



Coaching enhanced health and fitness for maximum productivity!

**Program Description**  
***“FIT and POWERFUL Teams”***  
**~ It’s All About YOU ~**

Well...Are your people really *FIT* to work? Are YOU?? How can we best help our employees to maximize performance and successfully meet corporate objectives? Is it critical that *FIT and POWERFUL Teams* become engaged and energetic - while postured to tackle your aggressive initiatives? The answer is YES! Ambitious executives often get immersed in pursuit of short range goals and focus on climbing the corporate ladder, on upgrading personal lifestyles, entrenched in their “pursuit of happiness” but at what cost? Often it is to the detriment of their health. The Results: The most promising professionals experience limited physical capabilities, thereby possessing limited professional potential. Corporate America now realizes that the excessive and escalating costs of employing obese/often unhealthy employees has reached crisis mode...now documented annually at greater than \$250 BILLION.

Join progressive leaders who have launched efforts toward renewed fiscal fitness paying more attention to the individual needs of their team. Examine the most innovative model for success, with a “WE CARE ABOUT YOU” HR theme. Wellness programs say “WE CARE”...about your health...about your families...about your well-being...stating it louder than most anything else you can do. Know that “healthy” employees will build “healthy” companies if the YOU-Factor is the dominant theme.

The good news: workplace wellness boasts notable ROI’s. In this 25 minute 3-part interactive session Ilene will get you pumped up and in touch with your most typical day-to-day health barriers. *“FIT and POWERFUL Teams”* is a high energy and interactive program that provides you with insight and new take-away initiatives. Discover how to target and engage key health & fitness models to invest in human capital.

**Course Objectives:**

- Discover what Mayo Clinic research uncovered about the obesity epidemic and engagement
- Learn how best workplace wellness practices are often compromised by lack of engagement
- Create a “fiscally fit” business model for success by facing the prerequisites head-on
- Examine the 4 Types of Fitness that work together to produce *FIT and POWERFUL Teams*
- Become introduced to similar health and business goals along with other motivated and “pumped up” professionals

**Course Outcome:**

- Identify and talk about the trash that has road blocked your healthy lifestyle success
- Enjoy an interactive fitness exercise that will broaden your understanding of how one simple solution can engage you in an important personal fitness goal
- Take-away a power partner from this event that will assist you with accountability to take action on your personal and professional health & productivity goals
- Benefit from on-going education and support when receiving Ilene’s FREE Health Smart e-Tips
- On-going personal accountability will follow when you take-away and use Ilene’s Checklist for Executive Health.
- Explore many workplace wellness options for both you and your company with Ilene’s *FIT and POWERFUL Teams* take-away piece
- Get to the business of finally meeting your own personal health and fitness goals. The answers are in Ilene’s book, *FIT and POWERFUL Professionals*, each purchase gives 10% back to MassAHU.

**~ Building FIT and POWERFUL Teams – Beginning with YOU ~**