

# Progress FEELS GOOD



## TRAINCHANGE FITNESS CORPORATE WELLNESS WORKSHOP

TRAINCHANGE IS A FITNESS STRATEGY DESIGNED TO HELP YOU REACH YOUR GOALS. A LONG TERM FITNESS STRATEGY REQUIRES AN EFFECTIVE EXERCISE ROUTINE, A NUTRITION PLAN AND THE ABILITY TO REMAIN CONSISTENT. OUR FITNESS WORKSHOPS WILL HELP YOU ACCOMPLISH THIS BY IDENTIFYING THE MOST COMMON OBSTACLES AND PROVIDING YOU WITH SOLUTIONS THAT YOU CAN TAKE HOME AND APPLY IMMEDIATELY.

### CAN YOU GIVE YOURSELF A 45 MINUTE FITNESS BREAK?

We guarantee this workshop won't be the typical mid-day workplace meeting. Our 45 Minute Fitness Break is designed to fit perfectly into any schedule. In this quick workshop you'll learn fitness tips that will help improve your health and get you motivated to make positive lifestyle changes. *The first step to getting started, however, is simply making time for yourself.*

**SEATING IS LIMITED SO DON'T BE LATE.**  
FOR MORE INFORMATION CONTACT:



Join published author and fitness specialist, Al Smith, Jr. as he shares his unique fitness strategy!

When: \_\_\_\_\_

Where: \_\_\_\_\_

Time: \_\_\_\_\_

Cost: \_\_\_\_\_