



15 Minute Corporate Fitness  
Get Strong, Stay Young™

## **Testimonials**

"If my company didn't offer this exercise program, I'd do nothing. And since I can schedule a workout during my time at work, it's easy to stick with it. It's a really great idea!

Denise S. – age 47

"I am shocked by how much better I feel doing only a few minutes of training per week. I have as much energy as when I used to spend 90 minutes, four times per week at the regular gym."

Scott C. - age 50

"I feel like my company really cares about me as a person. They are making it very easy to help me feel my best."

Anita E. - age 67

"It's really kind of cool how we've developed a fitness culture at work."

Lisa W. - age 40

"At first, I was a bit intimidated by the machines, but they were actually very easy to learn and perform. I feel better now than I have in years!"

Barb V. - age 68