

# THE ZONE

**HEALTHIER TEAMS = HAPPIER TEAMS = MORE PRODUCTIVE TEAMS!**

**GET YOUR TEAM'S YEAR STARTED RIGHT WITH A**

## **"BETTER YOU - 2022" WELLNESS CHALLENGE!**

### Details:

- 8 Week Wellness Challenge FULLY ADMINISTERED by The Zone!
- Initial Assessment by your Zone Coach
- Full access to The Zone classes (in person, virtual or streamed)
- Workout, Activity and Nutrition Tracking
- Healthy Habit Logging – (sleep, meditation, water, etc)
- Weekly engagement videos from your Zone Coach.
- Weekly mini-challenges with prizes
- Three Challenge Winners at the end of 8 Weeks – The Zone will host or "emcee" the Awards Ceremony!
- Three fee options – YOU choose how much you contribute to the program cost.
- The BEST part – you don't have to do ANYTHING! We do it all for you!
- Fully Customizable – Have an idea? Run it by us!



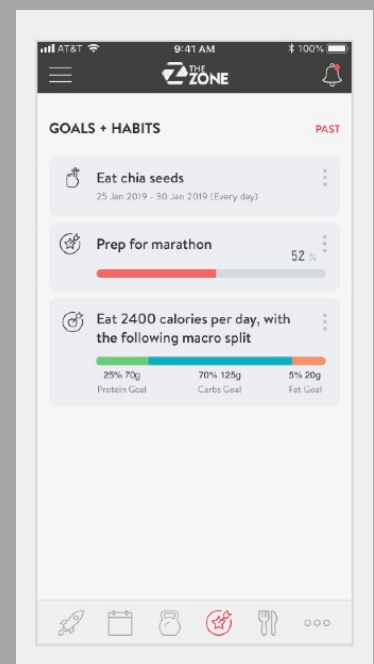
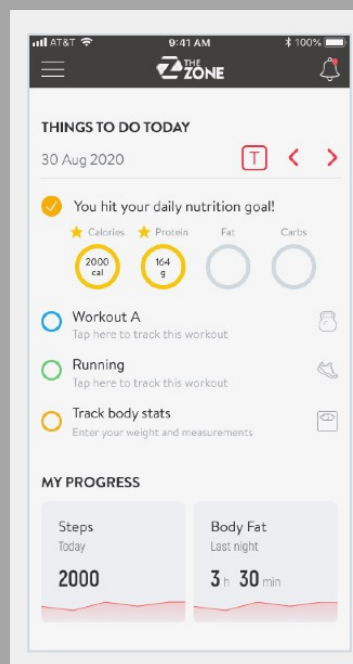
Eric@thezonefit.com



(715) 864-6981



1830 Hanley Rd, Hudson, WI 54016



**GINA**

**ZONE MEMBER**

**"A gym like no other!! Classes are amazing! People are welcoming! I leave feeling refreshed and ready for anything this crazy life brings on! Positive environment And I've only been a member for 30 days!!"**

### **Key benefits to the employer**

- Team Building!
- Increased Engagement for In-Person, Hybrid or Remote workforces!
- Show your team you're invested in their wellbeing!