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Healthy Bodies • Healthy Souls

CORPORATE WELLNESS

Call SOL Fitness and Personal Training for a FREE on-site consultation.

The contact person will receive a FREE fitness assessment.



Corporate Wellness Consulting - Health Screenings

Fitness assessments and Risk appraisals

General Programs - Walk Off Weight - Fitness Classes

Custom Programs - Fitness & Nutrition

Specialty Focus: Arthritis, diabetes, obesity, back issues.

Energy Breaks - Break Room Boot Camp - Lunch Programs

Desk Stretches & Exercise - Motivational Materials - Chair Massages

Education - Pedometer Walking - Weight Loss & Exercise

Nutrition & Exercise Myths Debunked - How to Train for a Race

Workplace Signage - Customized Programs - Healthy Back - Strong Abs

Employee Team Building Activities ... We LOVE to customize programs!