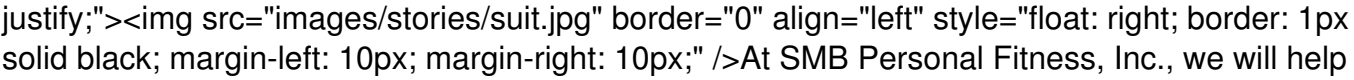
 In today's fast paced world, employees are more stressed, unhealthier than ever and sick and tired of being sick and tired. They are expected to work more and to be more productive. Unfortunately, their body cannot keep up with the fast pace and are experiencing severe fatigue, headaches and a variety of symptoms that are causing them to be unhappy, severely unproductive and basically shut down. I know firsthand what it's like to work in corporate America. I used to work in the sales industry and the stress and workload was unbearable. After switching careers I learned how to cope with work stress and enhance my productivity in the workplace. It is this personal transformation that has allowed me to help companies better equip their employees by teaching them how to eat and exercise in a way that will improve their health, reduce sick days, create balance in their lives and for the employer reduce health care cost!

Research studies show that a healthy diet and exercise program can enhance the bottom line for companies. As an employer what can you do to make a difference? You have the power to provide employees with the right tools to:

- Reduce stress and sick days
- Eliminate depression
- Enhance productivity
- Increase energy and self esteem
- Promote a Positive Corporate Image
- Boost morale

The future of your company is primarily dependent on your employees - let us help you make the best investment for your company.

On-site Personal Training

 At SMB Personal Fitness, Inc., we will help you set up a Corporate Wellness Program. On-site personal training or group exercise includes hiring trainers/instructors, building the right gym for your needs, offering nutritional advice, hosting nutrition and fitness seminars and teaching your employees everything they need to know to change their body from the inside out.

Health Screenings

On-site health screenings to assess cholesterol, glucose, blood pressure, weight, body composition and fitness testing

Wellness Contests & Challenges

Creating team challenges or other health-related contests can often be an effective way to not only encourage employees to adopt healthy habits but also illicit the help of their peers for encouragement and accountability. Examples may include: Pedometer Challenges, Fitness Contests, Healthy Cooking Days, Weight Management Goals, etc.

Seminar/Convention/Motivational Speaking Services:

- Commit To Be Fit
- Fabulous After 40
- Lunch Crunch Fitness and Get Back To Business
- Health and Fitness for the Busy Professional
- Eating for Success In A Corporate World
- Get Your Sexy Back
- Build A Better Body with the Basics
- Stress Management

Fitness Classes

- Corporate Boot Camp Block Party
- Butt-n-Gut Core Conditioning
- Cardio-Kick Circuit Training
- Flex, Stretch and Relaxation

Seminar Fees

1-2 Hour Fitness Only \$500 + Travel
1-2 Hour Seminar-\$800 + Travel-(Includes Fitness Class of Choice)
Day Seminar-\$1500 + Travel (Includes Fitness Class of Choice)

Off-site Personal Training

SMB Personal Fitness, Inc. provides a monthly group discount to small business owners with 5 or more employees for personal training or boot camp classes in OUR facility.

Let SMB Help Your Organization!!
A healthy workplace environment boosts productivity and happiness. By offering a Corporate Wellness Program, your company will appeal and retain higher quality workers. For many companies, medical costs can consume half of corporate profits or more. A Corporate Wellness Program is a long-term solution for keeping employees healthy and happy. Call now to learn more: 407-691-7000.