

Benefits beyond the technology

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FITNESS TRAINING PROGRAM

Name: Weight: Date:

Warm-up			
Exercises	Reps	Frequency	Weight

Strength Training

	Machine #	Freq.

Diet Plan

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			





APRCE 10:19
2%
PRCE 13:26



CAIXA

FLAVIA

GOV. DO ESTADO DE
SÃO PAULO
SMEL
Secretaria de Esportes e Lazer
São Paulo, SP