



Fitness for CEO – You are the CEO of your body

What is the Return On Investment for increasing physical activity and eating healthier?

At U-FIT, we measure success through a healthier lifestyle and improved quality of life. This is achieved by using our unique personalized fitness training program combined life changing eating habits.

When you invest your precious resources – your time, awareness, money and energy, you expect results and a superior return of investment.

We have the roadmap to personally guide and encourage you along the way for you to reach your fitness goals. Here's the VALUE that U-FIT bring to you from the two perspectives, OBJECTIVE & SUBJECTIVE.

Quantifying the Cost of Physical Inactivity

As the CEO of your body, you want to know what's the cost of obesity as it relates to your bottom line? The scientific evidence is clear: Regular physical activity reduces the risk of developing diabetes, high blood pressure and some cancers. It also lowers blood pressure, helps build and maintain healthy bones, muscles and joints, and promotes psychological well-being.

And a physically inactive population costs money.

So, what is the VALUE that U-FIT can brings to you?

OBJECTIVE: Return on Investment (\$)

- Study have shown that for every dollar you spend on wellness, you save as much as 5 to 6 dollars on illness.
- U-FIT to your home – save time, motivation & keeping you on track

Our experience has shown that training 4 hours per week with a U-FIT professional can equate to a **Return on Investment of \$1100 per week**. For more information on how we calculate this, contact Truong Le at tle300@ufit-le.com

SUBJECTIVE: Quality of life (Priceless)

- Full of ENERGY & LIFE: Living life to the fullest – run, jump and play with your kids, family & friends, and of course improve bed time fun.
- Better FOCUS: Keeping your center of concentration on the current activity.
- Amplified CREATIVITY: Opening your vision, inspiration and ability to solve problems.
- Higher PRODUCTIVITY: Keeping focus with energy & more creative – results in less wasted time. Get your tasks done more efficiently so you have more time to enjoy life.
- Improved CONFIDENCE: Superman/Superwoman - limitless.
- Boost of SEFT ESTEEM: Enhances your belief in your abilities.
- Enhance SOCIAL INTERACTION: With confidence and self esteem – you're ability to be more outgoing and “go out there and mingle”.
- Increased SENSE of WELL-BEING: Feeling self worth and trouble-free.
- Healthier SLEEP: Sleeping better and be well rested for the next day's actions.
- Reduced STRESS: You have the energy, focus, productivity, creativity, confidence, self esteem, well-being, and a good night sleep to handle any challenges and obstacles that get in your way – What Stress?

You are the CEO of your body. Do your job! – Hire an U-FIT professional