



BETTER POSTURE. BETTER HEALTH.
BETTER PERFORMANCE.



HEALTHIER EMPLOYEES. STRONGER BUSINESSES.

We help organizations reduce discomfort, prevent injury, and boost productivity through expert ergonomics solutions and wellness programs that make a lasting impact.

THE BENEFITS OF ERGONOMICS



REDUCE PAIN &
DISCOMFORT



DECREASE
ABSENTEEISM



INCREASE
PRODUCTIVITY



LOWER RISK OF
INJURY & CLAIMS



IMPROVE EMPLOYEE
WELL-BEING



SUPPORT A CULTURE
OF HEALTH

OUR SERVICES

- ✓ Workstation Ergonomic Assessments
- ✓ Ergonomic Program Development
- ✓ Posture & Movement Assessments
- ✓ Employee Education & Training
- ✓ Wellness Workshops & Seminars
- ✓ On-Site & Virtual Solutions
- ✓ Ongoing Support & Program Management

ABOUT MARK

OWNER • ERGONOMICS SPECIALIST

- ✓ ACSM Certified Personal Trainer
- ✓ ACSM Certified Exercise Physiologist

With advanced certifications and years of experience in ergonomics, exercise science, and wellness, I deliver practical solutions that help employees feel better and organizations perform better.

WHY CHOOSE US?



CUSTOMIZED SOLUTIONS

Programs tailored to your unique workplace needs.



EXPERIENCED & CERTIFIED

ACSM-certified professional with a results-driven approach.



TRUSTED PARTNER

Committed to improving the health, safety, and productivity of your team.



SERVING SOUTH FLORIDA AND BEYOND

On-site, virtual, and hybrid solutions available.



LET'S BUILD A
HEALTHIER WORKPLACE
TOGETHER.



561-704-7316



sellman.mark@gmail.com



Serving South Florida and Beyond



INVEST IN YOUR
PEOPLE. IMPROVE
HEALTH. INCREASE
PERFORMANCE.



OPTIMUMERGONOMICS.COM



ERGONOMIC
ASSESSMENTS



WORKPLACE
WELLNESS



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INCREASE PRODUCTIVITY.