



# EXECUTIVE EDGE

FIT TO LEAD 2012



WESTERN  
RACQUET & FITNESS CLUB

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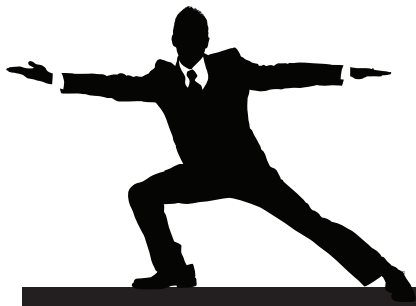
PREVEA  
*Health & Wellness*

WESTERN  
RACQUET & FITNESS CLUB

INSIGHT

festival  
foods

myinertia



## HAVE YOU GOT THE EDGE?

The Executive Edge is a fitness competition designed to encourage corporate and community leaders to set a positive example of health and wellness within their workplace. Each participant will undergo a fitness and health risk assessment (HRA) in early January. Then you will have approximately 12-weeks to improve both your fitness and HRA scores. Winners will be awarded for Best Overall Score and Most Improved in both Men's & Women's Divisions.

**TO PARTICIPATE** you must be at the Executive Level – CEO, COO, CFO, VP, Senior VP, Business Owner, etc.

**THERE IS NO COST** to compete in the Executive Edge

**FREE HEALTH RISK ASSESSMENTS** provided by Prevea Health

**COMPLIMENTARY MEMBERSHIP** to Western Racquet & Fitness Club are provided to ALL participants during the duration of the competition

**GREAT OPPORTUNITY** to network with fellow executives

**BETTER YOUR HEALTH** by working with personal trainers, dietitians and health coaches at discounted prices

**DISCOUNTED CLUB RATES** available for your employees during the duration of the Executive Edge.



## NEW FOR 2012!

- **Go Mad with Bonus Points!** Top point winner will receive an Executive Physical Experience! (A \$5,000 value)
- **Three Executive Edge Social Gatherings**, including the Executive Evening by The Marq featuring a live cooking demo.
- **Clip on the myInertia InertiaPed** and track real-time your steps, calories burned, activity time and distance traveled. Your data is securely uploaded for easy online monitoring...anytime.
- **Additional WellSaid Diet & Nutrition Classes**, led by a Prevea Health Registered Dietitian.
- **Team Challenge.** Register as a team and go head-to-head against other businesses.



## TOP WINNERS WILL RECEIVE

Bragging right for the entire year, plus you'll get a trophy! And, you'll also receive an Executive Edge prize package that you can share with 5 of your co-workers.

### REGISTRATION BEGINS

**November 14th, 2011**

Space is limited

Sign-up at [WesternRacquet.com](http://WesternRacquet.com)

For questions contact Jennifer Younk at (920) 272-1118

or e-mail [executive.edge@westernracquet.com](mailto:executive.edge@westernracquet.com).

**REGISTRATION CLOSING ON DECEMBER 17TH**

**EXECUTIVEEDGE**