



EDUCATE

TO

MOTIVATE



*Education is
the movement
from darkness
to light*

SMART START SERIES

The Smart Start Series include three presentations that teach the stages of incorporating a regular fitness and wellness practice into daily life. It includes planning, taking action, developing and maintaining.

LIVING LIFE SERIES

A series of one hour workshops on living your best life!

- Living on Intention
- Living Relaxed
- Living a Warriors Life

FOOD SMART SERIES

The Food Smart Series includes three presentations on proper nutrition for the body, setting up healthy eating habits and eating well for today and tomorrow.

OTHER LESSONS TO LEARN

7 Habits of Well People
Balancing Your Body Composition
Keeping Injury Free in the Workplace
T.E.A.M Training
Organizing Project