



What can you do to encourage your employees to be **More Productive and Less Tired?**

POSTURE-CIZE® In-Office Exercise Sessions



“Proper posture prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.”
CLEVELAND CLINIC SPINE CENTER

POSTURE-CIZE® In-Office Exercise Sessions can help:

- Decrease Absenteeism
- Increase Productivity
- Decrease Common Neck and Back Pain
- Teach Workers How to Sit, Bend and Reach to Avoid Common Aches and Pains
- Increase Overall Fitness
- Improve Confidence

A study from Oklahoma State University shows that people who exercise regularly are far less likely to miss work than those who are not fit.

For More Information Call 212-315-3301 or visit www.posture-cize.com



"Your **POSTURE-CIZE®** session was a big hit for our constituents!"

*-Felicia Stoler, Nutritionist & Exercise Physiologist,
President, New Jersey Dietetic Association*

Posture classes can be held anywhere in the office. The classes are designed for

- **Team-building:** Strengthen the workgroup bond and have a great time in class.
- **High Productivity:** Energy and productivity levels will get a huge boost.
- **Quality of Work:** Participants will feel better and start standing and sitting taller after just a few sessions, and this will reflect in the quality of their work.
- **Going the Extra Mile:** Managers will inspire their teams to go the extra mile with their high energy level.
- **Avoiding Injuries at the Workplace:** **POSTURE-CIZE®** works the muscles of the back and "core," which will help avoid injuries while performing daily tasks at the office.



Big meeting planned? Lots of sitting and thinking? Why not get their minds going with a mid-meeting POSTURE-CIZE® session? Relieve the tension in their backs, promote fitness, and get the blood pumping!



Our classes teach your employees how to sit properly while at the same time learning exercises that build neck and back muscles.

Marilynn Larkin Fitness, Inc. 331 West 5th Street #224 , New York, NY 10019

Phone: 212-315-3301; Website: www.posture-cize.com
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"The women got so much out of the program — thanks to you and your incredible dedication! We could not have done it with out you."

-Lisa Tomanelli, Dress for Success, International

Posture Power for the Office

½ Hour Workshop

Energizing POSTURE-CIZE[®] workout (1/2 hour) to strengthen and stretch the muscles involved in good posture, including the back and core. The workout is done to music (provided) and uses resistance bands (provided) for the strengthening section. The workout can be done in comfortable business attire; no floor work and no need to change into workout gear.

"Thank you so much for your wonderful session!"

- Lizz Nossier, Montclair State University Dietetic Organization

1 Hour Workshop

This upbeat, results-oriented interactive workshop can be adjusted from one to two hours to fit your schedule and includes:

- Presentation on benefits of good posture; obstacles to good posture; and common posture mistakes and how to fix them
- POSTURE-CIZE[®] workout (1/2 hour) to strengthen and stretch the muscles involved in good posture, including the back and core. The workout is done to music (provided) and uses resistance bands (provided) for the strengthening section. The workout can be done in comfortable business attire; no floor work and no need to change into workout gear.
- Question and answer session
- Posture tips handouts
- POSTURE-CIZE[®] DVD (additional fee)

"You have my full support."

- Jacques Moritz, MD, Director of Obstetrics/Gynecology at St. Lukes-Roosevelt Hospital, NYC; Assistant Professor, Columbia University College of Physicians and Surgeons

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About The Creator of the POSTURE-CIZE® workshop

Marilynn Larkin, an ACE-certified personal trainer and ACE-certified group fitness instructor, is the author of 5 health books and has been involved in dance, group fitness, and strength training in various capacities for more than 20 years. She has appeared on Oprah, as well as other TV talk shows, and is a dynamic speaker and lecturer on health and fitness topics. She developed the Marilynn Larkin's POSTURE-CIZE® DVD to help inspire everyone to become more physically fit, attain and maintain good posture, and build confidence, energy, and strength.

Her movement background encompasses a wide range of areas, from stretch and strength training to yoga and movement for actors. She started a personal training business at Equinox Columbus Circle, and continues to train clients in New York City.

Marilynn has extensive expertise in how the body ages, and has worked as a functional fitness instructor with older adults. Marilynn also has experience in natural bodybuilding, and placed second in the Natural New York City Bodybuilding competition in 2003.

Marilynn is knowledgeable about many areas of health and medicine. Her work has appeared in leading medical journals and magazines, eBriefings for the New York Academy of Sciences and Reuters Health.



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[Safe and Unsafe Yoga Moves](#)

(Vegetarian Times, February 2005)

[Good Posture](#)

(Vegetarian Times, January 2005)

[Marilynn's article on "Older-Adult Fitness"](#)

(Aging Today, January -February 2005)

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