



# Vela Fitness Health + Wellness Proposal



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# Vela Fitness Story + Founder

Founded in 2018, Vela Fitness was inspired on the idea that fitness is not a luxury but, rather a necessity that enables us to live longer, healthier and more fulfilled lives. Vela's holistic and integrative approach is designed around health and wellness journeys that strengthen the body and the mind, while providing accessible and seamless options that make it easy to maximize human potential.



## Raphael Velazquez

Founder

"As a fitness professional my vision is to design health and wellness journeys that make people feel and look good because to me: Fitness is not a luxury, it is a necessity"

- ❖ Founder of VELA fitness
- ❖ Entrepreneur
- ❖ Director of Operations for Swan Kids
- ❖ Author of "Inspired Fitness"
- ❖ NSCA certified strength and conditioning specialist



# Health Disparities in 1<sup>st</sup> Responders: Comparisons to the U.S. General Population

85%

Of 1<sup>st</sup> Responders have experienced symptoms related to mental health conditions.

5X

Firefighters and Polices Officers have a higher rate of PTSD than the civilian population.

13

On average live 13 years less than the average person:

- Average Mortality age for 1<sup>st</sup> responders is 64 vs. 77 years old for civilians.

40%

Are obese with risk of:

- Insulin Resistance / Diabetes
- Cardiovascular Disease / Stroke
- Hypertension

\$3m

is the yearly cost of reported injuries:

- 5,938 days missed

47%

Of the injuries reported can be preventable with training programs. This means less:

- Sprains / strains/ soft tissues injuries



# Mental Health Needs to be a Priority

We need to strengthen the minds and bodies of those who risk their lives to protect and serve us.



228

Current or former officers died by suicide in 2019 in the US. More officers die from suicide than they do in the line of duty.

90%

Perceive seeking mental health as a stigma.

20%

Less with confirmed mental health issues had sought services.

1 in 4

Has considered committing suicide.



# How can VELA Fitness help?

Vela Fitness understands that time is a limiting factor for many of our clients, and this is why we designed Vela Fitness Tactical, a division that focuses on maximizing time, while working on our greatest asset (life). We provide trainer led workouts from the convenience of your department.



## Convenient

On site daily training



## Collaborative

Group training, we recommend 30 people per session to enhance 1:1



## Consistency

Standardized training program(s)



## Scientific

Leverage technology to track heart rate and fitness results

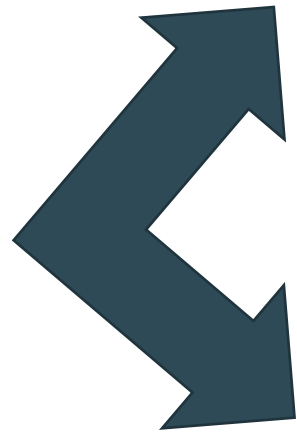


# Vela Fitness Health + Wellness Approach

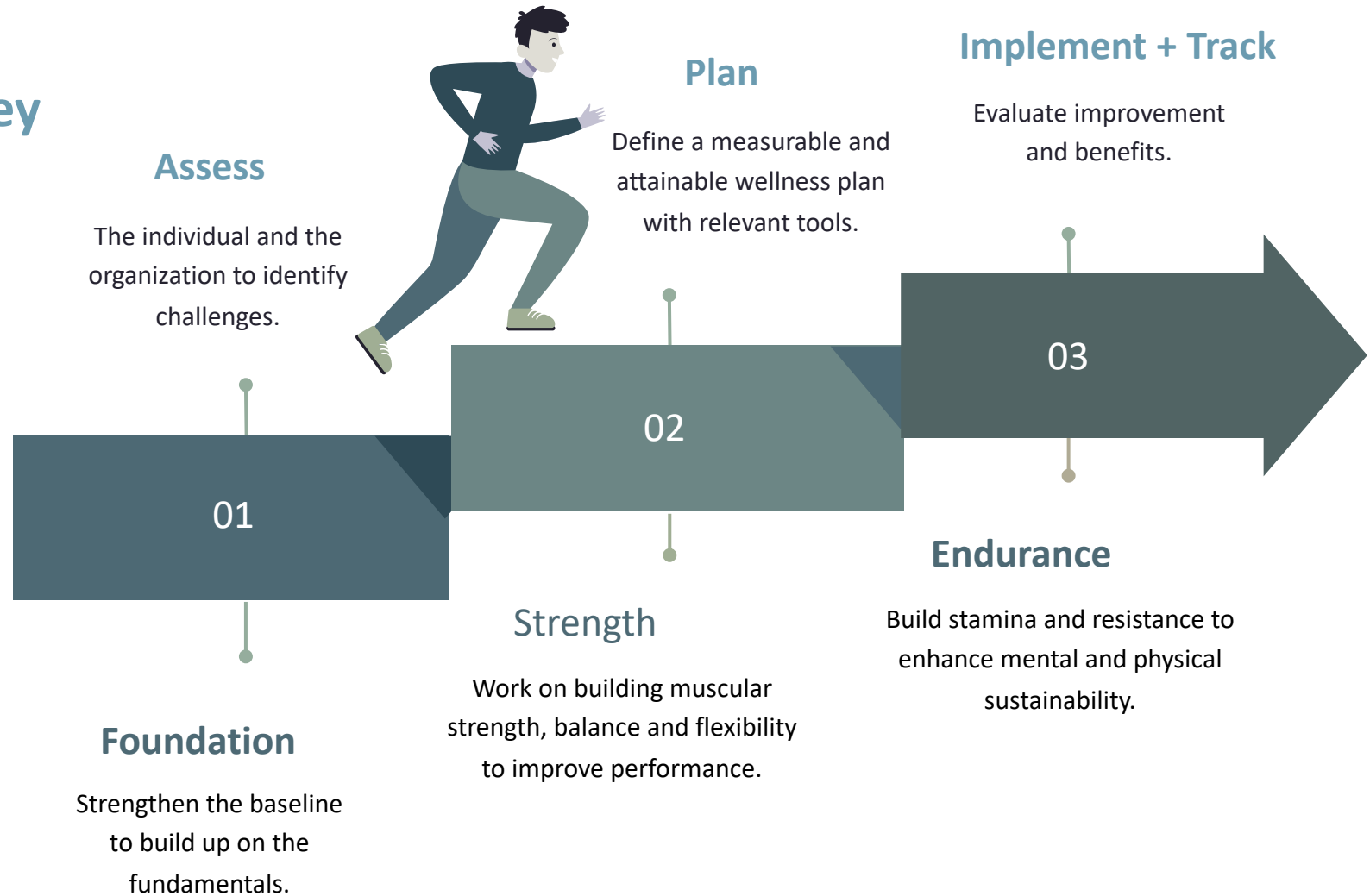
Vela's systematic and comprehensive approach is designed around health and wellness journeys that include strengthening the body and the mind because Fitness is not a luxury, it is a necessity!

The Vela Approach Converges

## Wellness Journey



## Fitness Journey





# Tangible + Proven Benefits

Vela Fitness integrates scientific methods and technology to maximize results. Our commitment to health and wellness includes R+D to ensure we are adopting the best practices to optimize our bodies and minds.

## Case Study

- As part of our R+D, we analyze statistic and selected the Bend Oregon PD, as our case study.
- Bend Oregon PD introduced 1 hr. of voluntary physical fitness training made available to on duty patrol officers.
- The results were so impactful that the pilot evolved into a holistic officer resilience program that supports wellness, mind and body for all sworn and non-sworn employees and spouses.

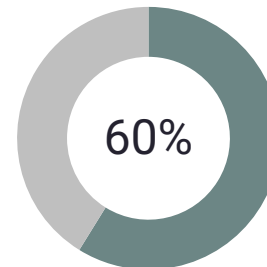
## 80% Job Satisfaction



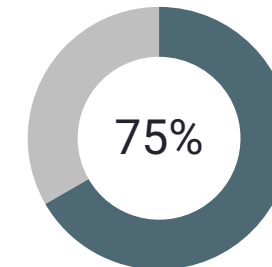
- ✓ Job satisfaction went from 53% to 80% from 2014 to 2018.
- ✓ Four times as many officers in 2018 said they would recommend the BPD as a place to work.

- ✓ The cost went from \$107,000 to \$65,000 since 2015. (The finding comes from Oregon's State Accident Insurance Fund.)
- ✓ 92 departments reported leave claims and lost work days due to wellness issues.

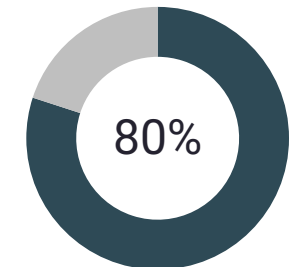
## 61% Cost Reduction



Decrease in days lost due to injuries.



Participate in at least 1 wellness program on a regular basis.



Of New recruits rank the wellness program, as a very important benefit.





# Sources

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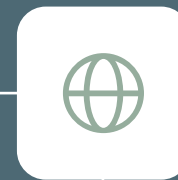
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