

You Built It, But They Don't Come

It's Time To Add A Wellness Engagement Advisor To Your Team

Engaging employees or clients in wellness is a challenge. Statistics indicate that less than 50% of the potential people get involved in any program.

It's the time to call for a "Wellness Engagement Advisor" along with the creative tools that can bring more people to your programs.

Work outs are more enjoyable when listening to music. Music helps keep the beat for a walker, or sets the environment for an aerobic workout. These programs can be listened to on a CD player or downloaded onto a personal MP3 player.



10 popular songs on each CD were selected to keep the beat. Exercise becomes more enjoyable and the beat keeps an aerobic or cardio pace.

