



Making Time for Fitness

An estimated 80 percent of the U.S. population doesn't get enough exercise, and 60 percent are sedentary. For that reason, this program serves as a great reminder for so many. It shares practical ways for even the busiest person to weave 30 minutes of physical activity into their day.

Participants will:

- Define the FITT principle
- Create a personal action plan
- Identify ways to fit fitness into their day
- Discover the benefits of physical activity
- Explore ways to be more physically active

Ronan Dillon

Ronan has an undergraduate degree in Sport and Exercise Science from Sheffield Hallam University (UK) and founded Healthy Workforce, in 2009, to develop best practice health promotion initiatives to the corporate sector. Over the last eight years Ronan has worked to develop a healthy mindset with people so they can make successful long term changes to their lifestyle. Ronan continues to deliver wellbeing related talks to educate people on the little things they can do to lead a healthier lifestyle.



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