



About Us

SiteWell Solutions provides critical teams the holistic health and fitness support needed to unlock their full potential.

Physical Readiness

Occupation-specific strength and conditioning, injury prevention, and rehabilitation services

Nutritional Readiness

Effective, realistic dietary interventions to improve physical and cognitive capacity

Sleep & Mental Readiness

Improved performance and reduced burnout rates behavioral and cognitive wellness coaching

Health Education and Promotion

Tailored, engaging health education initiatives based on the population's unique needs

Facility Management

Onsite fitness center management and operations support for large organizations

Hybrid Services

Staffed support, workshops, app-based virtual support for scalable services that deploy rapidly

Service Differentiators

- Incentive-based structure drives engagement and a positive culture
- App-based support to drive outcomes in 24/7 environments
- Proven outcomes of human performance services provided to tactical and high-risk workforces

Past Performance



New Hampshire National Guard

Dietitian and Strength & Conditioning services for the Army and Air Guard, holistic health and fitness (H2F) services for service and family members.



Montana Public Health & MT Healthcare

Nutrition and fitness services, in collaboration with mental health, for 25,000 eligible participants across the state of Montana.



Barnard Companies

Athletic Trainer and Strength & Conditioning services for job-specific conditioning programs, injury management protocols, and rehabilitation.



Martel Construction

Industrial Athlete conditioning protocols and holistic wellness programs to decrease injury rates and improve health outcomes.



Graham Capital Management

Employee training sessions for stress management, resilience, and performance nutrition.



United Technologies

Health and fitness management for multiple business units under UTC (now Raytheon). *



NASA Kennedy Space Center

Developed a grant-based injury prevention program still in use agency-wide. Occupational Health Facility and Wellness Center operations. *

*Employed as contractor

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Physical and mental readiness are mission-critical for high-performance organizations. Each year, millions of dollars are lost due to musculoskeletal injuries, obesity-related illness, sleep deprivation, burnout, and attrition. SiteWell Solutions helps organizations overcome these obstacles with human performance support.

HUMAN PERFORMANCE SERVICES



On-Site Specialists

Integrated Human Performance Specialists (HPS) serve as partners in wellness for service members and family members.

- Physical Therapists
- Athletic Trainers
- Registered Dietitians
- Strength Coaches
- Mental Health Counselors

"I have a greater appreciation for the foods I was eating. It [working with a HPS] helped me understand how stress management and fitness are essential for overall wellness."

In year 1, Army Combat Fitness Test pass rates increased by 5% saving an estimated \$1M.



Workshops

Customizable workshops focusing on meaningful health education, technique, and lifestyle changes to help tactical forces succeed.

- Performance Nutrition
- Meal Planning & Weight Control
- Recovery & Stress Management
- Fitness Technique
- Lifestyle Integration Plan

"There's a lot of knowledge here, from the Nutritionist to the Strength and Conditioning Coach...this gives participants a good base to improve once they leave this course."

During a 2024 workshop focused on Army Combat Fitness Test technique support, participants improved in every ACFT category.



Consulting

Science-backed consulting services led by experienced professionals.

- Needs Assessments
- Leadership Training
- Curriculum Development
- Facility Design & Management

"We have used SiteWell Solutions on three different occasions. Each time I'm more impressed with their capabilities and concern for helping our employees. Just a great team to work with!"

Consulting clients have experienced as great as a 50% decrease in musculoskeletal injuries as a result of SiteWell's interventions.