

CORPORATE WELLNESS KEYNOTE & WORKSHOP

The 23-Hour Advantage

Why one hour in the gym can't undo the other twenty-three.

**Most companies try to fix pain with perks.
We fix the 23 hours causing it.**

Human OS Upgrade helps your team move, sleep, and perform better — by rewiring the small daily habits that quietly cause pain, drain energy, and cost you productivity. This isn't another wellness perk that fades when the hour's up. **It's a system for the 23 hours that actually shape how your people show up.**

SIGNATURE WORKSHOP

The 23-Hour Advantage

What your team learns:

- ✓ Why pain isn't random
- ✓ Hidden habits affecting sleep, energy & performance
- ✓ Strategies they can implement immediately
- ✓ How to improve recovery, movement & productivity

NATIONAL WELLNESS MONTH PACKAGE

What's Included

Delivered virtually or in person:

- 45-Minute Interactive Workshop
- 15-Minute Live Q&A
- Human OS Habit Audit
- Employee Resource Guide
- Follow-Up Habit Checklist
- Virtual or In-Person Delivery



Live on stage — Tony Robbins Platinum Lions

WHAT ORGANIZATIONS ARE SAYING

“

Dr. Ariana helped our team stay healthy during a critical sprint. Her work on posture, pain, and injury prevention helped everyone lock in and become more productive.

Mohammed Kaleel, MD, MSc
Founder, Mederva Health (YC)

“

She revolutionized our day-to-day habits, eliminated pain for our employees, and made our team more productive and happier. Every company needs her.

Divyaditya Shrivastava
Founder & CEO, Paladin (YC, Thiel Fellow)

“

This was one of the most high-leverage things we've done for our team. It addressed the small daily habits causing pain that no one else was looking at. Our employees felt better almost immediately, and it showed in focus and productivity.

CEO
\$1B+ Technology Company

THE MIND BEHIND HUMAN OS

Dr. Ariana Fontenot



Doctor of Physical Therapy

PT, CPT, PES · Creator of Human OS

- Featured Speaker — Tony Robbins Platinum Lions & Life Mastery
- TEDx Accepted Speaker
- Best-Selling Author — PainProof: How Habits Heal & PainProof Kids
- Founder, Slight Motion PT · Creator, Human OS Tour

73%

Improved within 72 hours

93%

Improved within one week

50%

Avoided \$3K+ in costs

87

Net Promoter Score

300+

Five-Star Reviews

Source: post-session survey of 50 participants following implementation.

TRUSTED BY

PRO ATHLETES

Florida Panthers & more

TOP EXECUTIVES

Salesforce, OpenAI & leading tech companies

CORPORATE CLIENTS

OpenRouter, Ambience Healthcare, HF0, Krea, ComfyUI & more

Your Human OS is running on
factory settings.

Today we upgrade it.

BEST OF FORT LAUDERDALE & HOLLYWOOD



Best Doctor

Dr. Ariana Fontenot PT, CPT, PES



Best Physical Therapist

Dr. Ariana Fontenot PT, CPT, PES



Best Pain Mgmt — Gold

Slight Motion PT

PAINPROOF
HOW HABITS HEAL


BEST-SELLING AUTHOR

PainProof: How Habits Heal

Plus the kids' edition —
PainProof Kids

With Tony Robbins
Platinum Lions & Life
Mastery

Aleksander Barkov
Florida Panthers Captain

Bring The 23-Hour Advantage to your team this August.

TO BOOK

National Wellness Month workshops · Virtual or in-person · Booking now.

arianafontenotdpt@gmail.com

Human OS for Companies · Slight Motion PT

#NothingIsRandom