

Members/Employee Appreciation Event

Featuring



Presenting

“Discovering the Simplicity of Living a Healthy Lifestyle”

“Discovering the Simplicity of Living a Healthy Lifestyle” was created and lunched by Trina Claiborne, Healthy Lifestyle Coach, figure competitor, creator of Body Transformations by Trina and upcoming author. It is an interactive event designed to adapt to any environment such as: schools, churches, fitness centers, associations, small groups, club and corporate America. After teaching these principles, the following benefits can and have been achieved:

Fitness Centers have experienced the following benefits:

1. Increase gym membership sales
2. Increase in-house product sales: supplements, shakes, equipment
3. Increase in-house services: personal training, massage, tanning etc.
4. Add value to existing members and new members
5. Improve the health goals of all members

Corporate America, Schools, associations, small groups & clubs have experienced the following benefits:

1. A more health conscience & enthusiastic workforce or members.
2. Increase participation in existing wellness programs or group fitness activities
3. Less time off due to illnesses related to bad health habits
4. Increase use of on-site workout facilities/equipment and health programs.

This event teaches healthy lifestyle principles that lead to permanent ultimate health void of: excessive fat, yo-yo dieting, sweet cravings, fat loss plateau, fatigue, and bad healthy habits. This event is designed to maximize the benefits already being offered or accessible by the facility to its members/employees and help them achieve a fit lifestyle regardless of their personal life complexities. It's fun, interactive with lots of attendee participation.

To learn how this event can become a part of your facility's efforts to improve the health goals of your members, workforce or community call Trina Claiborne, Healthy Lifestyle Coach at: 770-262-6340.

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“Body transformation is possible when you have the right mindset and tools to make it happen.”