



# Sheetz Expands its Onsite "Shwellness" Center Managed by LifeStart Wellness Network

*After a 6 year partnership, LifeStart works with Sheetz to add 6500 square feet to the fitness center at headquarters in Claysburg, Pennsylvania.*

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LIFESTART ASSISTS SHEETZ WITH THE EXPANSION OF THEIR ONSITE [FITNESS](#) CENTER

Claysburg, PA — LifeStart Wellness Network and Sheetz, premium convenience store company with over 600 locations, have been partners for six years. Together we provide the best quality fitness, health and wellness strategies for their over 1,800 employees at the Claysburg, PA headquarters, and 17,000 employees nation-wide. The onsite fitness center is fully integrated with the onsite health clinic operated by LifeStart's partner Marathon Health. LifeStart prides itself on being able to reach each employee with top of the line health coaching, nutrition counseling, personal training, group fitness classes, wellness initiatives and engagement strategies, and achieving industry leading engagement statistics.

Last year, Sheetz decided to expand their already highly successful fitness center, with the assistance of LifeStart. The Sheetz team invested \$1.7 million into the expansion, adding over 6,500 square feet to an impressive existing 17,000 square foot center. LifeStart's design and development team was hands on with a plan to add a larger group exercise studio (that can be subdivided), a personal functional training zone, an expansive functional training area with a 21' Aktiv rig with turf and High Intensity cardio equipment by Life Fitness and Precor, an expansive free weight area and new Peloton Bikes. The Sheetz branding team and LifeStart collaborated on naming each room. We now have The Factory (group ex room), The Bar (functional area) and The Revolution (indoor cycling studio).

In the future, LifeStart will continue to grow our partnership with Sheetz and build on its more than 70 sites by delivering on our mission to provide the most cutting-edge health, wellness and fitness solutions.

## ABOUT SHEETZ

Established in 1952 in Altoona, Pennsylvania, Sheetz, Inc. is one of America's fastest-growing, family-owned and operated convenience store chains, with more than \$6.4 billion in revenue and more than 18,200 employees. The company operates more than 565 store locations throughout Pennsylvania, West Virginia, Virginia, Maryland, Ohio and North Carolina. Sheetz provides an award-winning menu of M•T•O® sandwiches and salads, which are ordered through unique touch-screen order point terminals. All Sheetz convenience stores are open 24 hours a day, 365 days a year. Recognized by Fortune as one of the 100 Best Companies to Work For, Best Places to Work for Women, Best Workplaces for Millennials and by Forbes as one of America's Best Employers, Sheetz is committed to offering employees sustainable careers built on an inspiring culture and community engagement. For more information, visit [www.sheetz.com](http://www.sheetz.com) or follow us on Twitter (@sheetz), Facebook ([www.facebook.com/sheetz](https://www.facebook.com/sheetz)) and Instagram ([www.instagram.com/sheetz](https://www.instagram.com/sheetz)).

## ABOUT LIFESTART WELLNESS NETWORK

LifeStart is the nations' largest operator of onsite [corporate fitness](#) centers in mixed-tenant commercial real estate office space as well as a substantial portfolio of Owner-Occupied centers for groups like PepsiCo, Samsung, Boars Head, Citizens Bank and of course Sheetz. LifeStart has over 27 years of experience in designing, developing and operating centers with over 76 locations in 13 states. LifeStart's innovative, programs and services deliver best in-class engagement and financial stability, while vastly improving the on-site programs, services and amenities for their clients. LifeStart's network of health professionals from Nurses, Dietitians, Health Coaches and Exercise Physiologists allow LifeStart to exceed industry averages in both engagement and utilization, by creating programs that are focused on the entire employee population and motivating and encouraging employees to make life-long behavior changes that improve their health and well-being. LifeStart has been recognized by their industry for having the best new-member engagement program, and best non-member program as well as best-in-class operations and design. To learn more about LifeStart, visit [www.lifestart.net](http://www.lifestart.net).

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