

+1 DeskStops

Healthy at Work...
Even at Your Desk!

FREE 15-MINUTE FITNESS GOAL SETTING

No time to stop by the Fitness Center
to speak with your Plus One
Exercise Specialist about your
fitness goals?

We've got
your solution:
call us to make
an appointment
to visit your office.

We'll come to you!

With Plus One's DeskStops
you can be healthy at work...**even at your desk!**

To schedule your Plus One DeskStop, contact
Andrew DeMacedo or Amy Meehan at the fitness
center x3545