

30-DAY

RUN MORE, DO MORE

RUN/WALK PROGRAM

Whether you are a walker, beginner runner or an advanced runner, this program is for you! **Run More, Do More** is a 30-day program designed to provide the training, guidance and support to participants to safely increase their weekly mileage and physical endurance. There will be (3) variations of the program to accommodate the three different levels, respectively.

In our modern world, more and more of us have jobs that require us to spend many hours sitting in front of our computers and being sedentary the majority of the day. **Inactive lifestyles affect your health in many ways, including:**

- Decrease in burning calories can lead to increase in gaining weight
- Loss of muscle strength and endurance, because you are not using your muscles as much
- Decrease in bone density
- Immune system function decreases
- Poor blood circulation
- Slowing down of metabolism leads to trouble breaking down sugar and fats
- Increased inflammation
- Hormonal imbalances

Physical exercise doesn't just impact your physical body. It also has a large impact on mental health, and as such, this program will provide a safe, positive and healthy change amongst individuals. As participants begin to increase their activity levels, they may experience the benefits of decreased stress levels, higher productivity and enhanced physical performance!

OTHER BENEFITS PARTICIPANTS CAN EXPECT OUT OF THIS PROGRAM INCLUDE:

**+ INCREASED CARDIOVASCULAR
ENDURANCE**

**+ INCREASED PHYSICAL
ENDURANCE**

**+ IMPROVED PROFICIENCY
AT RUNNING**

**+ INCREASED PHYSICAL
STRENGTH AND HEALTH**

+ INCREASED FITNESS LEVELS

+ DECREASE ABSENTEEISM

THE PROGRAM INCLUDES:

- (30) days of walk/run training program introduction with a Breakroom Fitness Coach via Zoom
- Weekly program distribution and outline
- Weekly emails with positive affirmations, fun running tips, and pre-recorded runner's stretches
- Strength training workouts geared toward walkers/runners
- Additional guidance to include designated strength, cross training and rest days
- Nutritional guidance to promote proper fueling for increased physical endurance
- Check-ins via IOS App or Android App to promote accountability and team challenges

JOIN BREAKROOM FITNESS'S FINEST

Run More, Do More - 30 Day Run/Walk Program was created by some of Breakroom Fitness's finest. Breakroom Fitness has brought you the best from a USATF Level 1 Coach, an Athletic Strength and Conditioning Coach, and Certified Integrative Wellness coaches, which includes diverse fitness, nutrition and wellness program development experience. Participants will meet their instructor(s) throughout the program and see just why they are part of the Breakroom Fitness Team!



BONUSES INCLUDE:

- A digital Nutritional Guidance recommended food list
- A digital 30-Day Calendar specific to this program, outlining the training and recovery days for each day of the program
- A printable Move More, Do More completion certificate to hang at office

CONTACT AMBER@BREAKROOMFITNESS.COM FOR ADDITIONAL DETAILS

**BREAKROOM
FITNESS**