

# CORE SOULUTIONS FITNESS



**Moving Employees For LIFE!  
NOVEMBER 2009**

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**ASK  
ABOUT**

New FIT BAG Lunch Learnings  
New Tier 1 - Web Platform-HPP  
Tier 2 - Fitness Services  
New classes & speakers  
The Holiday Stress FIX

**Building A Culture Of Health For Over 25 Years**



**80% OF THE POPULATION WILL SUFFER BACK PAIN AT SOME POINT.\***

*Health Promotion For Business. "Inspire" Fitness Services & Classes. "Motivate" Web Based Health Promotion. "Incentives, Rewards, Results" Strategy, Program, Fitness Assessments. "Educate" Fit Bag Lunch Learnings. "Relaxation" Therapeutic Massage.*

Evie Norton, owner and corporate program director of Core SOULutions Fitness (CSF), has been in the fitness industry for over 25 years. CSF provides a full array of motivational programs and classes, Your Company can select from 2 Business Platforms. TIER ONE is a Web Based HPP program administrated by your wellness coordinator, or with the help of Core SOULutions Fitness. TIER TWO is a full array of Onsite Fitness Services. Call or email for a live presentation and a menu of our offerings.

Studies report that people are more likely to succeed with a goal in a group setting. Our onsite fitness classes, team building events and lunch learnings help build your culture of health.

CSF is a strong proponent of back, neck, shoulder and core health. Evie says, "if finishing schools from the 1800 and 1900's existed today, we'd be walking with a book on our head. What a great start for basic core health."

As Joseph Pilate predicted, modern day man is living in a state of physical deterioration. With this state of physical de-conditioning, it is necessary to engage preparatory exercises for the actual exercises. Strength and flexibility need to be developed in muscles that have not been used regularly. \*\*

Pilates has been called the ultimate mind-body exercise, a pure approach to movement, based on the work of Joseph Pilate. The significant gain in popularity can be attributed to its popularity with Hollywood celebrities. Also, the principles of Pilates coincide with the latest scientific research of core stabilization.

Experts agree that neglected core strength and stabilization are at fault for most injuries and pain in the back, neck, shoulders, hips and knees. CSF is frequently invited to speak and train employees, police and fire department, because absenteeism and health costs related to core issues are high. Without training, posture is dictated by repetitive behavior such as, sitting at a computer, or working on an assembly line. The untrained body is like an egg: a hard outer shell that if broken causes the white (*inner muscles*) and yolk (*deep muscles*) to break.

Core fundamentals are integrated into all CSF onsite fitness classes. Our list of FITBAG Lunch Learnings include; Back to Back; Posture for Core Strength; Desk Strength; Form to Foam stretch, release & balance on a foam roller; & Your Desk-Your Stability Ball.

## • Preparing For Health Reform - 2010

Ask for a menu of classes & lunch learnings. See our live presentation of "Motivation®" an award winning web based health promotion platform.

## • Gift Ideas To Inspire A Culture Of Health

Onsite Therapeutic Massage  
Departmental Stretch Relax Class

## • Holiday Lunch Learnings

"Year End Stress Busters"  
"Breathe To Relax"  
"Burn Away Your Holiday Favorites"

## • This Month's Feature Classes

**Burn The Cookie** -  
Calorie Counting Fitness

**Candy Cane Core**  
Pilates for Crooked Backs



Motivational Tools, Education & Fitness For The Daily Routine.

**Engage Employees For LIFE!**  
**612.202.8972**

\* National Health Institute. \*\*Polestar Pilates