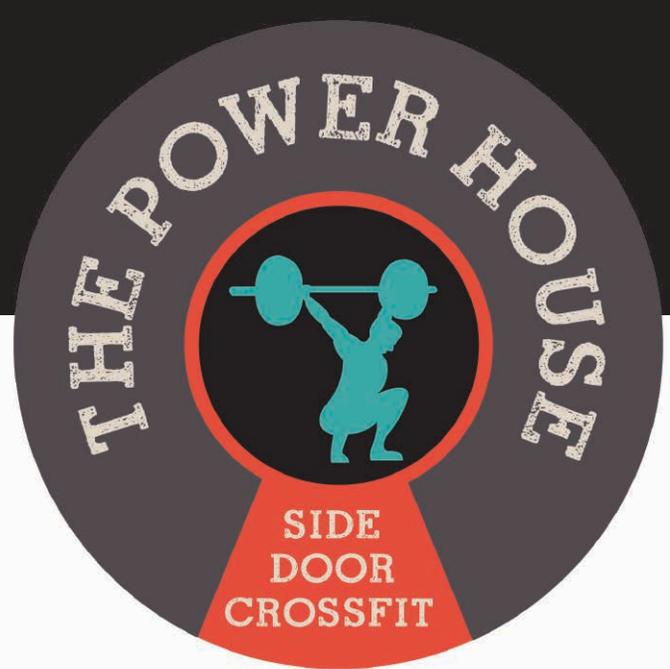


CORPORATE FITNESS



Why Corporate Fitness?

Imagine if you had the opportunity to get the best workouts of your life AT WORK- quickly, effectively, and affordably. Work starts to feel more empowering and fun. You can't wait to see what the Workout of the Day is. You bond with coworkers over your results and hard work in the gym. This translates into better teamwork in the office. You have way more energy throughout the day and are getting sick less.

You're discovering healthier ways to eat and how to plan meals for work that keep you satisfied. You have more time with your family because you already took care of your workout during the day. You've dropped that 10 lbs you could never get rid of, and are in the best shape of your life. **ALL AT WORK.**



Why The Power House at Highland?

We can help your company realize this vision. Our Corporate Fitness programs are a proactive way to change the culture in any work environment, and add value to your company. We have a retention rate of over 90% in our programs and we provide a comprehensive suite of services that works with the company's existing health care structure to address nutrition, fitness and body composition in a fun environment. Our expert coaches create a safe and efficient experience for participants, maximizing their time spent away from work and increasing their fitness results in a way that no 'open gym' concept can accomplish.

What Difference Does It Make?

- **Increased productivity**
- **Reduced sick days**
- **Reduced worker's comp**
- **Reduced on-the-job injuries**
- **Reduced lifestyle diseases commonly found in office environments- poor nutrition and obesity, prolonged sitting, lack of exercise, depression, smoking & alcohol consumption, and others**
- **Increased sense of community and camaraderie between coworkers**
- **Increased job satisfaction**
- **A major talking-point for prospective hires**
- **Creative solution to increasing health care costs for employers**
- **A commitment to employee wellness and longevity**



How Does It Work?

Find us some space at your location, and we will help design and supply equipment that suits your needs and budget, and then we will have a coach staff workouts 1-5 days per week for the hours that best suit the company. Employees can sign up for 30 minute or 1 hour sessions at affordable price points. We will work with you to customize the program to be the best fit for your business.

Contact powerhighland@gmail.com or call 651 699 4864 to inquire about bringing our Corporate Fitness programs to your company.



**SENSE OF
COMMUNITY**

**INCREASED
PRODUCTIVITY**



Testimonials

"Max Lipset is an excellent trainer. I have been working with Max for over a year at work, and he continues to challenge me and push me to other levels in my fitness. The results I have achieved are due to his individual exercise programs, diverse training programs, and setting achievable goals. Max has also been a great resource when it comes to nutrition and a healthy diet. Above all else, Max makes even the most gruelling workouts very gratifying and enjoyable. His methods of pushing me to my limits while also putting a smile on my face is one of the main reason I am excited to continue my workouts!"

- Jessica Santos

"I have been working out with The Power House for a couple of years and I can say that as a result now I am in the best physical and mental shape I have ever been in my life!"

- Kash Nodehl, Vice President, OATI

"I have been working out with Ashley of The Power House at Highland just once a week for a few months now and I am in the best functional shape of my life. I am faster, stronger, more flexible and balanced. This translates into all that I do; especially my squash game as I can get to more balls than I could before, and never tire before my opponent. Ashley pushes and motivates and does so with her lovely smile. She always finds new ways to challenge me and keep it fun. Her class has become something I really look forward to each week and I use what she teaches me in all my workouts. I can't wait for the snow to melt so that I can get out on the golf course and see how yards I have added to my game."

- Sheldon Vaz