



# CAPABILITY STATEMENT

## CONTACT INFO:

Dawnyse Myers  
(678)607-5579  
[dmyers@lswfitness.com](mailto:dmyers@lswfitness.com)  
[www.lswfitness.com](http://www.lswfitness.com)

Life Sport Work Performance & Fitness, LLC.

**Value Proposition:** Life Sport Work Performance & Fitness (LSW) provides best in class wellness management and consulting services to organizations that want to improve their employee health to increase productivity and reduce healthcare costs.

## CORE COMPETENCIES

LSW strategically provides best practice wellness solutions from credentialed professional leaders. We excel in three core areas: **Business Management, Program Management, and Human Resource Management.**

*We satisfy our customers by developing a wellness culture that aligns with your business model and goals.*

**Business Management Services:** policy and procedure, communications, budgeting, technology applications, wellness operating plan, quality and assurance

*LSW delivers results oriented programming that reduces healthcare cost by 30%, increases productivity 2-52%, and reduces incidence of injury by 25%.*

**Program Management Services:** needs analysis, program assessment, program design, program implementation, and evaluation/reporting

*LSW provide only licensed staff and vetted vendors that are passionate about providing excellent services to exceed customer expectations.*

**Human Resource Management Services:** vendor relations, vendor management, training and development, personnel management, and staffing

**DUNS NUMBER:**  
078718063

### NAISC CODE

**621999:** Fitness Evaluations  
**713940:** Fitness & Recreational Centers  
**812990:** Personal Trainer  
**524114:** Health and Medical Insurance Carriers

### SIC Code

80: Health Services

### NIGP Code

**94873:** Physical Fitness Programs  
**96208:** Athletic Training

### Services:

Biometric Screenings  
HRA  
Health Promotions  
Health Education  
Health Coaching  
Wellness Challenges  
Data Tracking  
Web Portal  
Fitness/Nutrition  
Webinars  
Injury Prevention  
Ergonomics

## Differentiators

- Turnkey comprehensive wellness program that are customizable
- Fully HIPAA/ACA compliant programming
- Expertise & background in injury prevention and risk management
- Award winning wellness programming
- Agile to offer one on one customer support

## Corporate Data

LSW is a women owned, small disadvantaged business. We have been in business since 2013. We have 3 strategic wellness partners.

**Certifications:** GMSDC (#ATo4285)/GDOT (#13374)/City of Atlanta/Fulton County/ Clayton County