



“AMY’S CUSTOMIZED CORPORATE WELLNESS PROGRAM PRODUCED A TOTAL WEIGHT LOSS OF 642 POUNDS AND OVER 200 INCHES FOR OUR EMPLOYEES.”

~ NATASHA NODSLE ~

HUMAN RESOURCES REPRESENTATIVE, SJE RHOMBUS






Obesity Costs Corporations \$13 billion Per-Year!

With health care costs rising at an unprecedented rate, coupled with the alarming trend of overweight employees in North America, it should come as no surprise that obesity is costing corporations a whopping **\$13 billion per year** in medical expenses and lost productivity, according to *The Institute on the Costs and Health Effects of Obesity*, in a study from March 22, 2004.



The problem isn't finding out how to exercise. It's how to get employees to stay motivated to make exercise a regular part of their lifestyle.

Developed and delivered by popular and renowned lifestyle fitness expert, Amy Lundberg, the objective of Aim For It Fitness' Corporate Wellness Program is to encourage, inspire and guide your employees through the stages of change to successfully achieve long standing health and fitness habits. There are a myriad of benefits that arise from this, including but not limited to:

-  Contain health care costs
-  Improve employee productivity
-  Reduce absenteeism
-  Reduce turnover
-  Improve morale

Give Your Employees the Foundation to Start Living the Healthy Lifestyle They So Richly Deserve

We don't break unhealthy habits. We replace them.

Presenting the benefits and alternatives of change in a way employees can best relate to, Aim For It Fitness' Corporate Wellness Program provides organizations three customized options to develop and successfully roll out to its employees. From on-site customized seminars to telephone-based coaching programs Amy Lundberg's unique and affordable approach is the answer to keeping not only your employees healthy and fit, but protecting and maintaining a healthy bottom line.

Call 1.218.846.1525 Today & Schedule a Corporate Wellness Program.

Visit www.AimForFitness.com or email info@AimForFitness.com for more information.

Amy Lundberg Bio



The founder of Aim For It – Fitness Coaching Amy Lundberg is an accomplished and popular Lifestyle and Motivational Fitness Coach.

Amy specializes in guiding clients to set aside the barriers, baggage, and limiting beliefs that are keeping them from reaching their goals. Being a mother of three small children and a wife to a loving and supportive husband, Amy has taken her own challenges and experiences as well as her education to help busy women balance family, business, and their personal health successfully.

Whether she is working with her clients one-on-one or speaking to a large group, her simple and results based process empowers you to overcome the limitations of the past so you can accomplish a quality of life that support and inspires you through exercise and nutrition.

The breadth and depth of Amy's knowledge on health, fitness and emotional eating is a result of years of research, study and direct application. Her distinguished career is marked not only by the success of her many clients, but also through the numerous awards and certifications she has achieved. Along with securing her B.A. in Sports Studies Management (Exercise Science) and a B.S. Health, Amy has achieved certifications that include, ISSA Certified Fitness Trainer, ACE Certified Weight Management Consultant and a graduate of the Fitness By Phone Coaching Program. She has also been awarded the 2002 Master Fitness By Phone Coach of the Year and 2004 Fitness By Phone Lifestyle Achievement Award.

Along with being the co-host of the Fitness Talk Radio Show Living Your Personal Best, Amy produces a weekly television segment called Fitness Tips and is the author of Self Care Before Sit Ups- A Women's guide to taking frustration and failure out of fitness. She is often quoted in various print media as a result of her inspiring and proven system for guiding others to get fit and lose weight through a mind, body and spirit approach.

A popular speaker, especially among women, Amy's engaging and down to Earth style, coupled with a practical and inspiring approach to achieving a healthy lifestyle, makes her a speaker that women of all ages can relate to.

Amy Lundberg is an easy choice for meeting planners and program directors looking for professional and inspirational experts who can speak on the topics of health, wellness and fitness.

Visit www.AimForFitness.com or email info@AimForFitness.com for more information.