

THE DANGERS OF SITTING TOO MUCH FROM PAIN TO PERFORMANCE

You sit at a desk, at meetings, on airplanes, in your car. But what are the dangers of sitting too much? Is sitting the new smoking? *Is your job killing you?*

With over 20 years of coaching, training, and speaking experience, Howard Waldstreicher can show you how to undo the damage sitting does to you every day. Like you and your employees, Howard spent years sitting in an office and wondering why he felt worse and worse... until he realized that sitting saps our energy and shortens our lives. The body is made to move, and movement is the only cure.

In his bestseller *Is Your Job Killing You? Workouts that Reverse the Effects of Corporate Life*, Howard shares his exercise techniques: now busy working men and women of all ages—and all athletic abilities—can learn the movement secrets Howard has developed to cure the illness caused by too much sitting.

A featured guest on radio and television programs nationwide, Howard can bring his message directly to you and your employees. Howard is available to speak to corporate groups of any size, and demonstrate his techniques at your company.

Howard teaches you how to integrate healthy movement into your daily life—at the office, at home, on the road. By standing, walking, bending, rotating, and activating muscles throughout your limbs and core, you can counteract the killing effects of daily office life.

Your employees will come away from an hour listening to Howard and watching his demonstrations with a renewed sense of the energy and health possible in their own lives—if they just get up from their chairs and move.

As the founder of HalfHourPower, the leader in 30-minute interval workouts, Howard has shared the stage with some of the top athletes in the world, including tennis legends Serena Williams and the Bryan Brothers, and football superstars Wes Welker and Demarcus Ware.

Bring Howard to your company to help your staff learn about reversing the effects of sitting with his most requested presentation:

THE DANGERS OF SITTING TOO MUCH ... FROM PAIN TO PERFORMANCE

Meetings. Reports. Timelines. Deadlines. Phone calls. You've got enough pain and pressure in you life. Don't add to the pain by sitting all day.

Let Howard show you how to reverse the effects of corporate life with movement and exercise that anyone can fit into a packed schedule. Call today to schedule a presentation at your company.

1000S OF HAPPY CLIENTS

"Everyday that I use his techniques is a day that I feel better, with more energy, less back pain, and more pleasure in everyday activities."

