

# HEALTH EASE

*Corporate Wellness Made Easy*

## **Virtual Wellness Services Offered by HealthEase, Inc.**

### ***Exercise Classes -***

- Agility X-Training
- Cardio HIIT Abs
- Cardio Kickboxing
- Core and More
- Full Body HIIT (High Intensity Interval Training)
- HIIT focused on Butts & Guts
- Tabata
- Total Body Intensity
- Zumba

### ***Specialty Exercise Classes***

- Pilates
- Tai Chi
- Yoga
- Yogalates



### ***Seminars/Workshops***

- Relax & Refresh - Mindfulness, Meditation and More
- Create a Healthy Workstation & Deskercise
- Nutrition 101: Basics of Good Nutrition
- The Skinny on Fad Diets
- Healthy Eating for the Busy Professional
- Eating Healthy, Green & Environmentally Friendly
- Great Kitchen Clean-Out: Creating a Healthy Environment
- Eat This, Not That! Replace Unhealthy Options with Smarter Choices
- Mindless Snacking - and How to Stop
- Healthy Cooking in a Snap
- 10 Secrets to Permanent Weight Control

*All sessions are 50 minutes in duration and are led by highly qualified, dynamic HealthEase fitness professionals. For more information, contact us at [info@healtheasefitness.com](mailto:info@healtheasefitness.com).  
More offerings in 2021!*