



## EXECUFIT SERVICES

One of the primary concerns of today's business professional in relation to personal health is simply finding the time. We offer both on and off-site services to help remedy this issue for many executives. ExecuFit is fully customizable and our trainers and coaches are here to help you make healthy choices, even while out on the road; by doing accountability check-ins via Skype, contacting the hotel you will be staying at to find out what kind of equipment they have on site to use in your daily workout, or sending travel-friendly equipment with you to ensure continued success even when you can't get to a gym to complete a traditional workout.

HPT's ExecuFit will get your executive's healthier, happier, and ultimately more productive in as little as 4 1/2 hours of exercise a week!

### ExecuFit Programming Options:

- ✓ On-Site Personal Training
- ✓ Off-Site Personal Training
- ✓ Far Infrared Sauna
- ✓ Massage
- ✓ Nutrition and Metabolic Detoxification Coaching
- ✓ Health Care Practitioner Grade Supplements
- ✓ In-Home Meal Catering
- ✓ Travel-Friendly Exercise Equipment
- ✓ Off-Site suggested Menu
- ✓ Skype Check-Ins with Personal Trainer