



Are you up for the challenge?

Please join us for the Second Annual Lighten Up Columbus Corporate Weight Loss Challenge!

Let the spirit of competition help you reach your personal and company weight loss goals.

Although the challenge is to lose weight, the real goal is to promote lifestyle changes through healthy eating habits and fitness activities. FREE workshops are available to participating companies to help motivate and educate your employees:

HABITS THAT MAKE... OR BREAK (complimentary workshop)

We don't become unhealthy, overweight, out of shape, stressed out and in debt over night. We evolve into these life situations over time based on our daily habits. Habits are the building blocks of healthy and unhealthy living-and that is why they will either make you or break you. This program will highlight 10 important daily habits and why they are so critical to help you stay young emotionally and physically.

101 CREATIVE WAYS TO SAVE MONEY (complimentary workshop with reduced book price)

With the cost of gas, groceries and utilities on the rise, finding ways to save money becomes more and more daunting. This fun (yes, fun), interactive workshop will provide hundreds of ideas on how to cut costs and create positive strategies for goal setting and realistic saving solutions for the whole family. Participants will also receive the action-planning workbook *101 Creative Ways To Save Money - How Families Can Turn Crisis Into Opportunity*.

EXERCISE DEMONSTRATION/ WORKSHOP

A BEAT personal trainer will come to your facility for either 30-60 minutes and demonstrate multiple exercises for employees. The personal trainer will encourage active participation to promote a healthy, active alternative in the comfort of his or her own work environment. The trainer will answer any questions employees might have during this workshop.

NUTRITION INSIGHT SEMINARS

A BEAT nutritional professional(s) will come to your site and speak for 30 – 60 minutes on latest cutting-edge innovations in human biochemistry and exercise physiology research. The nutritional component of the program focuses on choosing the right food as fuel, and the powerful effect that food has on energy level, weight management, and performance.

roll: Cycling Clinics

Our roll: clinics are designed to help educate and prepare our customers for riding for fun, fitness or function. Whether riding around with the kids, with friends or to the office these clinics are designed to cover the basics on the bike as well as introduce seasoned riders to how to get more enjoyment from their riding.

Other FREE Seminar Topics:

How to Prevent Work Injuries, Improving Your Immune System, Sitting on the Job, Stress and Your Health, Weight Loss & Nutrition, Headaches AND MUCH MORE!!

JOIN US AND HELP US GET THE WORD OUT! THE MORE PARTICIPANTS, THE MORE CHALLENGING AND FUN IT WILL BE!

Please contact Christina King for more information: (614) 339-1511 or cking@haughn.com

