

**P**ositive **A**ctions  
"Team Productivity Training"  
Training Seminars & Motivational Speeches

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## Healthy Lifestyle for Peak Performance

### Topic Importance

"63% of Americans are overweight." - American National Center for Health statistics. This holistic approach will result in increased fitness, strength, confidence, happiness, quality of life and reduced stress. This interactive and participative workshop will guide you to healthy eating and exercising for life, allowing you to increase your productivity, both on a personal and professional level. **"Run in such a way that you may win." 1 Cor. 9:24.**

### Objectives

During this presentation, you will have opportunities to:

1. Apply positive attitude techniques – **Team Exercise**
2. Identify healthy nutrition
3. Perform stretching techniques – **Team Exercise**
4. Perform cardio routines – **Team Exercise**
5. Perform strength training programs – **Team Exercise**

### Benefits

In 1.5 short hours you will learn:

1. Eight positive attitude techniques
2. Six food types to avoid
3. Eight common muscle relaxing stretches
4. Five fun cardio routines
5. Six weight lifting programs

### Expertise

Acquired from several years as a Corporate Manager, from MBA and Ph.D. (ABD) studies and research. Successfully apply these techniques as a Corporate Trainer and Motivational Speaker who delivers training workshops and keynote speeches to organizations.

### Target Audience

Administrators, Business Owners, Executives, Managers, Professionals, Supervisors, Support Staff, Communities, Churches and anyone who wants to improve their quality of life and become more productive

### Duration

1.5-Hour **Interactive Participative Workshop**

### Class Size

12-15 participants - optimum for increased personalized attention and more interactions

## Why **P**ositive **A**ctions

Since 2001, **P**ositive **A**ctions has motivated teams to boost productivity and profits through results-oriented training seminars, motivational speeches and public speaking coaching. **P**ositive **A**ctions quickly provides customized, creative, cutting-edge and cost-effective training solutions for time management, teamwork, positive attitude, stress management, conflict management, customer service, leadership development, goal setting, work/life balance, networking, change management and professional etiquette to satisfy your training needs. Organizations save time and money and increase productivity and profits by using techniques learned in our workshops. Additionally, **P**ositive **A**ctions provides timely follow-up to enhance business objectives.

*"Thank you for your wonderful seminar on Public Speaking. My group of trainers as well as myself learned so much from the exercises. We all felt empowered and more confident in our training capabilities."* L. Rones, Nordstrom Regional Director

Invest in your employees with **P**ositive **A**ctions today—satisfied employees provide fantastic customer service!

*"Companies that invest above the average in employee learning outperform the stock market by more than 45%. Those that don't, under perform by 22%." (ASTD/Bassi).*

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