



## **FITNESS PRESENTATIONS**

### **21<sup>st</sup> Century Fitness**

Employees in the U.S. today work more hours per year than any other workforce around the globe, often at the expense of personal health and fitness. In this environment, exercise is more important than ever, but efficiency is king. Regardless of whether you have 10 minutes or an hour to devote to your workout, it is critical that your regimen include exercises addressing flexibility, balance, core strength, stability, strength, power, speed, agility, quickness and cardiovascular training. Sounds like a lot, and you just don't have time? In this presentation, you'll learn how to incorporate all of these important elements into a time-efficient workout that will not only help you look and feel your best, but also keep you injury-free.

### **Ultimate Calorie Burning And Metabolic Makeover**

Want to lose weight and burn lots of calories at the gym? Skip the leg extension machine, step away from the stationary bike, and stop with the crunches! In this presentation, you'll learn which cardiovascular/strength exercises are most efficient when it comes to sending your metabolism through the roof!

### **No More Crunches!**

Contrary to popular belief, strengthening your abs does not require lying on your back! After this presentation, in which you'll learn about exercises that tighten and strengthen not just abs, but the entire core (which includes hips, butt and lower back too), you'll never do a crunch again!

### **Massage And Stretching**

Spend hours a day sitting at the computer? This hands-on seminar, in which you'll learn how to use the ever-so-popular foam roller and properly stretch, is specifically designed to help alleviate all of your aches and pains. You'll leave feeling great!

### **Fitness for Tennis Players**

Whether you're a serious tennis player or a weekend warrior, this informative lecture will teach you how to design a program to maximize your tennis game while avoiding injury.

### **Fitness Q&A**

Are you confused about how to go about your exercise program? Have you asked a friend, a trainer, or the guy at the gym only to become even more confused? In this interactive session, you can ask as many questions as you like and receive clear answers based on a combination of cutting-edge research and years of experience. Knowledge is power -- you'll leave this discussion feeling motivated and ready to get to the gym!