

TOTAL CUSTOMIZED FITNESS

Total Customized Fitness is excited to introduce the Corporate Fit Challenge to the Solon area! The Challenge is a fun way to get started on a life changing fitness & nutrition program. You'll learn new healthy habits and build camaraderie with your co-workers. Spouses and friends are encouraged to join in and the support you get from your team helps to ensure your success!

With just a 6 week commitment, the Corporate Fit Challenge can change the direction of your life! The Challenge can help people of all fitness levels, whether you're a self professed "couch potato" or a fitness enthusiast. Your results will vary depending on your current weight and fitness level, but the average participant loses 8-12 pounds and improves both their cardiovascular and muscular endurance. Your results will be unique, but with commitment *everyone* will look and feel better in six weeks!

The Corporate Fit Challenge is offered across the nation and now you can bring it to your workplace! Your employer will reap the benefits of a happier team, improved morale, better energy and focus at work. You'll benefit from improved strength, mobility, fitness and energy, enhanced self-esteem and reduced health risks... Everybody wins!

CORPORATE FIT CHALLENGE

**Overhauling Workplaces.
Transforming Lives.**

The Corporate Fit Challenge
has a proven track record
of success.

Call us today to book the life
changing
Corporate Fit Challenge
for your business.

440-525-1411

Get more details on our
website: [www.
totalcustomizedfitness.com](http://www.totalcustomizedfitness.com)

Or email us at
FitChallenge@live.com



Are health and vitality contagious in YOUR workplace?

Corporate Fit Challenges are available for groups ranging from 8 to 20 participants. Each Challenge is tailored to the individuals within, helping all members set reachable goals and learn healthier habits. The program includes three basic components:

Personal fitness coaching sessions: Your CFC coach will meet with each individual to learn about their exercise habits, dietary choices, and lifestyle demands in order to help set realistic goals and work together to overcome obstacles and create lasting change.

Weekly group workouts: Build your team spirit and burn calories with our optional group workouts. These workouts are designed to safely and effectively challenge all fitness levels!

CFC Food Guide: Follow your Corporate Fit Challenge Food Guide filled with nutritious recipes for great tasting breakfasts, lunches, dinners & snacks. Participants are encouraged to cut out the junk food and eat healthier foods in reasonable portions.

The cost of this program is very affordable and the effects are priceless!

Ready to change how you look & feel? Call us at 440-525-1411 to get started today!