

# Fit staff make more money!

Keep your staff fit and healthy and see the dividends.

Healthy workers are more productive and can earn 20% more revenue each per year\*

\* Staying @Work report, Watson Wyatt, 2007/08



If you or your team are feeling tired, stressed out and overweight and the numbers simply do not add up, and you want to improve your everyday balance and performance then Bodyzone's Fast Track to Fitness is for you. This programme has been specifically designed for the time conscious professionals who have experienced difficulty committing to their fitness in the past, or are new to fitness and require the professional guidance and motivation to achieve their desired fitness goals in a comfortable environment.

## Your Bodyzone's Fast Track to Fitness 6 week monitored programme includes:

Week 1. 30 min health history, including blood pressure test and girth measurement, plus a 30 minute personalised programme.

Week 2. 30 min one on one with a trainer.

Week 3 30min group session circuit class.

Week 4 30min one on one with a trainer.

Week 5 follow up phone call/email to monitor progress.

Week 6 30min follow up on health history, includes re-measure to see your return of investment.

You will have access to:

- \* Fully airconditioned mixed fitness club, unlimited use of cardio/weights.
- \* Free group fitness classes, includes Bodyzone Box, Bodyzone Circuit, Mat Pilates, Zumba Fitness coming soon and more.
- \* Discounts on Bodyzone spin and our comfortzone day spa.

Employers and Members can experience:

**Improved** productivity and performance, muscle tone and less body fat, blood pressure, self esteem and life balance, sleep and staff morale, bone density and joint health, quality of your life and longevity.

**Less** stress, pain and absenteeism, risk of heart related diseases.

You may receive all of this for an investment of \$199.00

To start your Fast track to Fitness Call 5779494 or

Email [info@bodyzone.co.nz](mailto:info@bodyzone.co.nz)

The best time to join BODYZONE is NOW!



Tauranga's premier fitness club  
[www.bodyzone.co.nz](http://www.bodyzone.co.nz)

