



**Healthy Habits: Finance,
Nutrition, Mental Health
and Fitness**

AGENDA & MODERATORS

- ☐ Introductions
- ☐ Swag!
- ☐ Presentation
- ☐ Questions
- ☐ Wrap Up

Ricky Persad

Senior Director of Partnerships

BurnAlong



Mary-Grace Bayer

Customer Success Manager

BurnAlong





INTRODUCTION TO OUR PRESENTERS



Laurie Schible

Health, Life, and Master of Transformation Coach

Laurie Schible Coaching



Gabe Bustos

Education Director

Ortus Academy



Jon McLernon

Precision Nutrition Level 2 Master Coach

Freedom Nutrition Coaching



Alex Haschen

Certified Personal Trainer

Alex Haschen Wellness



‘Whole Mind, Whole Body, Whole Life’

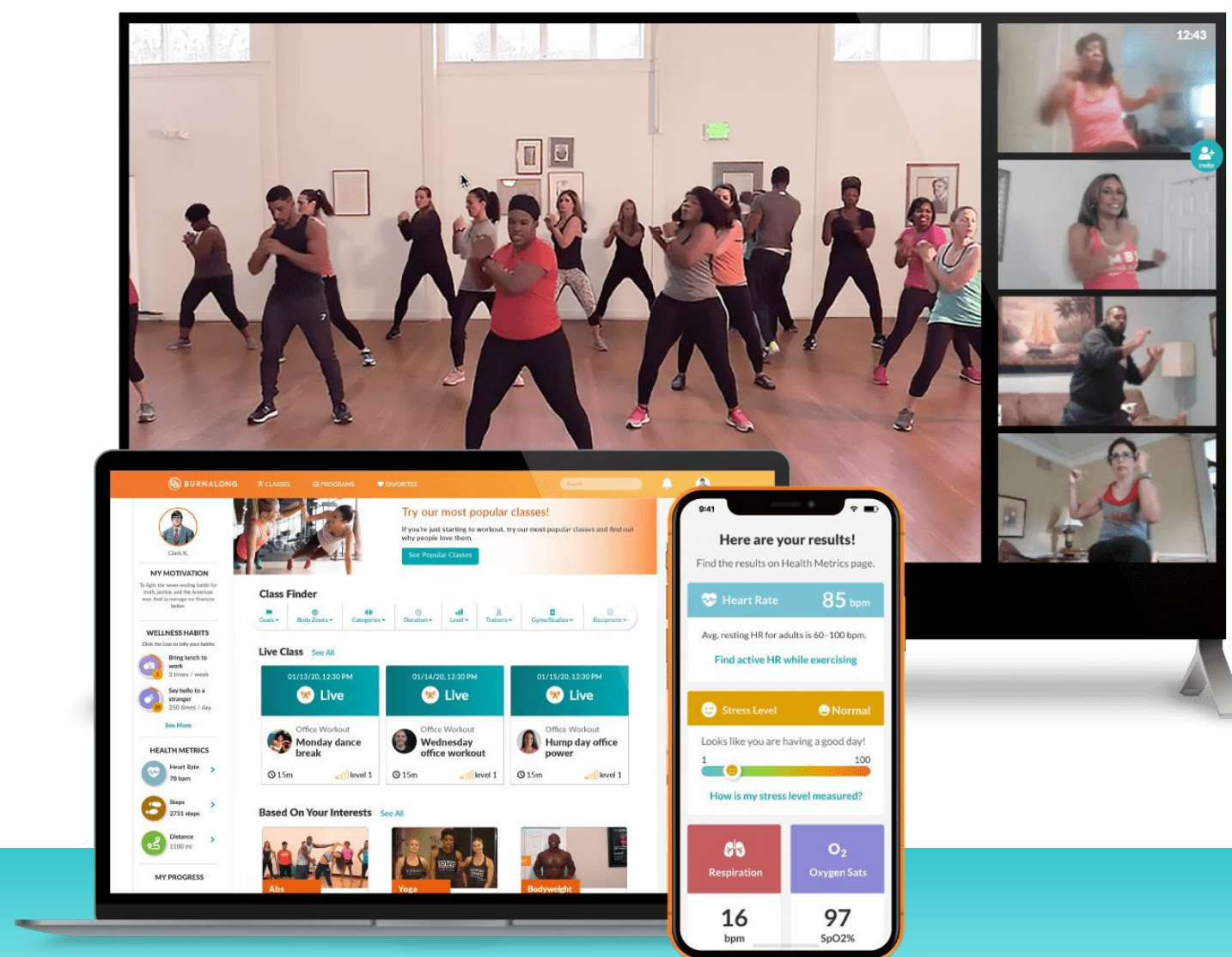
We help organizations change the lives of their employees by providing a personalized, holistic approach to wellness, with the social support proven to maximize impact.



Organizational change only happens when every employee is set up to succeed.



- 1 CHOICE AND DIVERSITY
- 2 SOCIAL MOTIVATION
- 3 PERSONALIZATION





OUR PARTNERS



Nutrition



Cardio



Mental Health



Financial Wellbeing



Prenatal



Fit Over 50



Sleep



Adaptive Workouts



Youth



HOW WE SHINE

- ➔ 750+ Relatable Instructors
- ➔ 45+ Categories
- ➔ 5000+ classes

Meeting employees and their families wherever they are on life's journey



QUESTIONS?



SWAG TIME!

LEARN MORE ABOUT OUR PRESENTERS

- ➔ Gabe Bustos - ortusacademy.com/business
- Laurie Schible - laurieschiblecoaching.com
- Jon McLernon - freedomnutritioncoach.com
- Alex Haschen - well.burnalong.com/instructor/34591

➔ BurnAlong: Follow all of these partners!



Why 95% of Diets Fail

by Jonathan McLernon

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When Should I Get a Financial Advisor?

by Gabe Bustos

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How to quickly get out of overwhelm

by Laurie Schible

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Boost Kids - Junk Food Alert

by Alex Haschen

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- ➔ Email: customercare@burnalong.com
- ➔ Social: @goburnalong on Instagram

