

Fitness That Works



What would it feel like to be stronger, have more energy, and be more productive at work and home? Take the Fitness That Works Challenge and find out!

Leading fitness authority and weight management expert, Sean Foy, created the Simple Moves program to inspire individuals to achieve a higher level of fitness and health. Based on seven Simple Moves, this straightforward approach to fitness is proven to decrease your risk of injury while improving strength, coordination, balance, and well-being. And it requires only minutes each day to realize these benefits!

The Fitness That Works challenge invites teams of up to 10 to compete in incorporating the seven Simple Moves and cardio exercises into their everyday routine.

**Compete for great prizes!
Join a team today!**



**YES! I'm ready to
take the challenge!**

**YES! I will be a
team captain!**

Name: _____ Team: _____

Department: _____ Phone: _____ Email: _____

Registration Deadline:

Return Completed Registration To: