

SITTING IS AN ILLNESS MOVEMENT IS THE CURE

How HalfHourPower can improve the health of your employees and your organization.

Come on, how bad could sitting really be? Actually, research has shown that sitting stalls metabolic processes in the body, negatively impacting energy, weight, and heart health. At the same time, extended periods of uninterrupted sitting weaken key muscle groups in the core, leading to nagging back pain. Employees that sit and sit become less productive, take more sick days and make more visits to the doctor, are less satisfied in their job and are more likely to leave. Bad, right?

Enlist Howard Waldstreicher and HalfHourPower (HHP), the leader in 30-minute workouts, to integrate the perfect fitness routine for busy professionals into your office culture. Your employees will benefit from Howard's 25 years of experience and his innovative exercise system, becoming healthier, happier and more productive.



Our HHP solutions can be customized for your business; examples include:

CORPORATE WELLNESS SPEAKER

Howard brings a tailored presentation to your company outlining the severe health impacts of uninterrupted sitting, and provides simple exercises and activities to address the problem



FITNESS IN A BAG

Get the HalfHourPower experience anywhere. This at-home version of HalfHourPower provides employees with the tools they need to incorporate the HalfHourPower workout at home or on the road. Fitness in a Bag includes the HHP power band system and online video workouts for anywhere, anytime workouts. This is an ideal option for companies with business travelers and off-site operation



CUSTOM FITNESS CENTER

Invest in a custom HHP studio on your campus. Our trainers will run a comprehensive class schedule just as at the private HHP studios. Unlike a traditional fitness center, which relies on costly equipment and machines, the power band basis of the HHP custom fitness center provides a cost-effective workout solution, while delivering faster results. You'll be amazed at what a few 30-minute workouts a week can do for the wellbeing of your employees and your business.



Improve your office culture and your bottom line. For more information on giving your employees the tools they need to reverse the ill effects of uninterrupted sitting, **contact Howard Waldstreicher, at howard@halfhourpower.com or visit us at www.halfhourpower.com.**