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21 Day Exercise Jump Start Workshop

Sign Up Now and a Member of Your Staff or Group will Win a Gift Certificate worth up to \$20.00!

The 21 Day Exercise Jump Start Workshop is an exercise workshop designed for busy people who work in an office setting. Use and access to a computer are necessary to use the 21 Day Exercise Jump Start e-book to complete the exercise program. The workshop lasts under 1 hour. 20-30 minutes of exercise are broken up with discussion of the fundamental components on the e-book. Techniques are provided for modifying the workout to fit their individual fitness level. Psychological factors that keep us from reaching our fitness goals will be addressed with helpful solutions provided.



Contact Rob about Wellness Programs at (313) 244-8048

Email: theofficecoach@officecoachplus.com



soothing techniques that you can do on your own whenever you need them!

My Pampered Neck

It's Amazing how easy it is for computer users to reduce muscle soreness & stiffness. We'll spend 30-40 minutes making you and your staff feel better! My Pampered Neck provides demonstrations of muscle



best approach to avoid RSI. By applying some simple techniques on a regular basis you can start to reduce muscle soreness and stiffness before injury occurs. Wrist Revival lasts 30-40 minutes.

Wrist Revival

Repetitive Strain Injury (RSI) is a concern for many computer users. What starts as mild wrist soreness could escalate to a medical condition called carpal tunnel syndrome. Prevention is your



Walking is the easiest way to accomplish this goal. Many benefit from walking but still have concerns about neck and shoulder stiffness. In addition to having a healthier heart through a walking program, you will learn simple movement activities for a more complete, overall workout. Work out neck and shoulder stiffness with these added techniques. Bring your Attitude. Those who are in an office setting will especially see the benefits of this program. Spend under 1 hour.

10,000 Steps with Attitude

This workshop incorporates the recommendations of the CDC and the American Heart Association that everyone needs 30 minutes or more of activity each day.



Lumbago You May Go!

There is nothing like getting relief from periodic Low Back Pain that develops from extended sitting at a desk/computer. Learn back stretches and movement activities. Understand the effects of posture and stress. By applying these simple techniques on a regular basis you can start to reduce muscle soreness and stiffness before injury occurs. Lumbago You May Go lasts under 1 hour.



How to Avoid that Pain in the Neck at the Office

This workshop is designed with computer users in mind. Get relief from periodic Neck Pain that develops from extended sitting at a desk/computer. Learn neck stretches and movement activities. Understand the effects of posture and stress. By applying these simple techniques on a regular basis you can start to reduce muscle soreness and stiffness before injury occurs. How to Avoid that Pain in the Neck lasts under 1 hour.



EZ Abs

Have you sworn off crunches and sit-ups because they are simply too difficult, but wish you could get a trimmer mid-section? EZ Abs challenges the abdominal muscles at different angles so they firm up without a lot of pain. Perform 50-100 reps during the workshop. Leave feeling that your abdominal muscles have been worked out. EZ Abs lets you work within your available flexibility. This 30 minutes workshop will make you a believer.

We're Your Office Connection!

- Has your Office Staff done a great job and you are looking for a way to reward them for their efforts?
- Has it been a while since you've provided your staff an opportunity to participate in something together as a group?
- Have you noticed that morale is slipping?
- Are you looking for something your staff can get involved in that is a little different?
- Has stress affected the productivity of your office?
- Why not show that you support and care for your staff by providing a stress-relieving session from one of our wellness programs!

Contact Rob about Wellness Programs at (313) 244-8048

Email: theofficecoach@officecoachplus.com

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Visit us at www.officecoachplus.com
Then click on the Wellness tab.

Find Free Neck & Back Stretches at
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FREE Neck and Back
Care Information with
Simple, Easy-to-use
Techniques and
Strategies that
Busy People can
Start using Right Now!

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Display this brochure in your break room or on your message board-folded-with this side facing out



We're Your Office Connection!

Office Staff who have
Learned to Manage their
Neck Pain are
More Pleasant,
More Productive and
Create an
Enjoyable Place to Work!

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