



**SAVE THE DATE!**  
Sparks Chamber June 19<sup>th</sup>  
Luncheon at the Peppermill

## Physical Wealth: *Creating Healthy Moments in Your Daily Business*



Lynn Ann Covell, Exercise  
Physiologist, Ludlow, VT

June's function luncheon takes a side-step from the popular themes that create a healthy business such as good sales practices, marketing, and similar topics important to our chamber members. We pride ourselves in providing experts in these and other areas that help you grow your businesses with new techniques and better business planning. In the onset of Summer, however, you may want to focus on YOUR health!

Have you pondered the reality that with newer and more advanced technology comes sacrifice? Do you realize that you don't have to own a couch to become a potato? Your office chair will do just fine! Are you riding that slippery slope, blindly becoming a technology potato with your computers, PDAs, and comparable tools that require a sedentary position to operate?

We are concerned that our kids are staying locked up with video games, but what about us grown ups? We work *in* our business, *on* our business, stay awake at nights *thinking about* our business, and find ourselves seated at our home computers on the weekends because, after all, it's such an efficient tool!

We plan, plan, plan our retirement, and can't wait to leave the business behind...someday...but will our bodies be ready for retirement by the time we get there? Heck, will we even see our retirement if we keep ignoring the body that is supposed to golf, hike, walk, swim and play during our retirement? Think about it!

So what's the answer? Well, for starters, close the darn business for an hour on Thursday, June 19<sup>th</sup> for a luncheon you and ALL your employees cannot afford to miss!

Physical Wealth is an old topic, sporadically practiced by the business world; but ways to address it effectively will be presented in a manner that may change your life – immediately! Join Exercise Physiologist Lynn Ann Covell who brings 20+ years of unmatched expertise and motivation that will get you out of your seats, moving, making “mindful” choices about your daily business life and what you can do ON THE SPOT to change your future physical wealth with a positive, workable approach.

Based in Ludlow, Vermont, Lynn Ann has reached literally thousands of people that include the highest level of corporate executives with her comic, simple, logical, and intelligent methods of taking better care of YOU! You are guaranteed laughter, insight, motivation, encouragement, and immediate tools that are critical to most of us who don't practice the simple task of penciling in healthy moments into the daily planner!

Lynn Ann's credentials are impressive - Senior Exercise Physiologist, Certified PT., A.F.A.A., I.F.A., A.A.A.I./I.S.M.A., Member A.C.S.M, Personal Trainer, Strength and Aerobics Instructor, Tai Chi Instructor, Mat Science (Pilates) Instructor, Weight Training Consultant, Aquatics Instructor, Aquatics Rehab Instructor, Weight Management Certified, Certified Holistic Health Consultant, and Motivational Speaker.

Join us on Thursday, June 19, 2008 at the Peppermill Hotel Casino from 11:30 A.M. – 1:00 P.M. for Physical Wealth: Creating Healthy Moments in Your Daily Business. This outstanding program is sponsored by Greater Nevada Credit Union whose generous sponsorship provides this critical 90-minute presentation from a nationally renowned expert for only \$20.00 per person. Please call the Sparks Chamber at 775-358-1976 and reserve your seat today or your company's reserved table of 8 for only \$160.00. Invest a little time in your health, because it IS the most important asset of you and your employees. Without physical wealth, there really is little value of your other assets!