



MISSION **FIT** POSSIBLE

Mission FITpossible is an 8-week fitness challenge that will motivate participants to exercise, build strength and muscle while losing fat.

Included in this 8-week challenge:

- ▶ Pre & post fitness assessment
- ▶ Weekly webinars
- ▶ Weekly virtual exercise videos
- ▶ Weekend warrior challenges

Add a FIT 5
Package of
Health Coaching:
\$175



Ready for your company to participate?

Email us at: info@wishingwellworks.com



Healthy competition with rewards:

Most body fat lost: \$150

Most strength increased: \$150

Most inches lost (waist & hips): \$150



Wishing Well Works
CORPORATE WELLNESS

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