



Working with busy people to improve heart health, so they can work well, feel

Program Description



Too busy to be fit? Being active doesn't have to mean a trip to the gym!

"Did you look around the room? I would say 99% of the people in the room were smiling WHILE exercising. WOW – that says it ALL!!!!!"

Technical College Staff Inservice Participant

Using her background as an adaptive movement specialist and the strategies in her book, ***Busy Woman's Guide to an Active Lifestyle***, Eliz Greene provides ideas to fit exercise into your busy day and develop an active lifestyle.

In this interactive - and active - session participants learn and practice strategies to be active in the car, at their desk, in the kitchen - everywhere!

Through humorous and touching personal stories and interactive fun, Eliz creates a program to fit your organization. Based on the needs of your group and the time allowed, participants may have the opportunity to:

- Utilize everyday activities to increase cardiovascular health.
- Practice being active at the office, in the car, on the job and in your kitchen.
- Identify what it takes to live an active lifestyle.
- Develop a plan to implement at least one strategy.