

FITNESS & WEIGHT LOSS

HOW TO GET MOVING AND KEEP MOVING

WELLNESS @work

Partner with wellness@work to improve your office fitness.

Presentation topics include but are not limited to:

- Fitness for Life
- Training for Your First Race
- Injury Prevention
- Peak Performance
- High Impact Cardio Training
- Summer Shape Up
- How to Avoid Holiday Weight Gain

Implement wellness into your office. This complimentary offering gives us a chance to introduce ourselves to you. At the same time it is a way for you to show your employees you care! It is a thank you to your employees and gives them free education to make the choices they want for their future.

We will come on a Tuesday or Thursday and bring breakfast or lunch. Inquire about open dates.

We require a minimum of ten people in attendance.

“You don’t have to go fast. You just have to go.” SPARKPEOPLE



Contact wellness@work today!

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