

Capability Statement



Tii Fit Wellness | Wellness Advisor

Core Capabilities

Tii Fit Wellness is a dynamic service-based business dedicated to establishing sustainable and engaging wellness cultures within organizations. Founded by Tierra Turnage, who blends over a decade of corporate engineering experience with eight-plus years in the wellness industry, Tii Fit Wellness is driven by a passion for building bridges between people and promoting overall wellness. Our goal is to empower organizations to prioritize well-being while cultivating vibrant, thriving communities.

Differentiators

- **Six Sigma Black Belt Certification**
- **'On the Clock'** wellness initiatives.
- **Custom KPI's** to measure the effectiveness of wellness efforts.
- **Engagement Driven Campaigns** to boost engagement and participation.
- **Holistic Wellness Focus** that highlights the '7 Dimensions of Wellness'.
- **Wellness Industry Network**

Areas of Expertise

- Program Development
- Continuous Improvement
- Root Cause Analysis
- Process Mapping
- Cost Savings
- Designing & Facilitating Wellness Events
- Community Engagement
- ISSA CPT
- E-RYT 200
- Fitness Class Instruction

Tierra Turnage
Owner

- 513-291-6185
- info@mytiifit.com
- www.mytiifit.com



Past Performance

AMEND Wellness Sampler

Organized an event with wellness partners to gather employee data. Using this data, we provided a report to guide the client's annual wellness programming.

HILLS Balancing Health through the Holidays

Designed and led a custom online workshop focusing on wellness in the workplace. It covered three pillars of wellness: physical, nutritional, and mental.



Kroger Wellness Festival

Led a one hour fitness experience at the festival. My segment consisted of a cardio/dance fitness routine.



Fitness Classes

Partnered with CMHA to provide multiple yoga sessions for their employees.



P&G TechnovAAtion

The R&D team at P&G invited me to speak about workplace wellness. In this hybrid event, I focused on what self-care in the workplace looks like and how to incorporate it within their work environment.

Company Data

NAICS Codes

812990
All Other Personal Services

541611
Administrative Management and General Management Consulting Services

UEI

YGFKBXMGQV7

UNSPC Codes

91101501





Testimonials



Kelci Ruscello

AMEND

I had the pleasure of partnering with Tierra at Tii Fit Wellness to launch her Wellness Sampler offering at my company, AMEND Consulting. It was an excellent process from start to finish. Tierra was professional, provided us with needed information on time to market the event to our team, and brought in some amazing Wellness businesses we would have never known about without her help. The event went incredibly smoothly - Tierra was organized and helped set all 10 vendors up in time for the event to start. Our team absolutely loved getting an opportunity to take some time out of their work day to interact with these Wellness businesses and learn what the AMEND Wellness team & the city of Cincinnati can offer to them at work. Overall we had a fantastic experience and would love to work with Tierra and Tii Fit Wellness again in the future. Thank you Tierra!"

Tyler Connally

CMHA

Tierra you were PHENOMINAL. You were informative, patient and encouraging. Everyone that attended the class offerings had nothing but positive things to say. As a participant myself I felt, capable, challenged and confident!
Way to go!

Cierra Campbell

P&G

Tierra was amazing while presenting at our event! What I loved most was her passion for the topic of Self-Care and Wellness! She presented herself as an expert and because of her passion she drove our audience to want to do better and be better in our Self-Care and wellness practices. Her workbook is amazing, and we could tell it was very carefully written and thought out! Tierra is truly a gem, and we enjoyed every bit of her presentation!