



MAKE YOUR WORKPLACE STRONGER!!!

Your success is determined by your daily agenda.

— Dr. John C Maxwell

BETTER CUSTOMER SERVICE

- Increased sales
- Repeat customers and referrals

EMPLOYEE/EMPLOYER RELATIONSHIP

- Improved morale
- Less attrition

JOB-SPECIFIC STRENGTHENING

- Stronger muscles for the work required
- More efficient
- Safer workplace with fewer injuries

MORE ENERGY

- Cut down on the afternoon BLAH's
- More consistent performance throughout the day

LESS SICK TIME

- Fitness improves health
- Employees with a stronger immune system

What's your employees health worth to you?

CORY CLAEYS

EDUCATION:

- Personal Trainer Specialist - CanFitPro
- Healthy Eating & Weight Loss Coach - CanFitPro
- B.A.Sc. in Engineering – University of Regina

Focus:

- Endurance Training, Distance Running
- Weight Loss, Muscle Development

PERSONAL BIO:

A formerly obese man, I changed my life in 2005. I started exercising, took up running and learned how to eat well. In the end, I had shed nearly 40% of my body weight.

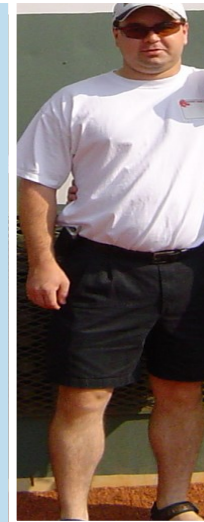
In April, 2015, I completed the Boston Marathon and continued to complete more Marathons and races. My racing resume also includes Ultramarathons, Triathlons and Adventure Races.

I am able to relate to most of my clients because of the battles faced with the journey of healthy living.



TESTIMONIALS

BEFORE



AFTER

"On the days I want to give up, Cory's passion and enthusiastic energy drive my success!"

— Shelly (Weight Loss Client)

"I would not have successfully completed my first half marathon without the guidance and support provided by Cory."

— Trina (Running Client)

"I am a stubborn one, but by following your coaching and training advice, I've become healthier and injury-free"

— Derly (Client)

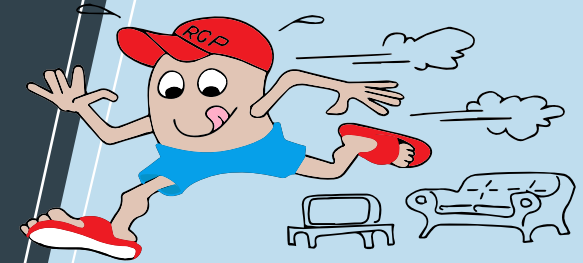
"Cory created a custom training plan for me, which came with the added bonus of significant improvement in my recovery time."

— Laina (Client)

"Thank you Recovering Couch Potato Fitness. I'm 62 years old and finally on the right track for my health."

— Jim (Weight Loss Client)

CONTACT:
cory@RecoveringCouchPotatoFitness.com
(403) 807-0936



RECOVERING COUCH POTATO FITNESS

WORKPLACE FITNESS PROGRAMS

“Here's an idea for cutting edge talent management: workplace wellness programs. Implemented well, they're mutual ROI meets wearable tech meets a deep level of employee engagement that reflects beautifully on employer brand. Not only can they enhance performance, but they show a genuine concern for employees' well-being. And they're part of one of my most basic adages: a happy employee is good for profits.”

— Forbes Magazine

LIFTING MADE EASY



Do you have heavy objects that need to be moved?

- Strengthens muscle groups key to lifting
- Reduce the chance of injury from a lifting incident
- Stronger staff will be more efficient with the tough tasks that slow them down today.



FULL BODY STRENGTHENING



Do your staff want to be effective using your Fitness Centre?

- This Program will start with an orientation of your Fitness Centre
- Trainers will be able to explain equipment, exercise form and target muscle groups
- Participants will become proficient and confident in using the gym equipment on their own.



STABILITY



Are slips, trips and falls a concern?

- Strengthens muscle groups key to balance
- Slipping on ice is can happen in an instant
- Prepare your people BEFORE the falls happen.



MASTER THE AFTERNOON MEETING



How would you like to have an advantage in a late-day meeting?

- Create a team with peak energy throughout the day
- Get rid of those lull's in the day
- Designed to increase energy and alertness in late-day meetings.



COPING WITH STRESS



Does your team excell through the stress of their work?

- Give employees a positive outlet for their stress though fitness
- Participants will leave each session happier than just an hour earlier
- Participants will form a kinship from sessions together that is sure to carryover to the workptlace.



REDUCED BACK PAIN

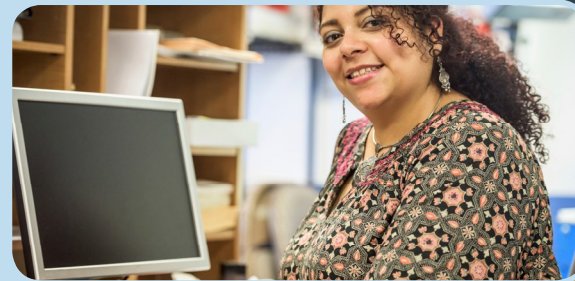


So many live silently with back pain, we can help!!!

- Reduce back pain by strengthening key muscle groups and targeting problem areas
- Provides key stretching techniques to help tight back muscles
- Back pain reduction or elimination in only 12 weeks!



OVERCOME THE OFFICE



Overcome the sedentary life that office work lends to us!!!

- Sitting is the new 'Smoking'
- This Program provides an escape from today's sedentary office jobs
- People who SWEAT together, STICK together.



WEIGHT LOSS CHALLENGE



In our world of "excess" we all struggle with our weight...

- Give your staff knowledge to start taking off unwanted pounds and manage their weight over the long term
- Competition-based option creates a further sense of teamwork, accountability and support
- Change the lives of participants by giving them the tools to keep weight off and live a long healthy life.

