in Sports Dietetics

### **KATHLEEN PUTNAM, MS, RD**

Dietitian

### **HENRY LU, MS, PT, ATC**

Physical Therapist, Athletic Trainer

### **ANN GOETT, ARNP, LMFT**

Mental Health Therapist, Stress Management

### **BERET HAMILTON, LMP**

Massage Therapist



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FOR MORE INFORMATION ABOUT SEATTLE PERFORMANCE MEDICINE'S  
CORPORATE WELLNESS DIVISION

Call (206) 632-4575, e-mail [info@spmedicine.com](mailto:info@spmedicine.com) or visit [SPMedicine.com](http://SPMedicine.com)