



"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.

Visit [www.AimForFitness.com](http://www.AimForFitness.com) or email [info@AimForFitness.com](mailto:info@AimForFitness.com) for more information.

Call 1.218.846.1525 Today & Schedule a Corporate Wellness Program.

