



GET UP. LACE UP. SHAPE UP.

Why Should Your Company Participate?

Empowers your employees to reap the benefits of a healthy lifestyle

- Invest 30 minutes a day and improve your energy and strength while reducing stress, anxiety and fatigue.
- Encourages happier, less stress and more productive employees
- Empower your employees to live life to the fullest and take control of their health.

Fosters Employee teamwork, camaraderie, company pride and positive morale

- Company team participation builds camaraderie, teamwork and positive spirit
- Healthier lifestyle changes made easier and more fun as part of a social peer or workplace group
- Friendly, "Company to Company" Competition Builds Company Pride and Spirit
- Establish your corporate team today...and participate in the many Run/Walk events to choose from

Simple, but comprehensive turn-key program with minimal effort required

- Program support provided includes, internal communications (posters, etc.) and how-to instructions with printed and on-line materials
- Health educators available for on-site education/workshops and answering questions
- Options available to participate in race/walk for a philanthropic cause (Heart Association, Diabetes, cancer, etc)

Easy-to-access resources for every level of fitness

- Program tools designed for all levels of fitness, from couch potatoes to competitive runners
- 24 hour/365 day access to tools, podcasting and detailed information on fitness, nutrition and other healthy living management materials

Healthy employees mean a healthy business and delivers bottom line business benefits

- Healthier and happier employees reduce sick days, lower medical costs and increase productivity

Visit www.GetFitKPOC.org to sign up, lace up and get fit.