

SEVAFITNESS



ACADEMY

Business Health Partnerships

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Healthy People Make Healthy Businesses



Is your team ready to move into a deeper phase of personal development?

You want your team to feel more engaged in the outcome of your business. We know that starts with them being engaged with their own personal well-being.

Just like a business the “human machine” has systems, and when those systems work better you have more energy and greater output.

All human performance starts on a biological level.

Metrics don't move people... People move metrics

“When it comes to behavioral changes there is a human factor that can't be overlooked. Personal health is more than just numbers on a scale, it's about actively pursuing the things you need for a higher quality of life. Health is moving the needle towards behaviors that serve us better, and optimizing the things we devote our time to. It has to be personal.”

Eric Romanak, Founder Seva Fitness
Author of [Live Better Die Slower](#)

“Eric is a master of motivation and a compassionate butt kicker... When you don't believe in yourself and think you cannot break through whatever barrier is in your way, he is there to push you through your self-imposed limitations”

- Jeff, Lawyer and business owner age 44



A True Partnership

To us, a true partnership exists because of mutual benefit. We know if your team improves then ultimately ours will benefit too, because “All ships rise with the tide”. We don’t strive for more clients... We strive for well aligned partnerships.

Our Business Partner Services

TED-style speaking presentations: Inspiring, relevant and engaging. Topics can even be customized for your business or seminar

Live Better Die Slower workshops: Helping to align your team with the “True Value of Personal Health”

Surviving the Office workshops: Practical and simple stress management tools rooted in biology

HumanFit workshops: Creating your own custom approach to getting you back on the road to health

Eat Better Live Better workshops: Primary education and practical tips for establishing a better relationship with food

M.T.N. “Moving The Needle” Goal Climbing workshop: A proven system for staying focused and building the steps for a successful project

Private health coaching and small group coaching: remote or onsite

Onsite fitness, yoga/stretching and stress reduction classes: Modifiable exercises suitable for all levels





Learn more at

www.LiveBetterDieSlower.com

“... By taking the focus of health off of an event or number on a scale and putting it at the finish line of your life, you can't help but realize this is a recipe for success that you can't afford NOT to follow.”

- Andrew (5 star Amazon review)

#1 New release on Amazon in Health and Lifestyle, #1 on Health, Fitness and Dieting Short Reads, and #19 in the Exercise and Fitness category (Aug 12, 2019).

