If Sitting is the New Smoking, Movement is Your Medicine: *Practical Strategies For The Future of Work*

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Abstract (300 word limit)

The future of work is here, but many companies missed the memo. In today's workforce, employees are increasingly sick, tired, unhealthy, disengaged, and unproductive. A huge reason is because employees have sitting disease. Yet, most companies encourage and reward it.

The solution is to create a company movement around...movement! Simply getting bodies moving regularly fosters increased productivity, happiness, creativity, and profitability. Smart companies understand the gravity of this negative situation on every aspect of business profitability. They are transforming their organizations to become leaders in the boardroom and on the bottom line.

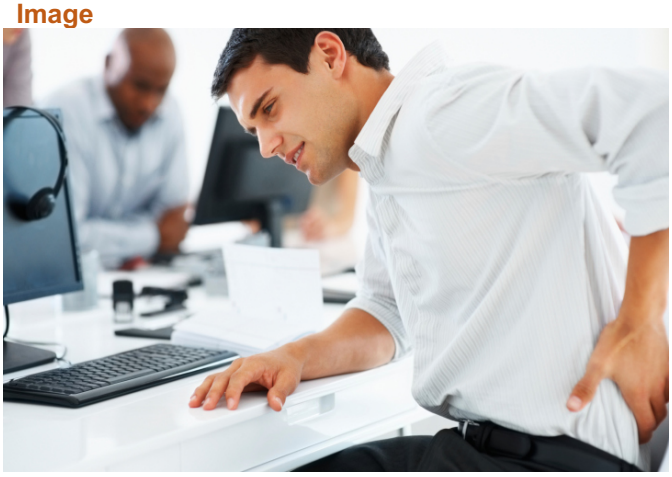
Forget the fancy equipment, and watered-down wellness initiatives. Creating change should be simple, effective, meaningful and quick to start.

This session provides the framework for success that each employee and company can use to transform workplace health, happiness, performance, and profitability.

You Will Learn How To:

- Use movement to get more work done in less time
- Include movement throughout your day without feeling like a moron or slacker
- Master simple daily movements that boost energy, reduce injury, and help you feel great
- Manage your own personal movement strategy for better energy, health, and performance at home and the office
- Use 4 essential elements of a healthy workplace to create a movement around movement in your company

Image



Recent Publications (minimum 5)

1. Borys T (2021) Your Work from Home Productivity Handbook: How to stay healthy, happy, and productive working from home, even during a global pandemic.
2. Borys, T (2018) The Fitness Curveball: Hit a grand slam in health and happiness no matter what life throws at you (Pillar #1: Mindset)
3. Borys, T (2018) The Fitness Curveball: Hit a grand slam in health and happiness no matter what life throws at you (Pillar #2: Habits)
4. Borys, T (2018) The Fitness Curveball: Hit a grand slam in health and happiness no matter what life throws at you (Pillar #3: Movement)
5. Borys, T (2018) The Fitness Curveball: Hit a grand slam in health and happiness no matter what life throws at you (Pillar #4: Fuel)



Biography (150 word limit)

Tim believes that improved health, happiness and personal performance help us cultivate greatness in our lives and improve the world around us. As a former elite athlete, New York Yankees draft pick, and national level coach, Tim is an expert at eliciting higher performance from individuals and teams.

In his roles as Corporate Consultant, Speaker, Executive Performance Coach, and CEO of FRESH! Wellness Group, he and his team help people and organizations ignite their potential...in business and life.

Tim is the author of five books, including his most recent title *"**Your Work From Home Productivity Handbook**: How to stay healthy, happy, and productive working from home...even during a global pandemic."*. Find him online, @timborys @freshfitcalgary, or through his websites www.freshgroup.ca or www.timborys.com.

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Notes/Comments: