



FIND YOUR VOICE  
YOUR SUPERPOWER & PASSION UNLEASHED

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## EXECUTIVE HEALTH & WELLNESS TRAINING MONEY & LIVES

### Sitting is costing us!

Health care will soon outpace inflation as we're sitting down on the job. Research links sitting for long periods of time with a number of health concerns. Mortality is one of them! A study on [Patterns of Sedentary Behavior and Mortality](#) shows just how fatal it can be. A [Mayo Clinic](#) analysis concluded that, "sitting had a risk of dying similar to obesity and smoking." Researchers also found that sitting can also increase the risk of cancer. But wait there's more and it's not good! No matter how much you exercise, sitting for excessively long periods of time is a risk factor for early death! Don't despair! Matt is here. **Matt Peale shares secrets and techniques that can unseat the problem.** As a corrective exercise specialist he helps thousands with his [book](#), coaching, public speaking, and [appearances on programs](#) across the nation.

## Executive Health & Wellness Training Workshop



**Matt Peale** Executive Health and Wellness Trainer, Celebrated fitness expert, speaker, and author of [The Athlete In The Game Of Life: Stretch, Strengthen, Live, And Thrive](#), works with those who make a living by sitting. With an engaging presentation, Matt teaches corrective stretching and strengthening for any fitness level and work schedule. This workshop saves lives and dollars by reducing pain, gaining mobility, staving off sitting morbidity, and trips to the doctor.

**RATE/** \$5,000 live/ \$4,000 virtual

2 hour instructive workshop, downloadable book and visual aids for all participants.

**REQUIREMENTS –**

Live: Audio amplification, powerpoint presentation screen and connection

Virtual: Zoom connection for all participants

### TALKING POINTS:

- What a sedentary lifestyle looks like
- The untold risks of sitting behind your desk
- The toll on our mental health
- What if you hate to exercise
- Astounding help for desk workers
- *Health and fitness at any age*
- *Overcoming chronic pain through exercise*
- Personalized corrective movement
- Surprising ways simple stretching and strengthening can off-set major problems
- *Learn active stretching before and static stretching for after you workout*
- *Motivation to Invest in yourself with realistic fitness*

**TO SCHEDULE MATT PEALE create a custom event**

**More on Matt Peale [www.mattpeale.com](http://www.mattpeale.com)**

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