



Corporate Wellness Programs

- 12 Week & Annual Options
- Signature Programs
- Online Content
- Biometric Tracking
- Retainer Options

Online Wellness Club “Fit Friends Revolution”

- Accountability & Teamwork
- Use of Current Technologies
- Customizable
- Licensing & Branding Options

Fitness Product & Lifestyle Program “5 Minutes to Fitness+” Kit

- DVD, Exercise Bands, Nutrition
- Ideal for Incentive Plans

Videos

“5 Minutes to Fitness+ TV”

- 5 Minute Health Segments
- Customizable, Licensing & Branding Options

Executive Health Coaching Healthy Leader Strategies

- Links Health to Business & Personal Successes
- On-line, One-on-One Coaching

Keynotes

- LIVE Health Events
- Presentations, Meetings, Conferences



Peter K Fitness, LLC (PKF)

PKF is an innovative Fit Lifestyle Firm, which seamlessly aligns with corporate missions, visions and existing health resources. We provide dynamic, results-driven, interactive health and wellness programs designed to motivate employees, improve productivity, reduce absences, promote accountability and lower health care costs. Our on/off-site services fully integrate with the latest technology and social media.

Areas of Expertise

- Nutrition
- Physical Therapy
- Motivation
- Exercise
- Stress Management
- Mind/Body Success

Peter K, MS, PT

Peter is a world reknowned speaker, author, health and success coach, nutritionist and physical therapist. As an expert for the media, he has appeared on QVC, ABC, FOX, MSN, TLC, Blogtalkradio and in *Fitness* magazine. Peter is the creator of the “5 Minutes to Fitness+” lifestyle program AND the “Fit Friends’ Revolution” online motivational club. His clients are celebrities, “Fortune 100” companies, non-profit organizations and families. Peter’s secret to achieving personal and professional goals, with optimal results, begins with just 5 minutes per day. Contact your local O.C.A. Sales Representative for a proposal.